



Metro Junior Wrestling League District 4 Tournament

When: Saturday, January 9, 2010

Where:

Directions:

Storey Gym 2810 House Ave Cheyenne, Wy. 82001	1) Head North on I-25 N 2) Take exit 9 for US-30 W/Lincolnway 3) Turn left at W Lincolnway 4) Turn left at Warren Ave 5) Turn right at E 27th St 6) Take the 1st left onto House Ave 7) Destination will be on the left
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Doors Open: 7:00 AM Saturday, January 9th

Coaches Meeting: 7:45 AM Saturday, January 9th

Wrestling Start Time: 8:00 AM Saturday, January 9th

Admission Fee: Adults- \$4.00 - Students \$2.00 - Children under 5 Free
 ALL COACHES PAY!

Awards: Top 8 Place Winners in each weight Bracket will receive a medal!

Concessions will be available all day Saturday – Please Remember No Coolers Will be Allowed

Weigh-ins:

Friday - January 8, 2010 5:00PM – 7:00PM Storey Gym Use the main Entrance Contact: Zach Mason (307)920-0050	Friday - January 8, 2010 5:00PM – 7:00PM Thompson Valley High School Use the main entrance Parking is on the East side Contact: Chad Williams (970)213-9513
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Limited Concessions Will be Available During Weigh-Ins at Storey Gym

Mouth Guards will be required for wrestlers with braces.

Hair Covers will be required for wrestlers who's hair hangs below their eyebrows, earlobes, or collar.

Wrestlers Must Weigh In Wearing a Singlet

Wrestlers Required to Wear a Hair Cover or Mouth Guard are Required to Show Them at Weigh-Ins

Each club in district 4 must send appropriate help to Cheyenne to help with weigh-ins, and bracketing.

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