



WHERE	GAYLORD INTERMEDIATE SCHOOL ~ 240 E 4 TH ST., GAYLORD MI 49735
WHEN	MARCH 17, 2019
START TIME	ALL WRESTLERS ~ 10:00AM ~ START
WEIGH-INS & REGISTRATION	SEE PAGE 2 ALL WRESTLERS MUST BE PRE-REGISTERED ON OR BY THURSDAY EVENING AT 10:00 PM PRIOR TO THE TOURNAMENT. CLUB DIRECTORS OR INDIVIDUAL MEMBERS WILL LOGIN INTO THEIR PERSONAL ACCOUNT TO REGISTER. ALL WRESTLERS MUST BE A MYWAY MEMBER IN ORDER TO COMPETE IN ANY MYWAY SANCTIONED EVENT.
AWARDS	REGIONAL CHAMPIONSHIP MEDALS 1 ST -6 TH PLACE
ENTRY FEE	\$15.00
STATE QUALIFICATION	A REGIONAL BRACKET WITH 16 OR LESS WILL QUALIFY TOP 4 TO STATES A REGIONAL BRACKET WITH 17 OR MORE WILL QUALIFY TOP 5 TO STATES HS AGE GROUPS QUALIFY TOP 4 ONLY IF A WRESTLER IN THE TOP 4 DECIDES NOT TO GO TO STATE - 5 TH OR 6 TH PLACE WILL BE ELIGIBLE FOR STATES.
ADMISSION	\$5.00 ADULTS, \$2.00 CHILD
AGE GROUPS	AGE GROUPS ARE DETERMINED BY YEAR OF BIRTH. (A WRESTLERS BIRTHDAY AS OF DECEMBER 31, 2018) <i>PROOF OF AGE WILL BE REQUIRED IF WRESTLER IS CHALLENGED WITHIN THE FIRST TWO ROUNDS OF COMPETITION. A BIRTH CERTIFICATE IS THE ONLY FORM OF VALIDATION THAT WILL BE ACCEPTED.</i>
RULES	<u>MODIFIED HIGH SCHOOL RULES</u> <ul style="list-style-type: none"> • ALL MICHIGAN RESIDENTS MUST BE A MYWAY MEMBER TO COMPETE IN POST SEASON EVENTS. • AGE GROUPS 2014-2012, 2011 & 2010: THREE, 1 MINUTE PERIODS • AGE GROUPS 2009, 2008, 2007, 2006, 2005, 2004 (8TH GRADE ONLY), 2004-2003, & 2002-2000: THREE 1:30 MINUTE PERIODS • WRESTLERS BORN IN 2003 WILL COMPETE IN 2004-2003 AT REGIONALS & STATES REGARDLESS OF WHETHER THEY ARE IN HS. • SINGLET OR T-SHIRT AND SHORTS ARE REQUIRED. • ONE STEP ON SCALE AT WEIGH-INS • HEADGEAR MANDATORY & MOUTH GUARDS MANDATORY FOR WRESTLERS WITH BRACES • 2014-2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005 & 2004 (8TH GRADE ONLY) RECEIVE A 1 POUND ALLOWANCE AT STATES • HS WRESTLERS HAVE NO WEIGHT ALLOWANCE AT REGIONALS OR STATES
COACHES	SEE MANDATORY REQUIREMENTS - WWW.MYWAYWRESTLING.COM/NUWAYSABEYAPS
WT. CLASSES	2014-2012: 37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 77, HWT 2011: 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 97, 112, HWT 2010: 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 97, 112, HWT 2009: 54, 57, 60, 63, 66, 69, 72, 75, 78, 81, 85, 90, 95, 100, 110, 130, 150, HWT 2008: 54, 57, 60, 63, 66, 69, 72, 75, 78, 81, 85, 90, 95, 100, 110, 130, 150, HWT 2007: 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT 2006: 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT 2005: 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT ~ (MUST BE 8 TH G&U) 2004: 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT ~ (MUST BE 8 TH G&U) 2004-2003: 88, 98, 106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288 2002-2000: 106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288 ~ (MUST BE IN HS)

STATE PAYMENT	ALL WRESTLERS MUST NOTIFY REGIONAL STAFF WHEN PICKING UP MEDAL IF YOU WILL BE ATTENDING STATES. \$30.00 STATE FEE MUST BE PAID BEFORE LEAVING REGIONALS.	
OTHER INFO	ONLY TWO COACHES PER MAT WILL BE PERMITTED IN A CORNER. ANYONE OPERATING VIDEO EQUIPMENT ON THE MAT WILL BE CONSIDERED ONE COACH.	
CONTACT	MIKE MCKNIGHT	MCKINGHTAGJ@YAHOO.COM
	ALL PAIRING ISSUES ~ AMANDA HOPKINS HOPKINSA1679@GMAIL.COM	

FAR NORTH REGIONAL WEIGH-IN LOCATIONS

Iron Mountain High School
201 West A St, Iron Mountain MI 49801
Friday March 15th 2019 5:00pm-6:00pm cst.
see: Coach Brandon Stroud

Newberry High School
700 Newberry Ave, Newberry MI 49868
Saturday March 16th 2019 9:30am – 1:00pm
during Newberrys open tournament
See: Coach Howard Bliss

Traverse City Central High School
1150 Milliken Dr. Traverse City, MI 49686
Friday March 15th 2019 5:00pm – 6:00pm

Rogers City High School
1033 W Huron Ave.
Rogers City MI 49779
Saturday March 16th 2019 9:30am- 1:00pm
during RC's open tournament
See: Mandy Munger

Grayling High School
1135 North Old U.S. 27
Grayling, MI 49738
Friday March 15th 2019 5:30pm – 7:00pm
see: Coach Nate Niderer

Upper Level Wrestling Club
3400 Ludington St.
Escanaba, MI 49829
Friday March 15th 6:00pm -7:00pm
See: Jamie Segorski MHSAA Official

Petoskey High School
1500 Hill St. Petoskey, MI 49770
Friday March 15th 2019 5:30 pm- 6:30pm
See: Nate Gross, Head Coach

Gaylord High School
90, Livingston Blvd. Gaylord MI 49735
Friday March 15th 2019 5:00pm-6:00pm

last chance weigh in
Gaylord Intermediate School
240 E 4th St. Gaylord MI
Saturday March 16th 2019 5:00pm-6:00pm