**12th Annual Falcon Wrestling Tournament**

Whitney High School – Rocklin CA

**Varsity is a TOC Qualifier**

Girls, JV and Elem DivisionsSaturday, January 28, 2023

**Entry Fee $26**

Registration and pre-payment through Track Wrestling

COACHES PLEASE RSVP by Jan 18th with tentative numbers to ken@ckmstaffing.com

* **REGISTRATION:** Registration for the tournament will be through trackwrestling.com. The **last day** to register for the event will be Wednesday, January 25h, 2023 at 9:00pm.
* **TOC VARSITY WEIGHT CLASSES:** 70, 76, 83, 89, 95, 100, 103, 108, 112, 116, 122, 128, 135, 142, 153, 168, 185, 205, 235
* All other divisions will be pooled in pools of 6.
  + Girls (Elem girls recommended to enter in Elem divisions)
  + JV including middle school novice
  + Elem 4th to 6th
  + Elem 3rd and under
* Medals to all Participants
* Champion Trophy for Varsity 1st place
* Wrestlers may wrestle in 2 divisions by registering twice and paying 2 registration fees.
* Great Facility – 2 side by side gyms–17 mats
* All Wrestlers will be grouped in 1 of 4 sessions
  + 8-10AM, 10-12, 12-2 or 2-4PM
* Wrestlers will be assigned a pool, mat and a session by Friday at the latest
* Session Times, Pool and Mat Assignments will be available on Track Wrestling
* Wrestlers will wrestle all matches on one mat in a 2 hour session then can leave They will wrestle every 20 to 30 minutes

Coaches Meeting – 7:45 am

Wrestling Begins at 8:00 Concessions stands will be open all day-

Coaches will need wristbands to coach in the corner and enter the coaches’ lunch.

1 wrist band per team

2 wrist bands for 10 or more wrestlers

3 wrist bands for 20 or more wrestlers

Additional wrist bands $15.00 will be sold at the entry door.

Weigh-in Information

All varsity will need to weigh in at an official weigh in either Friday night or at Whitney High School from 6:30 am to 7:30 am on Saturday Morning.

**Friday Night Satellite Weigh Ins (more to come)**

* Granite Oaks Middle School 5:00pm to 6:00pm
  + 2600 Wyckford, Rocklin CA
* Springview Middle School 5:00pm to 6:00pm
  + 5040 5th Street, Rocklin
* Jepson Middle School 5:00pm to 6:00pm
  + 580 Elder street Vacaville 707-453-6280 ext. 1157
* Folsom High School – 5:00pm to 6:00pm
  + Wrestling Room 1655 Iron Point Rd, Folsom, CA

**Weigh-Ins All other Divisions** – Coaches please weigh in all your wrestlers (Tuesday Evening or later) and have them use their actual weigh-in weight to the 10th of a pound when registering on Track Wrestling. Any wrestler who appears to be heavier than their registered weight may have their weight checked at the tournament and must be close to the registered weight. Please no cutting weight for the pooled divisions.

Admission $7.00 Kids 10 and under free

Headgear for all and mouthpieces for those with braces mandatory

Whitney High School 701 Wildcat Blvd. Rocklin, CA 95765

Contact Ken Klein for More Info

[ken@ckmstaffing.com](mailto:ken@ckmstaffing.com)

Text/cell 916-295-9851