

Event Schedule

Thursday, May 8 Start Finish

Pairing Officials Clinic & SR GR Tournament Set-up.....7:30 PM 10:00 PM
 SR GR Registration, Medical Check & Weigh-ins (See Weigh-in Procedures).....8:00 PM 8:30 PM

Friday, May 9 Start Finish

JR GR/FS Registration.....7:15 AM 8:00 AM
 * JR GR Medical Check & Weigh-ins (See Weigh-in Procedures).....8:00 AM 8:10 AM
 Mat Officials Clinic.....8:00 AM 9:30 AM
 JR GR Tournament Set-up.....8:00 AM 10:00 AM
 GR Rules Clinic (Athletes & Coaches).....9:30 AM 9:45 AM
 # SR & JR GR Preliminaries through Finals.....10:00 AM Conclusion
 SR FS (Men & Women) Registration, Medical Check & Weigh-ins (See Weigh-in Procedures).....8:00 PM 8:30 PM
 SR FS (Men & Women) Tournament Set-up.....8:00 PM 10:00 PM

Saturday, May 10 Start Finish

JR FS (Men & Women) Registration...7:30 AM 8:00 AM
 * JR FS (Men & Women) Medical Check & Weigh-ins (See Weigh-in Procedures).....8:00 AM 8:10 AM
 JR FS (Men & Women) Tournament Set-up.....7:30 AM 10:30 AM
 State Leaders Meeting.....9:00 AM 10:00 AM
 FS Rules Clinic (Athletes & Coaches).....10:00 AM 10:15 AM
 # SR & JR (Men & Women) FS Preliminaries through Finals.....10:30 AM Conclusion

* ALL athletes MUST be present at the BEGINNING of weigh-ins

BREAKS SCHEDULED AS NECESSARY

SESSIONS AND SCHEDULE SUBJECT TO CHANGE

For specific event procedures or scheduling, contact USA Wrestling National Events at (719) 598-8181.

To attain BRONZE Coaches Certification, please see your State Leader. No Clinic will be held at this event!!!

All participants are encouraged to preregister online at www.themat.com to save \$10 on entry fees.

Want live text results? Make sure to sign-up at:  TrackWrestling.com



Steve Knipp
1119 Kaplan Drive
Waterloo, IA 50702



NORTHERN PLAINS JUNIOR & SENIOR REGIONAL CHAMPIONSHIPS

MAY 8-10, 2008
Young Arena
WATERLOO, IA

Event Director: Steve Knipp
 Phone: (319) 415-4091
 E-mail: sknipp@aol.com
 Venue Address: Young Arena
 125 Commercial Street
 Waterloo, IA 50701

Online preregistration available at:



General Information

ENTRY: All athletes MUST register online at www.themat.com by 1:00 PM (CST), Tuesday, May 6th, 2008 or will be subjected to a \$10 late fee (per style). The **OFFICIAL WAIVER & REGISTRATION FORMS** will be completed electronically when registering online. If registering on-site, the **OFFICIAL WAIVER & REGISTRATION FORMS** (available for download at www.themat.com) must be accurately completed and filed at registration. Entry fee is \$25 (per style) if registered by 1:00 PM (CST), Tuesday, May 6th or \$35 (per style) if registering on-site. **There are no refunds for failure to compete. Please make checks payable to "Black Hawk Wrestling Club."**

INDIVIDUAL AWARDS: Attractive awards to the top four (4) place winners in the Junior divisions (**Men & Women**) and the top three (3) place winners in the Senior divisions (**Men & Women**). Outstanding Wrestler awarded in each style of the Junior Divisions only.

RULES: For all divisions, the current rules of FILA, with USA Wrestling modifications where applicable, will govern the event and the competition.

PAIRINGS: Contestants are randomly drawn by computer. In the Junior divisions, wrestlers from the same state will be separated. One pool will be used for brackets with fewer than six (6) competitors and two pools will be employed if there are six (6) or more entrants in any given weight class. In the Senior divisions, wrestlers from the same club will be separated. Double-elimination line bracketing with wrestle-backs to third place will be employed.

COACHING: A floor pass is required. Floor passes will only be issued to those individuals with a current USAW Coaches Membership Card and who are a minimum USAW NCEP Bronze certified. Coaches Membership Cards should be obtained from your state office. Two certified coaches are the maximum allowed in each competitor's corner. To videotape any match at mat side, the operator must be one of the two certified coaches in the corner. Only coaches with a current USAW Coaches Membership Card AND who are USAW NCEP certified are entitled to free admission.

