

2024 Inter-Valley 1 & 2 Tournament

March 15 & 16, 2024

Arlee, Montana

Site: Arlee High School Gymnasium (Look for the tallest building)

Date and Rational: Juniors will wrestle Friday evening March 15th, Middles, Novice and Beginners will wrestle Saturday, March 16th, 2024

Entry Forms: Clubs must send an accurate roster for Juniors into Trackwrestling.com. We will forward an invitation from Trackwrestling.com to you to enter the Juniors.

Please be accurate with the weight classes that you will enter the wrestlers at and remember to include seeding criteria (placement in the 2023 Unit, Inter-Valley 2023 and WMC in 2023 and past WMC place finishes). This will greatly speed up the bracketing and minimize changes.

Juniors - Friday, March 15th, 2024

Weigh-ins 3:00 pm – 4:30 pm

Coaches Meeting 4:30 pm in Coaches room

Wrestling Begins 5:00 pm

Boys Weights - 80, 85, 90, 95, 100, 105, 112, 120, 126, 132, 138, 145, 152, 160, 170, 182, 205, 240, 241-285

Girls Weights – 90, 100, 112, 120, 126, 135, 145, 160, 182, 205

Middles – Saturday, March 16th, 2024

Weigh-in Coach's exchange weigh-ins

Coaches Meeting 8:30 am

Wrestling Begins 9:00 am (3 hours allotted)

Boys Weights: 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 130, 147, 166, 187, 188-224, 225-269

Girls Weights: 65, 75, 85, 95, 105, 120, 147, 166, 187

Novice – Saturday, March 16th, 2024

Weigh-in Coach's exchange weigh-ins

Coaches Meeting 11:30 am

Wrestling Begins 12:00 pm (3 hours allotted)

NOVICE WEIGHTS: 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 124, 140, 158, 159-190

Beginners Split into two (2) time Frames - Saturday, March 16th, 2024

Beginners should have their hands marked with their weight class and skill level. All Beginners will compete in small groups in a Red/Blue format. Once they have competed against everyone in their group, they may leave the format.

Beginners Wrestling Begins – 3:00 pm (2 hours allotted)

BEGINNER WEIGHTS: 45, 50, 55, 60, 65, 70, 75, 80, 85, 95, 108, 109-130, 131-156.

Note: Weigh-ins will follow the NFHS Wrestling weigh-in procedure with athletes weighing in, in their singlets and underwear.

No shoes but they can wear socks.

Rule 5-1, Article 7 ... All contestants shall weigh in wearing a legal uniform (4-1-1) and a suitable undergarment that completely covers the buttocks and the groin area. Contestants shall not weigh in wearing shoes or ear guards. Female contestants shall also wear a suitable form-fitted compression undergarment that completely covers their breasts. Contestants may wear low-cut socks that cannot be removed or added if the wrestlers do not make weight.

Beginners: Beginners will not weigh in at the Inter-Valley Tournament. They are to be weighed in at home the night before, and all hands need to be marked with their exact weight and ranking of 1 – 2 – 3 depending on ability level (1 – advanced, 2 – experienced, 3 – true beginner). Five-year-olds can't wrestle in the Unit Tournament, and only 6-year-olds in first grade can wrestle in the Intervalley Tournament. All 7 & 8 year olds can wrestle in the Intervalley Tournament.

Beginners (Round-Robin) Start Wrestling: approx. 3:00 pm

Advancement to Western MT Little Guy State-Polson

Beginners – Beginners will not wrestle at Little Guy State

Novice & Middle – The top eight wrestlers will advance from each bracket

Juniors – All wrestlers will qualify for the Intervalley Tournament

Awards: Medals will be awarded to the top four placers in each bracket. All medals will be given to the teams at the Inter-Valley Tournament in Arlee on March 22nd and 23rd, 2024.

Referees: We will have 1 MOA official at the Unit 2 tournament, but please bring qualified high school wrestlers to officiate. The first 12 officials will be given a t-shirt for officiating during the day and a complimentary concession card.

Concessions: The Arlee Wrestling Club will have all concessions at the Tournament.

T-shirts: The Arlee Wrestling Club will be providing T-shirts and sweatshirts at the event for purchase.

Coaches: Only two coaches will be allowed in each corner of the mat. Please help us keep wrestlers and parents away from the ropes and off the mats during the tournament.

Coaches wear wristbands: All teams need to submit a list of coaches for the Inter-Valley Tournament to khill@arleeschools.org by Thursday, March 14th.

Wristbands will have the coach's name and can be picked up at the door on Saturday morning.