

**MOUNTAIN VALLEY LEAGUE WRESTLING CHAMPIONSHIPS**  
**HOSTED AT INDIAN SPRINGS IN THE DEN**  
**JANUARY 31, 2023**  
**3:30PM START TIME**

**Finals Location** – Indian Springs High School 650 N Del Rosa Drive SB CA, 92410

**Parking for event** – All parking for the MVL Wrestling Championships will be in the West parking Lot off of 6<sup>th</sup> street. The entrance to the school for all athletes, coaches, and spectators will be the gate closest to the stadium that leads to the gym along the fire lane.

**Fan Parking/Entrance** – All Spectators can park in the lot off of 6<sup>th</sup> street in marked parking spots only. The entrance for the event will be the same as the entrance for athletes at the west gate by the parking lot. This leads directly through to the gym. Please tell your parents that spectators will not be allowed on campus until after school ends at 2:35pm. Wrestling will begin at 3:30pm

**Locker Rooms** – visiting athletes always need to be **SUPERVISED** by coach or school personnel. Your teams will have access to locker rooms prior to weigh-ins and the championships. Please ensure that your gear and equipment is cleared out of the locker room prior to the start of the game.

**League Finals Manager** – League Finals will be managed by Nick Kindred and K and D productions. You should be receiving an email in regards to entries, etc.

**Weigh-ins 12:30pm – 1:30pm in the gym. We will be utilizing a range weigh-in so we can begin immediately at 3:30pm. If your teams are late to weigh-in, they will be disqualified since this is a championship event and will be governed as such. Weigh-ins will be conducted in your singlet.**

**Water** – We will have water stations around the gym for your convenience for your wrestlers.

**Warm-Up** – Mats will be open from 2:40pm – 3:20pm to allow for each school to warm up on either of the three mats

**Scorers' Tables** – We will need student managers to man the tables at the three mats from AB Miller, Jurupa Valley, and Pacific. The help will be greatly appreciated.

**Runners** – We will need Rubidoux to provide 2 – 3 Student Managers to work with the meet managers as a go between for each of the mats. The help will be greatly appreciated.

**Emergency Personnel** – Per league constitution an athletic trainer from each participating site is required. If your school cannot provide one, please let me know as soon as possible. We will have a central medical station staffed by athletic trainers with eyes on each mat for potential injury management.

**Snack Bar will be available**

**League Finals – Ticket prices**

General Admission	\$6.00
HS Student with ID	\$4.00
Children 12 and under/Senior Citizens	\$4.00
Visiting Staff with School Badge	Free
Passes: CIF passes Only – League passes are not good for championship events	

**Thank you for all of your efforts and we are looking forward to a great MVL Championship Finals!**

Athletic Director – John Chamberlain Ph# 909-383-1360 or Cell# 909-641-9158