



# MOUNTAIN CITY CHRISTIAN ACADEMY

907.337.9575 | @mcc.academy

6575 E. Northern Lights Blvd,  
Anchorage, Ak 99504

**To:** Coaches, Athletic Directors, and Administrators

**Date:** October 7, 2024

**From:** Mountain City Christian Academy  
Mary Slaughenhoup- Tournament Director  
Brandy Woody- Athletic Director  
Shannon LeMay- Head Coach  
Gary Alcock- TrackWrestling

**Rosters:** Each team is responsible for entering their roster online through the OPC program. Rosters must be in by 12 pm on Thursday, October 31, 2024. Each team will be allowed 2 wrestlers per weight class, but only the top scorer will earn points.

**Weight Classifications:**

Open: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

Girls: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235

**Weight Allowance:** There is currently no wrestling in other locations listed for Thursday night. If there ends up being wrestling on Thursday night in other locations, please let me know so we can make a weight allowance of growth pound +1 for Friday/Saturday.

**Fees:** \$25 per wrestler with a maximum fee of \$300. Note the open and the girls' tournaments are run as separate tournaments, i.e., separate max fees. Fees can be paid ahead of time by calling 907-269-3858 or by check/ card during the coaches' meeting.

**Coach Meeting:** Thursday, October 31, 2024, 5 pm in the school cafeteria. Top six wrestlers in each weight class will be seeded.

**Awards:** There will be medals for the top three finishers in each weight class, outstanding wrestlers, and top three teams for the open and the girls' tournaments. There will also be a top team award for schools with an enrollment of 80 or less.

**Food:** Concession will be available, along with some "real" food options as well.

**Hospitality Room:** Please remember the hospitality room is for coaches, officials, and adult volunteers. No students/managers are permitted.



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**Housing:** Please contact Brandy Woody by October 28 if you need housing (numbers and nights).

[bwoody@mcc.academy](mailto:bwoody@mcc.academy)

(610)563-6350

**Projected Schedule:** Thursday 5 pm Coach's Meeting

Friday- 7:30 am Weigh ins

Friday- 9 am Wrestling Begins

Saturday- 8 am Weigh ins

Saturday- 9 am Wrestling Begins

We will wrestle on 4 mats, two in our MPR gym and two in our Main gym. For finals on Saturday, we will wrestle on 2 mats in our Main gym.

**Spectators:** Tournament passes Adults \$35 and Children \$15 (both days/ every round).

**Tournament Questions:** Please contact Mary Slaughenhoup. [mslaughenhoup@mcc.academy](mailto:mslaughenhoup@mcc.academy)

**BRANDY WOODY**  
ATHLETIC DIRECTOR