



MATSU SHOWDOWN Wrestling Tournament

PIONEER GRAPPLING CHAMPIONSHIPS XI

Greco—March 24, 2023

Freestyle—March 25, 2023

Location

Big Lake Recreation & Community Center, 2942 Lions Circle, Big Lake, AK

Friday, March 24, 2023 - Greco Wrestling (10U and older)

1:30-2:00PM Weigh-ins for wrestlers who did not do satellite weigh-in, must wear singlet.

No Greco weigh-ins will be taken after 2:30PM

3:00PM Coaches & Officials Meeting

4:00pm Wrestling Begins

Saturday, March 25, 2023 —Freestyle Wrestling

7:30-8:00AM Weigh-ins for Freestyle wrestlers who did not do satellite weigh-in, must wear singlet.

9:00AM Coaches & Officials Meeting

10:00AM Wrestling begins for Pre-Bantam (6U), Bantam (8U), and Intermediate (10U)

1:00pm Wrestling begins for Novice (12U), Schoolboy/Girl (14U), Cadet (16U), USA Junior, and Open

Headgear and mouth guards for braces are strongly recommended for all ages but no longer required

All wrestlers should arrive at least one (1) hour prior to start time to check brackets* *Bracket changes will end 20 minutes before each session start time.*

REGISTRATION

****NEW PROCESS**** Same for Clubs as well as individuals. Go to this link: https://www.usawmembership.com/usaw_events_registrations/participant, log into your USAW Membership account, Search for AK Events at the top of the page then select Register left of Matsu Showdown. Athletes must be affiliated to their Club and Registered for the event by the time of your Club's Thursday Satellite weigh-in to be eligible for Satellite weigh-in. Clubs must have weights entered by midnight AK time Thursday, March 23rd. Registration after that must be done on-site at the Head Table closing at end of the posted weigh-in time for each Tournament. CLUBS: provide sign off sheet of Coach/Official doing skin/nail checks and Pairing Official entering weights to Stacey Medeiros. Can be delivered upon arrival or emailed ahead to: yecatsak@gmail.com.

ENTRY FEE

\$20 per wrestler per entry. All wrestlers must have a valid USAW membership card.

Spectator Fee: \$5 for adults 18+, except for Head Coaches.

COACHES/OFFICIALS

Wristbands will be issued to coaches with a USAW Wrestling Leader Card, Copper Certification and Concussion Certification.

Officials must have a USAW Wrestling Leader Card

CONCESSIONS & HOSPITALITY

Concessions will be available Friday & Saturday. The hospitality room will be available for Coaches with wristbands and officials on duty. Additional guests will not be admitted. Please be courteous and cordial.

AWARDS

Medals will be given to the top three wrestlers in each bracket.

QUESTIONS

Contact Vince Cramer @ vince.pga@gmail.com

