



PALMER JUNIOR MIDDLE SCHOOL WRESTLING



PALMER "HOMETOWN" 1159 S. Chugach, Palmer, Alaska 99645 INVITATIONAL WRESTLING TOURNAMENT

JV & Varsity Boys/Girls Tournament Friday & Saturday February 14 & 15, 2024



- I. **Boys weight classes:** 70 and under, 77, 84, 91, 98, 105, 110, 114, 118, 122, 126, 132, 140, 148, 160, 174, 210, Heavyweight (275 lb. max. weight)
- Girls weight classes:** 72, 81, 89, 97, 104.5, 120, 128, 136, 145, 155, 175, 195

Coaches: A 1-pound weight allowance for the month of February will be given on Friday, 2 pounds on Saturday for Varsity. A 1-pound weight allowance will be given to Girls on Saturday.

- II. **J.V. Tournament Weigh-Ins: Satellite weigh-ins by coaches.** Coaches please verify nails are cut and contagious skin conditions are not present. Weigh-ins due via e-mail to gjralco@gmail.com by Thursday, February 9th at 6:00pm.

Varsity Boys/Girls Tournament Weigh-Ins by Coaches:

Varsity - Friday, Feb. 14th @ Large Gym 9:00am Sharp!

Varsity/Girls - Saturday, Feb. 15th @ Large Gym 9:00am Sharp!

***Wrestlers will be bumped to the next weight class if they miss weight on the first day of weigh-ins.**

- III. **Rules:** National Federation of State High School Association Rules will govern all wrestling matches.

IV. Schedule of Matches:

Jr. Varsity Tournament:

Friday, Feb. 14th Matches beginning @ 9:00 am

*JV Wrestling will be completed by end of day Friday

Varsity Tournament:

Friday, Feb 14th Matches begin at 10:00am, Boys wrestle through Semifinals

Girls: SATURDAY, Feb. 15th- weigh ins 9:00am

Varsity Day Two: Saturday, Feb. 15th- weigh ins 9:00am – Finish

Varsity & Girls will wrestle final matches on two mats after a short afternoon break

V. Format & Match Times: Double elimination; Varsity Team & Individual Awards: Scoring to four places; Highest advancing wrestler, per school per weight scores points. Varsity Round Robins will be created when there is a lack of wrestlers in any weight class.

J.V. = 1-1-1 Round Robin

Varsity & Girls = 1-2-2 Championship side.
1-1-1 Backside preliminaries.
1-2-2 Semi Finals & Final (3rd/4th)

Notes: Wrestlers must be 6th-8th grade. Wrestlers may participate on only one level, JV or Varsity, per tournament. 8th Graders must wrestle Varsity – new district policy.
Girls will not wrestle in boys brackets unless pre-approved at Coaches Meeting
A wrestler must have at least a thirty minute rest between matches.

No Low cut style (freestyle) singlets allowed

VI. Awards: JV will receive certificates. Varsity Team trophies for 1st-3rd places. JV and Varsity Individual awards for the top three finishers in each weight class. **Trophy for the (Outstanding Wrestler).**

Tournament T-Shirts will be for sale!

VII. Hospitality Room/Concessions: A hospitality room will be provided for coaches, table workers and referees only. A concession stand will be available to wrestlers and fans in the cafeteria. Wrestler breakfast will be served Saturday morning for \$5.00 complete with juice or milk.

VIII. Seeding Meeting: The seeding meeting will be held at PJMS at 6:00 pm Thursday February 9th.

This Wrestling Meet will be set up using www.trackwrestling.com for online bracketing and scoring. Please share website address with families and friends so they can follow the tournament.

The head coach is responsible to enter individual wrestler information online at www.trackwrestling.com before the deadline of **Thursday February 13th, at 6:00pm**. You may submit information early.

If the information is not submitted on www.trackwrestling.com your school/team will not be permitted to compete in the tournament!

Please e-mail Gary Alcock, gjalco@gmail.com to request your team login.

Other questions, please e-mail Coach Simon Root @ simon.root@matsuk12.us

IX. Entry Fees: For teams outside the Mat-Su School District

- \$20.00 per wrestler or \$400.00 Maximum per school
- Credit Card Option is [linked here](#) or use the QR Code
- Make Checks payable to "Palmer Junior Middle School"
- Deliver to PJMS Athletic Director, before the 10:00 am competition begins on Friday, February 10th. Please do not mail checks.



X. Conduct: Good Sportsmanship shall be practiced at all times. School will be in session until 2:30pm. The head coach is responsible to set appropriate expectations and keep track of their wrestlers during the tournament. Wrestlers should remain in the gyms unless they are visiting the restrooms in the adjacent hall or the concession area. Wrestlers should not be in any other area of the school without direct supervision. Please help us keep the school clean and use provided receptacles for your trash throughout the day. No athletes should be left at the school without their coach.

XI. Overnight Accommodations: Any team requesting overnight accommodations will need to e-mail robin.cunningham@matsuk12.us to receive additional forms. Housing will be at Palmer High School.