

# AVALANCHE

## FREESTYLE WRESTLING TOURNAMENT

# SATURDAY, APRIL 28, 2018

SOUTH ANCHORAGE HIGH SCHOOL, 13400 ELMORE RD. ANCHORAGE, AK 99516

SCHEDULE FOR FRIDAY, APRIL 27, 2018 – WEIGH-INS 6PM–7PM

### SCHEDULE FOR SATURDAY, APRIL 28, 2018

- **THIS TOURNAMENT WILL INCLUDE GIRLS ONLY AGE GROUPS.**
- 7:00-8:00AM WEIGH IN (UPPER TRACK-WRESTLERS MUST WEAR SINGLET)
- 9:00AM COACHES & OFFICIALS MEETING \* 9:30AM PAIRING OFFICIALS MEETING
- 10:00AM WRESTLING BEGINS PRE-BANTAM, BANTAM, INTERMEDIATE
- 1:00PM WRESTLING BEGINS FOR NOVICE THROUGH OPEN
- **POSTED BRACKETS ARE FINAL AT 940AM AND 1240PM RESPECTIVELY!**

**REGISTRATION:** PRE-REGISTRATION MUST BE COMPLETED BY MIDNIGHT WEDNESDAY, APRIL 25TH THROUGH [www.trackwrestling.com](http://www.trackwrestling.com). WEIGHTS MUST BE ENTERED BY MIDNIGHT THURSDAY, APRIL 26TH FOR SATELLITE WEIGH-INS, EMAIL WEIGH-IN SHEETS TO JEANETTE PERKINS BY FRIDAY MORNING, APRIL 27TH. PLEASE REGISTER AS A TEAM AND NOT INDIVIDUALLY. WRESTLERS MUST HAVE A CURRENT USAW CARD.

**ENTRY FEE:** \$20 PER WRESTLER, PER EVENT WRESTLED. CLUBS MAY PAY LUMP SUM TEAM FEES WITH CASH OR CHECK PAYABLE TO; AVALANCHE WRESTLING ASSOCIATION.

**MATS:** TWELVE (12) HALF MATS FOR PRE-BANTAM THROUGH INTERMEDIATE AND SIX (6) FULL MATS FOR NOVICE THROUGH OPEN.

**COACHES REQUIREMENTS:** A COPPER OR BRONZE CERTIFIED USA WRESTLING COACHES CARD. CURRENT CERTIFICATES IN; *CONCUSSION IN SPORTS AND SAFE SPORT TRAINING*

**AWARDS:** THE TOP THREE WRESTLERS PER BRACKET WILL MEDAL \* THE TOP PERFORMING WRESTLER WILL WIN THE 7<sup>TH</sup> ANNUAL “BRUCE MORGAN” OUTSTANDING WRESTLER BELT.

**CONCESSIONS:** CONCESSIONS AND A COFFEE STAND WILL BE OFFERED ALL DAY.

**HOSPITALITY:** THE HOSPITALITY ROOM WILL BE OPEN FOR THOSE CERTIFIED COACHES, MAT OFFICIALS & PAIRING OFFICIALS ONLY. NO FOOD WILL BE REMOVED, DINE IN ONLY!

**SAFETY:** HEADGEAR IS REQUIRED FOR SCHOOLBOY/GIRL & YOUNGER. MOUTH GUARDS ARE REQUIRED FOR BRACES OR OTHER DENTAL WORK THAT MAY PRESENT A HAZARD.

**SKIN CONDITIONS:** WRESTLERS WITH QUESTIONABLE SKIN CONDITIONS, MUST HAVE A SIGNED MEDICAL RELEASE FROM A LICENSED PHYSICIAN, TO WRESTLE IN THIS TOURNEY. THE HEAD OFFICIAL HAS THE AUTHORITY TO OVERRULE A PHYSICIANS MEDICAL RELEASE.