

**31<sup>st</sup> Annual TRI-CAP Wrestling Club Tournament**  
**January 12<sup>th</sup>, 2019**



**Weigh-Ins Times:**

Friday, January 11, 6:30 – 8:00 p.m. (Singlet)  
Saturday, January 12, 6:00 – 7:45 a.m. (Singlet)

**Coaches Meeting:** 8:40 a.m. SHARP  
**Wrestling Begins:** 9:00 a.m.

**Entry Fee:** \$20 Non-Refundable  
**\$10 extra for weight changes after January 7<sup>th</sup>**

**General Admission:** \$3.00 Adult/\$1.00 student  
6 years & under free

**Location:** Helias Catholic High School,  
1305 Swifts Highway, Jefferson City, MO 65109

**Registration:** Please e-mail Excel spreadsheet of your rosters with exact weights, USAW card numbers and ratings to:

[tricapwrestlingclub@hotmail.com](mailto:tricapwrestlingclub@hotmail.com)

**Mail a copy of the roster along with payment (make checks payable to: TRI-CAP Wrestling Club) to:**

Carrie Hayes  
3214 Glenstone Dr  
Jefferson City, MO 65109  
Questions please call: 573-291-7217

**WRESTLER'S AGE AS OF December 31, 2018 WILL DETERMINE AGE GROUP - ABSOLUTELY NO HIGH SCHOOL STUDENTS**  
**Entries must be received by MONDAY, JANUARY 7<sup>TH</sup>, 2019.**

**NOTE:** Entry limited to first 500 wrestlers. Payment must be with registration. Wrestler & Coach's cards are required.

**Tournament Format:** round robin brackets with closest weights and rating. There will be as many 5 person brackets where feasible. Only two coaches permitted mat side. Medals will be awarded for 1<sup>st</sup> – 3<sup>rd</sup> place. Weights may be combined where a small number of entries exist.

**Match Periods:** 6U & 8U (1-1-1); 10U, 12U & 14U (1 ½ - 1 ½ - 1 ½), Overtime Periods (Sudden Victory – 30 seconds per MSHAA Rules), 1 hour rest period not in effect.

**PLEASE USE THE FOLLOWING RATING TO SEED YOUR WRESTLERS:**

Please use 2017 results for ratings. (1) State Place Finisher – 1-8 place (list place) (2) Good Wrestler – State Qualifier (3) Experienced wrestler but has not qualified for state (4) 1<sup>st</sup> or 2<sup>nd</sup> year wrestler (novices only)

**Refreshments:** Breakfast, lunch and snacks will be served from the concession stand. We always have a very nice hospitality room for coaches and officials!

**TRI-CAP WRESTLING CLUB (coaches and members), HELIAS CATHOLIC HIGH SCHOOL, HELIAS CATHOLIC STAFF, AND ALL TOURNAMENT WORKERS WILL NOT BE RESPONSIBLE FOR ACCIDENTS OR THEFT OF ITEMS AT THIS EVENT.**