

2024 Avalanche Wrestling Tournament



LOCATION: South Anchorage High School, 13400 Elmore Road, Anchorage, Alaska

SPECTATOR FEE: \$5.00 AT THE DOOR- CASH ONLY PLEASE

SCHEDULE: Friday, March 29th GRECO + GIRLS (10u and Older)

- 3:30 PM to 4:00 PM: Weigh-Ins (must wear singlet)
- 5:00 PM: Wrestling begins (10U THROUGH OPEN)

Saturday – March 30th Freestyle & Girls

- 7:00 – 8:00 AM Weigh-ins (Upper Track – wrestlers must wear singlet)
- 9:00 am Coaches and Officials Meeting
- 9:30 am Pairing Officials Meeting
- 10:00 am Wrestling Begins – 6U, 8U and 10U
- 1:00 pm Wrestling Begins – 12U, 14U, 16U, USA Junior & Open

***** Headgear and Mouth Guards for braces are strongly recommended for all ages but no longer required *****

**WRESTLERS SHOULD ARRIVE AT LEAST ONE (1) HOUR PRIOR TO START TIME TO CHECK BRACKETS.
! NO CHANGES WILL BE MADE TO BRACKETS 20 MINUTES PRIOR TO POSTED START TIMES !**

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 Avalanche Tournament. 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 28th. 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: \$25 per wrestler, per entry. All wrestlers must have a valid USAW membership card.

MATS: We will run 12 half mats in the morning and 6 full mats in the afternoon.

COACHES: Coaches MUST have a current USAW 2024 Wrestling Leader Membership, Copper level or higher *and* Concussion Training to be in the coaches' corner. Wristbands will be handed out at the Coaches meeting. No exceptions will be made to the credential rules.

AWARDS: Medals will be given to the top three wrestlers in each bracket. * Top performing wrestler will win the annual "Sampson Steel" outstanding wrestler belt.

CONCESSIONS/HOSPITALITY: Food Trucks will be available. Hospitality will be available for coaches with wristbands and mat/pairing officials ONLY.

Tournament Director Darin Pestrikoff (907) 350-1924

Email: avalanche.wrestling@gmail.com