

- **Weigh-ins for Tournaments normally begin around 6:00 am.**
 - *Wrestlers weigh-in as a team.*
 - *Wrestlers should not eat before they weigh-in, as this may affect their weight.*
 - *Wrestlers need to eat after weigh-in. Bring healthy foods, snacks and drinks. The Concession does not always serve breakfast items or healthy food choices.*

- **An organized school will normally begin Tournament matches by 8:00 to 9:00 am. During this 2 hour window wrestlers will normally warm up on the mats, or relax.**
 - *It is common for parents to drop off the wrestlers for weigh-in and then return for the matches.*
 - *Parents can car pool as well.*

- **Brackets for the Tournament will normally be posted in the halls just outside the gyms. This is the starting point for you to know when your wrestler's matches will begin.**
 - *Each match is given a designator which typically includes the weight class and the match number.*

- **In most gyms there is projector that will display the current and next 3 or 4 matches for every mat.**
 - *It is the wrestler's responsibility to know his match number and when he is going to wrestle.*
 - *If a wrestler fails to report to the mat table when his match number is up, the wrestler has to forfeit the match.*

- **In the early part of the day, the time between each Tournament match the wrestler has can be quite long. It could last 1 to 3 hours depending on the number of schools and wrestlers that attend. As the day progresses and wrestlers are eliminated, the time between matches is shorter.**

- **Expect to be at the Tournament for several hours, up to a 12 hour day.**
 - *Make sure the wrestlers have plenty of healthy drinks, food, snacks or money to take care of them for the day. Expect at least 2 meals and snacks in between.*

- **Entry fees to the Tournament is normally \$10 per person. The entry fees are a source of revenue for the teams.**

- **Bring plenty of items to entertain the wrestlers, yourself, and any sibilings you bring along.**