

**TRI-CAP Wrestling Club**  
**5<sup>th</sup> Annual ROOKIE ONLY Tournament**

**Saturday, December 16, 2017**



**Coaches Meeting:** 8:40 a.m. SHARP  
**Wrestling Begins:** 9:00 a.m. approximately  
**Remote Weigh-Ins Only**

**Cost:** \$15 Non-Refundable

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

**Registration:** by e-mail

USA card numbers must be on entry form  
**(1ST YEAR WRESTLERS ONLY)**

Please Email in Excel your rosters of 1<sup>st</sup> Year Wrestlers to [tricapwrestlingclub@hotmail.com](mailto:tricapwrestlingclub@hotmail.com)  
AND 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 or 573-619-8916

**Entries must be received by SUNDAY, DECEMBER 9, 2017. ENTRIES LIMITED TO 150 WRESTLERS!**

**NOTE:** Payment must be with registration. Wrestler & Coach's USAW cards are required.

**WRESTLER'S AGE AS OF December 31, 2017 WILL DETERMINE AGE GROUP - ABSOLUTELY NO HIGH SCHOOL STUDENTS**

**General Admission:** \$3 adults; students \$1; children 6 and under **FREE**

**Tournament Format:** 3/4/5 person round robin brackets  
Bullpen will be used for all age groups  
Medals will be awarded for all wrestlers  
Weights may be combined where a small number of entries exist  
Only two coaches permitted mat side

**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.

**Refreshments:** Concessions & hospitality room will be limited.

**Directions:** From Highway 50, take Jefferson Street SOUTH to Swifts Highway, follow Swifts to Helias Catholic High School. From Highway 54, take Jefferson. Turn left on Stadium Drive to Helias Catholic High School on right.

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