UNIFORMS: Red and blue singlets, or red/blue reversible singlet with under briefs required. High-cut singlets are recommended for the Senior Divisions. For women, a collegiate or women's singlet is required and a sleeveless sport top is to be worn under the singlet (no T-shirts). **NO TWO-PIECE UNIFORMS ARE ALLOWED FOR JUNIOR DIVISIONS AND YOUNGER!**

Medical and waiver forms for all USA Wrestling events available at WWW.THEMAT.COM

MEDICAL INFORMATION: Athletes must be present in a **COMPETITION SINGLET** and must submit to a skin disease screening prior to weigh-in. The chief medical officer has full authority without appeal in determining the eligibility of an athlete to compete. In the event of injury or illness, no contestant will be permitted to continue the competition without approval of the Chief Medical Officer, whose decision is final and not subject to appeal.

WEIGH-INS: All Junior athletes must be present at the **BEGINNING** of weigh-ins. An athlete competing in both styles of the Junior division may weigh in once for both styles. This is contingent on the athlete actively competing in the first one of two wrestling styles scheduled. **Athletes competing in one style must weigh in at the official weigh-in for that style.** Each athlete will be allowed two consecutive attempts to make weight and may not leave the weigh-in area. All wrestlers must be dressed in a **COMPETITION SINGLET** for weigh-ins and no weight allowance is given for the singlet. Senior Division athletes competing in both styles must weigh in for each style registered.

JUNIORS: Top three place winners at this event qualify for your state's ASICS/Vaughan Junior National Championships (in Fargo, ND; July 19—26, 2008) team above the state limit (in the age division in which you qualify). Athletes must still adhere to all state policies and you qualify only in the style in which you place.

SENIOR: Champions qualify for the 2008 Olympic Team Trials in Las Vegas, NV; June 12—15, 2008.

Eligibility

JUNIOR DIVISION: Athletes shall be considered eligible to compete in Junior Division competitions if he/she is currently attending high school, or participating in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program, or if a summer event, attended high school, or participated in a program considered by the State's Department of Education to be fulfilling the athlete's requirements for graduation from an accredited high school program the "Spring" semester just prior to the summer event. In addition, the athlete has only four consecutive years to compete in the Junior Division once his/her class begins the ninth grade.

SENIOR DIVISION: Open only to U.S. citizens eligible to represent the United States at the 2008 Olympic Games in Beijing, China. Athlete must be a U.S. citizen prior to the start of **THIS** event.

Accommodations

When making reservations, be sure to ask for the USA Wrestling tournament rate.

Ramada Inn
205 West 4th Street
Waterloo, IA 50701
(319) 233-7560 \$89

Days Inn
5826 University
Cedar Falls, IA 50613
(319) 266-1222 \$69

Heartland Inn Crossroads
1809 LaPorte Road
Waterloo, IA 50702
(319) 235-4461 \$80

Quality Inn & Suites
226 West 5th Street
Waterloo, IA 50701
(319) 235-0301 \$79

Holiday Inn
5826 University Ave
Cedar Falls, IA 50613
(319) 277-2230 \$99

Country Inn and Suites
4025 Hammond Avenue
Waterloo, IA 50702
(319) 233-2336 \$99

Age Groups & Weight Classes

(All weight classes in pounds, except where noted)

JUNIOR MEN (Born September 1, 1988 and after, plus currently enrolled in grades 9-12): 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

JUNIOR WOMEN (Born September 1, 1988 and after, plus currently enrolled in grades 9-12): 95, 102, 109, 116, 124, 132, 139, 146, 153, 165, 190, 220

SENIOR MEN (Born 1988 or before. 1989-1990 with medical certificate): 55 KG (121.25 LBS), 60 KG (132.25 LBS), 66 KG (145.5 LBS), 74 KG (163 LBS), 84 KG (185 LBS), 96 KG (211.5 LBS), 120 KG (264.5 LBS)

SENIOR WOMEN (Born 1988 or before. 1989-1991 with medical certificate): 48 KG (105.75 LBS), 51 KG (112.25 LBS), 55 KG (121.25 LBS), 59 KG (130 LBS), 63 KG (138.75 LBS), 67 KG (147.5 LBS), 72 KG (158.75 LBS)

USA Wrestling Membership

All contestants and coaches must present proof of a current USA Wrestling Membership Card during registration in order to participate at the 2008 Northern Plains Junior & Senior Regional Championships. To purchase a USA Wrestling Membership Card, go to the www.themat.com, click on "Membership" and follow the instructions. Alternatively, Membership Cards can be acquired from the State Chairperson or State Membership Director of the contestant's state of residence.

Secondary sports accident insurance is provided as a benefit of membership. No prequalification required.