



2019 Avalanche Freestyle Wrestling Tournament

LOCATION: South Anchorage High School, 13400 Elmore Road, Anchorage, Alaska

FRIDAY – April 19th – Weigh-ins

6:00 – 7:00 PM Weigh-ins (Upper Track – wrestlers must wear singlet)

SATURDAY – April 20th Freestyle & Girls

7:00 – 8:00 AM Weigh-ins (Upper Track – wrestlers must wear singlet)

9:00 AM Coaches and Officials Meeting

9:30 AM Pairing Officials Meeting

10:00 AM Wrestling Begins – 6U-Pre-Bantam, 8U-Bantam, 10U-Intermediate

1:00 PM Wrestling Begins – 12U-Novice, 14U-Schoolboy/girl, 16U-Cadet, Junior & OPEN

*****Headgear is required for Schoolboy/girl & younger. Mouth guards are required for braces*****

ALL WRESTLERS SHOULD ARRIVE AT LEAST ONE HOUR PRIOR TO START TIME TO CHECK BRACKETS. NO CHANGES WILL BE MADE TO BRACKETS AFTER 9:40 AM FOR MORNING WRESTLING AND 12:40 PM FOR THE AFTERNOON SESSION.

REGISTRATION: Pre-registration must be completed by midnight Wednesday, April 17th through www.trackwrestling.com. Satellite weigh-ins must be entered by midnight Thursday, April 18th. Email or text weigh-in sheets to Jeanette Perkins by Friday morning. Please register as a team and not individually. Wrestlers must have a current USAW card.

ENTRY FEE: \$20 per wrestler, per event wrestled. Please make one check payable to Avalanche Wrestling Association for all your wrestlers entered in the tournament. Unattached wrestlers can pay individually.

MATS: Twelve (12) half mats for 6U-Pre-Bantam through 10U-Intermediate and six (6) full mats for 12U-Novice through OPEN.

COACHES: Coaches MUST have a current USAW Wrestling Leader Membership, Copper or Bronze Coaching Certification, Concussion Certificate, and SAFE Sports Training Certificate to be on the mat or in the hospitality room.

AWARDS: Medals will be given to the top three wrestlers in each bracket. * Top performing wrestler will win the 8th annual “Sampson Steel” outstanding wrestler belt.

CONCESSIONS: Concessions will be offered all day.

SKIN CONDITIONS: Wrestlers with questionable skin conditions must have a signed medical release from a licensed Physician to wrestle in this tournament. The head official has the authority to overrule a physician's medical release.

HOSPITALITY: Hospitality room will be open for those certified coaches, mat officials & pairing officials ONLY. NO FOOD WILL BE REMOVED, DINE IN ONLY!