

Event Schedule

Thursday, June 5

	Start	Finish
GR Technique Clinic <i>(Instructed by USAW)</i>	4:00 PM	6:00 PM
State Directors' Registration.....	6:15 PM	7:00 PM
GR/FS Registration.....	7:00 PM	8:00 PM
* GR Weigh-in <i>(See Weigh-in Procedures)</i>	8:00 PM	8:20 PM
Mat Officials GR Clinic.....	8:00 PM	9:30 PM
Pairing Officials Clinic & GR Tournament Set-up.....	8:00 PM	10:30 PM

Friday, June 6

	Start	Finish
GR Rules Clinic <i>(Athletes & Coaches)</i>	7:30 AM	8:00 AM
GR Session I.....	8:00 AM	1:00 PM
GR Session II.....	2:00 PM	8:00 PM
FS Registration.....	7:00 PM	8:00 PM
* FS Weigh-in <i>(See Weigh-in Procedures)</i>	8:00 PM	8:20 PM
Mat Officials FS Clinic.....	8:00 PM	9:30 PM
FS Tournament Set-up.....	8:00 PM	10:30 PM

Saturday, June 7

	Start	Finish
Girls' FS Registration.....	7:00 AM	8:00 AM
* Girls' FS Weigh-in <i>(See Weigh-in Procedures)</i>	8:00 AM	8:20 AM
Girls' FS Tournament Set-up....	8:00 AM	9:30 AM
Opening Ceremonies.....	8:30 AM	8:45 AM
FS Rules Clinic <i>(Athletes & Coaches)</i>	8:45 AM	9:00 AM
FS Session I.....	9:00 AM	1:00 PM
# Girls' FS Session I.....	10:00 AM	Conclusion
# FS Session II.....	3:00 PM	Conclusion

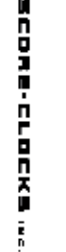
* ALL athletes MUST be present at the BEGINNING of weigh-ins.

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.

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



Bruce Moe
752 167th Avenue Southeast
Hillsboro, ND 58045



2008 NORTHERN PLAINS KIDS & CADET REGIONAL CHAMPIONSHIPS

WITH GIRLS' FREESTYLE & BANTAM FESTIVAL

JUNE 5-7, 2008
RALPH ENGELSTAD ARENA
GRAND FORKS, ND

Event Director: Bruce Moe
Phone: (218) 791-4189
E-mail: bkinc@rrv.net
Website: www.usawnd.com
Venue Address: Ralph Engelstad Arena
One Ralph Engelstad Arena Drive
Grand Forks, ND 58203

Waiver and Registration forms available at:



General Information

ENTRY: Kids and Cadets **RESIDING IN** the Northern Plains Region: The **ACCURATELY COMPLETED WAIVER, MEDICAL and ENTRY Forms** (available at www.themat.com) **PLUS** the \$30 entry fee (per style) must be mailed to the wrestler's State Kids/Cadet Director (see listing in flyer). All items must be postmarked by the date set by each wrestler's State Kids/Cadet Director (see listing in flyer). **No individual entries will be accepted.** States are to provide a person(s) at the event to register their entrants and to verify each entrant has qualified through their state event.

Cadets RESIDING OUTSIDE of the Northern Plains Region: The **ACCURATELY COMPLETED WAIVER, MEDICAL and ENTRY Forms** (available at www.themat.com) **PLUS** the \$30 entry fee (per style) must be mailed to **Bruce Moe** (see address on front of the flyer) and postmarked by Wednesday, May 28, 2008.

Entry fee for the Girls' Freestyle and Bantam Festival will be \$15 (per style). Preregistration is not required, but is highly recommended by mailing all forms and fee's to **Bruce Moe** (see address on front of the flyer).

—There will be no admission charged to spectators—

INDIVIDUAL AWARDS: Attractive awards to the top four (4) place winners in each weight class of the Kids/Cadet Regional Championships, and the top three (3) place winners of the Girls' Festival.

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

UNIFORMS: Red and blue singlets, or red/blue reversible singlet with under briefs are required. For the Girls division, a collegiate or girls singlet is required and a sleeveless sport top is to be worn under the singlet (no T-shirts). **Headgear is required for all competitors in the Kids Divisions. No two-piece uniforms allowed!**

PAIRINGS: Wrestlers will be separated according to regional policy. Two pools, with cross-bracketing, will be employed if there are six (6) or more entrants in any given weight class. Weights with two (2) competitors shall wrestle two (2) out of three (3) to determine region champion.

COACHING: Three complimentary floor passes will be issued to each state. Any additional floor passes are \$5 each to certified coaches. Coaches floor passes will only be issued to those individuals with a current USAW Coaches Membership Card and are a minimum USAW NCEP Copper certified. Coaches Membership Cards should be obtained from your state office. Two certified coaches 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.

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.

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

REGISTRATION: All athletes must be present at registration and proceed to the weigh-in area after registering.

WEIGH-INS: An athlete competing in two styles may weigh in once for both styles. This is contingent on the athlete actively competing in the first of the two wrestling styles scheduled. **Athletes competing in one style must weigh in at the official weigh-in for that style. All athletes must be present at BEGINNING of weigh-ins.** 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.

ELIGIBILITY: All athletes and coaches must present proof of current **USA Wrestling Membership Card** at registration. To purchase a USA Wrestling 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.

