

## SCHEDULE

### WEIGH-IN

8:00 am

### COACHES MEETING

9:00 am

### WRESTLING BEGINS

10:00 a.m.

## TEAM FEE

\$200.00 per team of 7 or more. \$20.00 per athlete for 6 or less athletes

### Make check payable to

Lynden High School

### Mail to:

Lynden High School  
C/O Glenda Johnston  
1201 Bradley Road  
Lynden, WA 98264

## AWARDS

TROPHIES - TOP 3 TEAMS  
MEDALS - TOP 3 WRESTLERS

## DIRECTIONS

Take Guide Meridian Exit #256 off I-5.  
Drive 13 miles, and turn right on to Front Street. Drive 1 mile, and turn left on 17<sup>th</sup> street. Drive 100 yards and turn right on to Grover Street. Follow Grover for 2 miles, until it turns into Vinup. L. H.S. will be on your right.

Lynden High School  
1201 Bradley Road  
Lynden, WA 98264

## SPECTATOR COST

Adults \$8.00  
Students & Seniors \$4.00

## CONTACT INFORMATION

### Athletic Director

Mike McKee 360-319-4385

### Tournament Computer

Randy Anderson 360-303-0970

### Head Girls Wrestling Coach

Santos Gallegos 360-303-6131

# 7<sup>th</sup> Annual Pride of Lady Lions Wrestling Tournament

LYNDEN HIGH SCHOOL

December 15, 2018



We are looking forward to hosting your team at the  
7<sup>th</sup> Annual Pride of Lady Lions Wrestling Tournament on  
**Saturday, December 15, 2018**

@

Lynden High School

We will be using "Track Wrestling" for this event.

Please meet the following deadlines the week  
leading up to the tournament:

Log on to track wrestling by Tuesday @ 8:00 p.m.

Enter athletes into track wrestling by Thursday @ 8:00 p.m.

All track wrestling questions should be directed to

Randy Anderson 360-303-0970

(randerson1831@gmail.com)



# 7th Annual Pride of Lady Lions

## Wrestling Tournament

Lynden High School 12/15/18

### Schedule:

8:00 a.m. Weigh-ins (Mat Room)

9:00 a.m. Coaches/Officials Meeting (Library)

10:00AM Start time (LHS Gym)

**LODGING:** If you need to travel on Friday, you can sleep on the mats at LHS with appropriate supervision. This would need to be pre-planned with athletic director Mike McKee.

**TOURNAMENT TYPE:** 16-person bracket with ties for 3<sup>rd</sup> and 5<sup>th</sup> wrestled on 4 mats. If there are any brackets where there are more than 16 we will run a round robin.

**TOURNAMENT SOFTWARE:** We will be using track wrestling for our tournament. You will be sent a link on the Monday prior to the tournament. Please have it filled out by Thursday evening prior to the tournament.

**SEEDING CRITERIA:** Head to head, State placer in previous year, state participant in previous year, win percentage, record.

**AWARDS:** Trophies for the top three teams and medals for the top three wrestlers.

**CONCESSIONS:** Concessions will be available in the cafeteria.

**APPAREL:** T-shirts and crewneck sweaters will be available in the trophy case hallway.

**SPECTATORS:** Only coaches, scoring managers and participating wrestlers will be allowed on the floor. THERE WILL BE NO FILMING OR PHOTOGRAPHY ON THE FLOOR unless you are sitting in a coach's chair!!

**HOSPITALITY ROOM:** Only coaches listed on your roster, tournament officials and our amazing tournament staff will be allowed in the hospitality room. Wristbands will be provided prior to the coaches meeting. Coaches may not share their wristbands.

**LOCKER ROOMS/SHOWERS:** Showers will be available, but wrestlers must provide their own towels. PLEASE ADVISE YOUR STUDENTS THAT WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS LEFT UNSECURED IN ANY AREA AT ANY TIME. Anything found will be turned in to the scorer's table.

**WEIGH IN PROCEDURE:** Weigh ins will start at 8:00 a.m. in the wrestling room. Teams will be called in alphabetical order and must have their WIAA weigh in sheet in hand to present to officials. We will then copy them, and they will be returned to you during the tournament. Please double check these sheets prior to weigh ins as there will be NO hand-written add-ons. **If your wrestler fails to make weight** for the weight class she was entered at she may move up (forfeiting seeding) to the next applicable weight class if there is space for her. **IF CUTTING IS WITNESSED OR REPORTED, THE HEAD OFFICIAL WILL BE NOTIFIED AND WILL LIKELY RESULT IN A PARTICIPANTS DISMISSAL FROM THE TOURNAMENT.**

**CERTIFIED ATHLETIC TRAINER:** Duane Korthuis is the Lynden High School certified athletic trainer, and will be present for the entire tournament. He will also have several student trainers working the tournament. **Be advised, while he and his student trainers are happy to assist with taping, bandaging etc. as needed, we ask that you provide your own supplies.**

**REGISTRATION:** Registration **must be made via email by the Monday prior to the start of the tournament.** Please include: school name; name, email and phone number of the head coach; approximate number of wrestlers you anticipate attending.

**COST:** The cost is \$200.00 per team of 7 wrestlers or more. If you have less than 7 wrestlers, the cost is \$20.00 per wrestler.

**PAYMENT:** You will be sent an invoice after the tournament that will be based on the total number of wrestlers you had wrestle. It is our hope that you get it paid by the end of January.