



# Lady Knights Invitational Women's Only Tournament At **Kamiak** High School



**When:** Saturday, January 27<sup>th</sup>, 2024

**Schedule:** Doors: 6:00 AM  
Weigh-in: 7:00 AM  
Coaches' Meeting: 8:30 AM  
Wrestling starts: 9:00 AM

**Facilitated By:** This event will be run on TRACK wrestling

**Format:** 16 wrestler brackets for Girls Varsity  
Girls JV Round Robin  
Championship matches 2-2-2  
Consolation & Round Robin matches 1-2-2

**Awards:** Medals for top 5 finishes in Varsity  
Medals will be engraved with the event name, year and weight class  
(B-Bracket medals will omit weight class)

Ribbons for top 2 in JV Round Robin  
Ribbons will say Event Name and JV

Trophies for top three teams

**Entry Fee:** \$275 per team or \$40 per wrestler if payment received by 01/20/24.  
\$350 per team or \$50 per wrestler if payment received after that date.  
(Unlimited numbers) – non-refundable – Varsity Girls and JV girls welcome.

**Sign-up:** Sign-up via email to Michele Shigematsu  
[shigematsuml@mukilteo.wednet.edu](mailto:shigematsuml@mukilteo.wednet.edu)  
Please include your school's name and estimated number of wrestlers

**Payment:** Payment can be made online at: <https://wa-mukilteo.intouchrecepting.com/>  
A guest login will need to be created. Select "Lady Knights Wrestling Invitational 1/27/24" under Kamiak HS Team Events

OR

Mail check to:  
Kamiak High School  
Attn: Bookkeeping for Girls Wrestling  
10801 Harbour Pointe Blvd  
Mukilteo, WA 98275  
Please consider this letter as our invoice for payments.

Please submit your tentative roster on track wrestling by Tuesday, January 23<sup>rd</sup>. Please have your final roster including seeding information by 4:30pm on January 26<sup>th</sup>. All wrestlers will be seeded based on previous post season placing and records. In the event there are multiple athletes from the same school competing in the same weight class (if spaces are available in the 16 woman bracket), efforts will be made to place them in separate halves of the bracket.

**Admission:** \$7 adults      \$5 Students      \$5 Children/Seniors

**Tournament Contacts:**

Tournament Coordinator Norm Sand - [norman.sand@att.net](mailto:norman.sand@att.net) - Phone 425-244-5258

Tournament Director: John Baldwin - [ladyknightswrestling@gmail.com](mailto:ladyknightswrestling@gmail.com) Phone: 425-230-7044

**COACHES:** Please enter your teams onto track before the tournament. If for some reason you are unable to please show up early for weigh-ins so we can assist you.