

LAGUNA HILLS HIGH SCHOOL
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38th ANNUAL LAGUNA HILLS HIGH SCHOOL INVITATIONAL WRESTLING TOURNAMENT

PLACE	Laguna Hills High School
DATE	January 21, 2023
WEIGH-INS	6:30-8:00 AM in the small gym. Wrestlers will be checked for skin disorders at weigh-ins. Tournament director has final authority regarding skin disorders. If your wrestlers have ringworm, impetigo, etc., please leave them home.
FORMAT	16 or 24 man bracket. Double Elimination.
WEIGHT CLASSES	CIF weights: 108, 115, 122, 128, ...
WRESTLING	Wrestling will be done on four to six mats. We will wrestle straight through until finished.
WRESTLING BEGINS	9:30 AM
EXTRA WRESTLERS	You can bring extras and we will try to work them into the bracket. No guarantees. Call me as the tournament approaches for more info regarding extras.
SEEDING MEETING	8:15 AM in room P-16. Every school must have a coach present to seed their wrestlers!
AWARDS	Team trophies 1st, 2nd, 3rd. Individual medals 1st, 2nd and 3rd (we will give two 3rds). Outstanding upper and lower weights.
ENTRY FEE	\$350 per team. \$20 per extra. Please pay entry before Dec. 1, 2022. Make checks payable to Laguna Hills Wrestling.
CONCESSIONS	A full concession stand will be available throughout the tournament for your convenience.
CONTRACTS	Please complete and return the contract ASAP (email to cliffjarmie@gmail.com is best)
REGISTER	REGISTER: send your lineup to cliffjarmie@gmail.com by Friday, January 20, 2023 at 6:00 PM!! (You can make changes at weigh-ins)
CONTACT	CLIFF JARMIE (714) 642-4178 (cell) Please do not hesitate to call if you have any questions.

