

December 13-14, 2019

Bethel Regional High School

**SCHEDULE**

(**Times Subject to Change**)

**Thursday, December 12**

AM – PM Teams arrive

6:30 PM – 10 PM Teams can practice in the gym.

5 PM - 6:30 PM Dinner - Chicken Noodle soup, salad, cookie & juice

7 PM Coaches/Seeding Meeting in the Hospitality Room. Dinner provided.

**Friday, December 13t**

7:30 AM Weigh Ins w/singlet (scratch + 2.5) 103 = 105.5

Breakfast - Scrambled eggs, sausage, potatoes O'Brien, fruit & juice.

**Session 1**

9 AM – 12 PM Championship Preliminary Round

Championship Round 1

Consolation Round 1

12 PM –1:30 PM Lunch - Chicken w/Pasta, salad, fruit, cookie & juice

**Session 2**

1:30 PM – 5 PM Consolation Round 2

Championship Semi’s

Consolation Round 3

5 PM – 6:30 PM Dinner - Spaghetti, salad, garlic bread, corn, cookie & juice

**Session 3**

6:30 PM – 10 PM Championship Finals

Consolation Semi’s

**Saturday, December 14**

7:30 AM Weigh Ins w/singlet (scratch + 3.5) 103 = 106.5

Breakfast - Pancakes, scrambled eggs, sausage or bacon, fruit & juice

**Session 4**

9 AM – 12 PM Consolation Finals (2 mats)

True 2nd Place matches (if necessary)

Awards to follow after the last match.

11:30 AM – 12:30 PM Lunch Chicken Sandwich, bag of chips, fruit, granola bar and juice.

Teams can depart after Lunch.

**COACHES: PLEASE MAKE SURE THAT ALL OF YOUR RECORDS ARE UPDATED ON TRACKWRESTLING.**

Please fill out the travel information and send it to:

Ryan Saltzman

Activities Director

907-545-5087 cell

907-543-4436 work

Great Alaska Conference Travel Info.

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| School Name |  |
| Airline |  |
| Arrival Date/ Time |  |
| Departure Date/ Time |  |
| Number of male students |  |
| Number of female students |  |
| Number of male adults |  |
| Number of female adults |  |