

UNIT 3 Tournament Information

Valley seeding meeting Thursday at KPAX TV at 6pm. Have team rosters ready with **CORRECT** weights for wrestlers, we want to have zero changes other than no-shows, Saturday morning.

FOR JH & MIDDLE WRESTLERS – Friday March 12th

- Friday Weigh in at Florence School from 4 pm- 5:30pm.
- Coaches meeting at 5:30 pm
- Wrestling at 6 pm
- One coach per mat.....no parents mat side.
- Each team must bring one official per 20 wrestlers as per by laws.
- Concessions available.
- Contact Lee Harrington 531-8503 for more information.

FOR NOVICE AND BEGINNER WRESTLERS – Saturday March 13th

- Saturday wrestling for **beginners starts at 9am** with the beginners running straight through,
- Weigh-in for beginners at Hellgate High School is from 7:30am-8:30am.
- coaches meeting for beginners at 8:30. Start at 9am.
- Novice weigh-ins from 10:30-11:30, c
- coaches meeting at 11:30 for novice.
- **Novice start at Noon.**
- One coach per mat.....no parents mat side.
- **Each team must bring one official per 20 wrestlers as per by laws.**
- Concessions/tee shirts available.
- Contact Bob Hermes 721-1929 for more information.