All **KIDS and CADETS RESIDING IN A NORTHERN PLAINS REGION STATE** (as listed in this flyer) **MUST HAVE QUALIFIED** according to their state policy in order to compete in the regional championships. Contact your state director for qualification information.

There is **NO QUALIFICATION** policy for **CADETS** residing **OUTSIDE** of the region.

GIRLS' FREESTYLE AND BANTAM FESTIVAL: DOES NOT qualify for any other events and is open to all wrestlers in applicable age groups regardless of state of residence.

KIDS REGIONAL CHAMPIONSHIPS (Midget, Novice & Schoolboy/girl): ALL PARTICIPANTS MUST reside in a Northern Plains Region state (as listed in this flyer) to participate in the Kids freestyle and/or Greco-Roman regional tournament.

All Midget, Novice and Schoolboy/girl wrestlers participating in the freestyle and Greco-Roman regional tournament qualify for the Kids Freestyle & Greco-Roman National Championships in Orem, Utah: July 2–July 5, 2008.

CADET REGIONAL CHAMPIONSHIPS: Competition is open to all Cadets, regardless of state of residence. Top three place winners at this event qualify for the 2008 Accelerade Cadet National Championships in Fargo, ND: July 19–25, 2008. You must still adhere to all state policies. You qualify only in the style in which you place.

Age Groups & Weight Classes

(All weight classes in pounds)

Bantam Festival (Born 2000–2001) Weight Classes to be determined after weigh-ins.

Midget (Born 1998–1999) 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ [20 LB Maximum Difference]

Novice (Born 1996–1997) 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ [25 LB Maximum Difference]

Schoolboy/girl (Born 1994–1995) 70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 235

Cadet (Born 1992–1993) 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

Girls' Freestyle Festival Weight Classes to be determined after weigh-ins.

Accommodations

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

America's Best Value Inn

Contact: T.J. Goss
Phone: (701) 775-0555
Rate: \$ 59.99 + Tax

AmericInn

Contact: Mike Smith
Phone: (701) 780-9925
Rate: \$ 109.90

Best Western Town House

Contact: Annette Aird
Phone: (701) 746-5411
Rate: \$ 70.00 to \$ 90.00

Canad Inns Grand Forks

Contact: Ciara Miller
Phone: (701) 772-8404
Rate: \$ 105.00 + Tax

Comfort Inn

Contact: Jan Gaddie
Phone: (701) 775-7503
Rate: \$ 99.99

C'Mon Inn

Contact: Mike Brown
Phone: (701) 775-3320
Rate: \$ 95.99 + Tax (Thursday)
\$ 129.99 + Tax (Friday/Saturday)

East Grand Inn

Contact: Denise Weber
Phone: (218) 773-9822
Rate: \$ 42.95 + Tax (up to 3 people)
\$ 44.95 + Tax (4 or more people)

Days Inn

Contact: Smiley Thakker
Phone: (701) 775-0060
Rate: \$ 69.99 + Tax

Hilton Garden Inn

Contact: Bryan Buck
Phone: (701) 775-0060
Rate: \$ 109.00 + Tax

Lakeview Inn & Suites

Contact: Chris Miller
Phone: (701) 775-5000
Rate: \$ 84.99

Road King Inn

Contact: Mark Dragich
Phone: (701) 746-1391
Rate: \$ 74.99

Travelodge

Contact: Becky Vakoc
Phone: (701) 772-8151
Rate: \$ 69.00 + Tax

Holiday Inn

Contact: Tom Steding
Phone: (701) 772-7131
Rate: \$ 79.00 (Thursday)
\$ 99.00 (Friday/Saturday)

Settle Inn

Contact: Lana Crowell
Phone: (701) 775-9901
Rate: \$ 54.90 + Tax (Thursday)
\$ 62.90 + Tax (Friday/Saturday)

State Kids & Cadet Directors

Illinois

Mike Urwin
4932 Wilshire Boulevard
Country Club Hills, IL 60478
(708) 206-0701
ikwf@ikwf.org

Iowa (Cadets)

Steve Mickelson
P.O. Box 442
Slater, IA 50244
(515) 228-3059
mickelson@huxcomm.net

Iowa (Kids)

Wil Kelly
702 ½ 1st Avenue Northwest
Waverly, IA 50677
(319) 939-3321
wikelly99@hotmail.com

Nebraska

Fred Franklin
P.O. Box 1
Oakland, NE 68045
(402) 380-1939
alphasurveying@qwest.net

Minnesota (Cadets)

Jim Moulsoff
1999 Thure Avenue
Saint Paul, MN 55116
(651) 699-2142
jmoulsoff@msn.com

Minnesota (Kids)

Roger Kingsley
127 Chaparral Drive
Apple Valley, MN 55124
(612) 310-6927
rsksingsley@hotmail.com

North Dakota

Kevin White
1780 64th Street Northwest
Minot, ND 58703
(701) 839-1159
yts@minot.com

South Dakota

Ray Ringstmeyer
1710 Albany Avenue
Hot Springs, SD 57747
(605) 842-6959
ray.ringstmeyer@k12.sd.us

Wisconsin (Cadets)

Scott Schmitz
1251 West Lake Road
Mineral Point, WI 53565
(608) 987-3898
scott_schmitz@mp.k12.wi.us

Wisconsin (Kids)

Tony Turner
1711 Hoyt Street
Madison, WI 53726
(715) 781-1370
aeturner_1@yahoo.com