

# High Plains Shoot Out

- When:** Sunday, February 28, 2021
- Where:** Max Jones Field House, 1209 Arcade Ave, Goodland KS 67735
- Entry Fee:** \$25 per wrestler, email attached roster to [goodlandwrestlingclub@hotmail.com](mailto:goodlandwrestlingclub@hotmail.com) Bring check for all entries the day of tournament.
- Deadline:** All entries are due by Saturday February 20, 2021
- Weigh-in:** Weigh-In at Home Site by Bronze Certified Coach between 6:00—7:30pm central time on Saturday, February 27th. Must weigh in wearing singlet and coaches to check nails and skin. Email weights to [goodlandwrestlingclub@hotmail.com](mailto:goodlandwrestlingclub@hotmail.com) by 8pm central time.
- Covid Protocol:** We will be running a split format tournament. How it is split up will depend on entries and will be emailed after deadline. Entries will be limited to the first 250 per session. Spectators will be limited to a 2:1 ratio (including coaches). Masks must be worn at all times.
- Coaches meeting:** 8:30am central time. Wrestling will begin at 9:00am central time.
- Rules:** U.S.A. Wrestling Sanctioned. Kansas High School Rules apply with kid's modifications. All wrestlers must have a U.S.A. Wrestling Card. All wrestlers must wear headgear and singlet. Only 2 coaches mat side. Wrestlers age as of August 31, 2021. We reserve the right to combine weights to provide competition where weights permit.
- Awards:** Medals: 1st, 2nd, 3rd, and 4<sup>th</sup>
- WEIGHTS (Boys):** 6 & UNDER: 37,40,43,46,49,52,55,58,61,64,67,70,73,76,80,HWT  
8 & UNDER: 40,43,46,49,52,55,58,61,64,67,70,73,76,80,88,95,110,125,HWT  
10 & UNDER: 52,55,58,61,64,67,70,73,76,79,82,85,90,95,100,110,120,130,150,170,HWT  
12 & UNDER: 60,64,68,72,76,80,84,88,92,96,100,105,110,115,120,130,  
140,150,165,190,215,240,HWT  
14 & Under: 75,80,85,90,95,100,105,110,115,120,125,130,135,140,145,150,155,  
165,175,185,205,235,HWT
- WEIGHTS (Girls):** 6 & UNDER: 30,35,40,45,50,55,60,65,HWT  
8 & UNDER: 35,40,45,50,55,60,65,70,75,80,85,HWT  
10 & UNDER: 45,50,55,60,65,70,75,80,85,90,95,100,110,HWT  
12 & UNDER: 60,65,70,75,80,85,90,95,100,105,110,115,120,125,130,135,140,145,HWT  
14 & Under: 75,80,85,90,95,100,105,110,115,120,125,130,135,140,145,150,155,  
165,175,185,205,235,HWT
- RATING:** Indicate on entry form the level of wrestler you are entering. We will try to bracket for the best quality of competition according to experience indicated: A=state qualifier, B=usually places in top 3, C=Average, D=Beginner

For more information contact Amber Conger at 785-626-0153. Goodland Wrestling Club or USD 352 will not be responsible for any injuries or lost or stolen property on or around the Max Jones Field House. Concessions will be available all day.

