



## ***WRESTLING***

# ***NORCAL REGIONAL DUAL CHAMPIONSHIP***

### **Fact Sheet**

**Date:** Saturday, October 18, 2025

**Host Conference:** Big 8 Conference

**Host College:** Sierra College  
5100 Sierra College Blvd  
Rocklin, CA 95670

**Admission:** General Admission..... **\$15.00**  
Student/Staff/Seniors & Children under 12.....**\$10.00**

Current State CCCSCA Membership Cards and CCCAA Lifetime Passes shall be honored for entry.  
Conference Commissioner and COA ID cards shall be honored for entry.

**Meet Director:** Don J. Martinez, III  
Cell 916-807-4496  
Email: [dmartinez@sierracollege.edu](mailto:dmartinez@sierracollege.edu)

**A.D./Site Manager:**  
Rachel Johnson  
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|                            |                             |                        |                                                                                                                              |
|----------------------------|-----------------------------|------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Schedule of Events:</b> | <b>Friday, October 17</b>   | 4:00 p.m. – 6:00 p.m.: | Registration-Lobby Gymnasium                                                                                                 |
|                            |                             | 4:00 p.m. – 6:00 p.m.: | Open Gym-Gymnasium                                                                                                           |
|                            | <b>Saturday, October 18</b> | 7:00 a.m.:             | Doors open, check scales,                                                                                                    |
|                            |                             | 7:30 a.m.:             | Skin Check - gym                                                                                                             |
|                            |                             | 8:00 a.m.:             | Weigh in starts-All contestants must be present in the weigh-in area before 8:00 am. Those not present will be disqualified. |
|                            |                             | 9:00 am:               | Meeting                                                                                                                      |
|                            |                             | 10:00 a.m.:            | Wrestling Begins                                                                                                             |
|                            |                             | 11:30am -1:00 p.m.:    | Hospitality room open to coaches and officials                                                                               |
|                            |                             | 4:00 p.m.:             | Approximate time for the Finals to begin                                                                                     |

**Entry Fee:** **\$425.00 PER TEAM – THE CHECK IS DUE BEFORE MATCH ON 10/18/25**  
**MAKE CHECKS PAYABLE TO: Sierra College**

**MAIL CHECKS TO:**  
**Sierra College**  
**Attn: Don Martinez, III**  
**5100 Sierra College Blvd.**  
**Rocklin, CA 95670**

**Weight Classes:** 125, 133, 141, 149, 157, 165, 174, 184, 197, and 285 pounds

**Medical:** Full athletic training staff will be available from 9:00 a.m. until the conclusion of tournament. Please bring your own supplies.

**Skin Checks:** There will be skin checks starting at 7:15 a.m. Saturday October 18, in the weigh-in area. All wrestlers must pass skin check in order to weigh in and compete.

**Weigh-Ins:** Three scales will be used, and the gym will open at 7:00AM.

**Weigh-ins Start at 8:00 a.m. until finished in the Gym**

All wrestlers **MUST BE IN THE WEIGH-IN AREA** before 8:00 AM. If they are not present in the weigh-in area, they **WILL BE DISQUALIFIED FROM THE COMPETITION**. NO WEIGHT LOSS ACTIVITY MAY TAKE PLACE ONCE WEIGH-INS START. WE WILL FOLLOW CURRENT NCAA REGULATIONS. Please have your Individual Weight Certification Sheets with you at Registration. Wrestlers must weigh in at or above the weights designated by that weight certification.

**Showers:** Showers are available. Please bring your towels.

**Line-Ups:** You will get an email to enter your roster on track wrestling. Please enter by noon on **Wednesday, October 15, 2025**.

**Rules:** CURRENT NCAA RULES INCLUDING SCRATCH WEIGHT AND 7 MINUTE MATCHES.

**Seeding:** October 18, 2025 at **9:00 a.m.**

**Awards:** TOP THREE TEAMS

**GYM:** **NO FOOD or DRINK is allowed in gym. Each team will have a designated table in the lobby so you can put your food and drinks.**