

# Utah Northern State Championships

Friday, January 24 (Middle School State) & Saturday, January 25 (Junior High State)  
Bingham High School (2160 West 10400 South, South Jordan, Utah 84095)

## **WEIGH IN RULES FOR 2025 – MAKE SURE YOU READ WHERE WEIGH INS ARE HELD**

**Registration:** Trackwrestling.com – deadline Wednesday, Jan. 22 @ noon - Fee: \$25

**Weigh-ins:** will be hosted by select sites. **YOU MUST ATTEND ONE OF THE WEIGH-IN SITES.** All weigh in sites should be within 30 minutes of your club. If you attend a club where the weigh in site is not within 30 minutes please contact Jaron Jensen to get a new weigh in site set up. **Please see below for a complete list of weigh-in sites and times. All weigh ins will take place on Thursday, January 23. If you do not attend a weigh in then you will not wrestle, no exceptions.**

**Membership:** Must have USA Card (no 3<sup>rd</sup> graders allowed in the 4<sup>th</sup>-6<sup>th</sup> or 7<sup>th</sup>-9<sup>th</sup> grade divisions)  
4<sup>th</sup>-6<sup>th</sup> graders are allowed to wrestle in the Junior High Division but they cannot wrestle in both the Middle School & Junior High Divisions. Wrestlers can only wrestle in one bracket and one division.

**Division:** Females must register in the girl's division only and males must register in the boy's division only. If there ends up being no one in your weight and division then you may be moved to the other division if you choose.

**Seeding meeting: Thursday, January 23 @ 8pm via conference call**

- A conference call number will be sent to all coaches with a USA Coaches card on Wednesday, January 22. If you have not got this number by Wednesday, January 22 then you need to email Jaron Jensen to receive this number. We will pre-seed the weights on trackwrestling.com before the seeding meeting so coaches can check seeds on trackwrestling.com before the meeting.

### **Schedule of Events for Middle School State (4<sup>th</sup>-6<sup>th</sup> grade) - Friday January 24**

1:30pm Session 1: 60lbs-92lbs brackets only  
3:00pm Session 2: All remaining boy weights and all Middle School girls will begin  
6:30pm Session 3: Middle School Championship finals and placement (will begin earlier if possible)

### **Schedule of Events for Junior High State (7<sup>th</sup>-9<sup>th</sup> grade) - Saturday January 25**

9:00am Session 1: 88lbs-142lbs start wrestling  
11:00am Session 2: All remaining boy weights & girls will begin  
2:45pm Session 3: Junior High State Championship finals (will begin earlier if possible)  
5:00pm 2<sup>nd</sup> & 3<sup>rd</sup> grade state festival  
6:30pm Prek, K, & 1<sup>st</sup> grade state festival

### **Weight Classes**

- 4<sup>th</sup>-6<sup>th</sup> grade: 55,60,64,67,70,73,76,79,82,85,88,92,96,100,105,115,125,145,145+
- 4<sup>th</sup>-6<sup>th</sup> grade girls: 60,66,72,80,90,100,100+
- 7<sup>th</sup>-9<sup>th</sup> grade: 73,76,80,84,88,92,96,100,104,108,112,116,120,125,130,135,142,150,160,175,190,210,285
- 7<sup>th</sup>-9<sup>th</sup> grade girls: 85,95,105,115,125,140,160,180,180+

**Period length:** Championship: 1.5-1.5-1.5

**Awards:** Medals for top 6 & 2 MOW Awards for each division (Voting for MOW will be as follows: 5-9 wrestlers = 1 vote per team / 10+ wrestlers = 2 votes per team). Team awards for top 2 teams in the Middle School division. Team award for top club team & top 2 Junior High teams in the Junior High division

Admission (price per day): \$5 for Adult & Student, 4 & under free, (Coaches with USA Card get in free)

Coaches must have USA Coaches Card to attend coaches/seeding meeting.  
 For questions, please email [Utahwrestlingevents@gmail.com](mailto:Utahwrestlingevents@gmail.com)

## Weigh in sites and times.

YOU MUST ATTEND A WEIGH IN SITE TO BE ELIGIBLE TO WRESTLE

Sites will be added to the flier as we get closer to the event

<b>Location</b>	<b>Who</b>	<b>Email</b>	<b>Time</b>
Mountain crest	Pedro Puga	pedropuga@gmail.com	5:30pm-7pm
Roy	Zach Colvin	Zach.Utahwrestling@gmail.com	6:30 pm-8:30 pm
Syracuse	Eric Elliot	Eric.elliott732@gmail.com	5:00 pm-8:00 pm
Sanderson	Cyler Sanderson	cylersanderson@gmail.com	6:30 pm – 7 pm
Stansbury	Tyson Linnell	Tlinnell@tooeleschools.org	5:00 pm-6 pm
Bingham	Usa Utah	Jaron.utahwrestling@gmail.com	7:30 pm-8:30pm
Corner Canyon	John Fager	John.fager@canyonsdistrict.org	5:00 pm-6:00 pm
Pleasant Grove	Cody Burdett	cburdett@alpinedistrict.org	7:30 pm - 8:00 pm
Westlake	Jeff Newby	jeffreynewby@hotmail.com	5:00 pm - 6:00 pm
Telos U, Mapleton JH	Craig Lamont	Coachcraiglamont@gmail.com	5:00 pm-7:00 pm
Wasatch	Nate Obrien	obrienate@gmail.com	6:00 pm-7:00 pm
Uintah	Candace Workman	candworkman@gmail.com	5:00 pm-7:00 pm
Union	Jared Whitmer	Cougarswrestlingclub@gmail.com	6:30 pm-7:00 pm
Salem Hills	Jacob Armstrong	Armstrong.dpt@gmail.com	7:00 pm-8:00 pm
Bear River	Nate Wright	natemelwri@gmail.com	5:00 pm -7:30 pm