2010 NEW HAMPSHIRE
MIDDLE SCHOOL WRESTLING REGIONALS
CMS
SUNDAY, FEBRUARY 7, 2010

WHERE: Cooperative Middle School, 1 Academic Way, Stratham, NH 03885

COST: $13.00 per wrestler. Checks should be made payable to : CMS ATHLETICS and must be paid on/before the day of the event.

ELIGIBILITY: Tournament is open to all grade 5-8 wrestlers. Wrestlers with any HS experience are excluded. All participants should be insured prior to and including this event. You must be a NH resident or attend a NH school to be eligible.

DIVISIONS: DIV. 1 grades 5-6 DIV. 2 grades 7-8

WEIGHT CLASSES: To be determined at registration weigh-ins. All wrestlers will be weighed in at the host site. **All coaches must fax, email, or deliver weigh verification sheets (attached hereto) no later than 7:00 pm on Thursday, February 4, 2010.** NO ADDITIONS/CHANGES will be made after this time. Weight classes will be grouped with a maximum of eight wrestlers per bracket.

WEIGH INS: 7:00-8:00 AM, Sunday, February 7, 2010. Please plan accordingly. We will close weigh ins @ 8:00 AM sharp.

AWARDS: Top four (4) wrestlers in each weight class shall receive awards.

TIME: Coaches meeting starts at 8:30 AM. Wrestling begins at 9:00 AM.

FIRST AID: We will have a certified trainer on staff all day. Coaches are responsible for all blood clean up.

OFFICIALS: Apprentice officials shall conform to National Federation HS Rules.

MATCH TIME: Consists of three (3) 1-minute periods.

CONTACT INFORMATION: Robert Brown email: **rbrown@sau16.org**
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SUNDAY, FEBRUARY 7, 2010
WEIGHT VERIFICATION SHEET

SCHOOL OR ORGANIZATION: _____

DIVISION: (circle one) DIV. 1 grades 5-6 DIV. 2 grades 7-8

Coach or Parent Name: _____

NH YOUTH WRESTLING SEEDING CRITERIA

1. BEGINNER-no experience, under 10 matches wrestled, little athletic ability, losing record
2. FAIR-little experience, 10-20 matches, somewhat athletic, has won a couple of matches
3. GOOD-placed @ a tournament, .500 record, 20-30 matches, average athletic ability
4. EXCELLENT-won a tournament, winning %, experienced wrestler, over 30 matches, very good athletic ability
5. OUTSTANDING-past state champion, won 2 or more tournaments, high winning %,excellent athletic ability

NAME OF WRESTLER	WEIGHT	GRADE	SKILL LEVEL

Please make necessary copies.