

LAGUNA HILLS HIGH SCHOOL
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39th ANNUAL LAGUNA HILLS HIGH SCHOOL INVITATIONAL WRESTLING TOURNAMENT

LOCATION	Laguna Hills High School
DATE	Saturday January 20, 2024
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	32-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, 4th Individual medals 1st, 2nd, 2-3rd, 2-5th, 2-7th. Outstanding upper and lower weights.
ENTRY FEE	\$375 per team. \$20 per extra. Please pay entry before Dec. 1, 2023. 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 brian.notch@svusd.org is best)
REGISTER	REGISTER: Trackwrestling Link will be sent by Friday, January 19, 2024 at 8:00 PM!! (You can make changes at weigh-ins)
CONTACT	Brian Notch (602) 309-9943 (Cell) Please do not hesitate to call if you have any questions.