

2023 SACRAMENTO CITY COLLEGE
DAVID PACHECO WRESTLING OPEN

DATE: SATURDAY, SEPTEMBER 16th, 2023

TIME: STARTS AT 9:00 AM - FINALS ABOUT 5:00 PM

DIRECTOR: MARQUES GALES - CELL PHONE: (707) 398-5246
OFFICE PHONE: (916) 558-2435
E-mail: galesm@scc.losrios.edu

TEAM ENTRY FEE:

\$500 PER CCCAA TEAM - THE CHECK IS DUE BY SEPTEMBER 17th. ENTRY FEES NOT PAID BY THEN WILL INCURE A \$50 LATE FEE.

Checks should be made out to SCC Wrestling.

Send Checks to: Sacramento City College Wrestling
Sacramento City College
3835 Freeport Blvd.
Sacramento, CA 95822

OPEN ENTRY FEE:

\$50 per wrestler - Open to ONLY first or second year college eligible wrestlers. All Junior College wrestlers welcome. A Trackwrestling link will be available for registration by September 1st.

TEAM SCORING: THE TOP SIX PLACERS IN EACH WEIGHT SCORE POINTS. ONLY TWELVE WRESTLERS COUNT IN THE SCORING. NO MORE THAN TWO WEIGHTS WITH TWO SCORERS. PLACE POINTS ONLY

WEIGHTS: 125, 133, 141, 149, 157, 165, 174, 184, 197, and 285

SEND LINE-UPS: PLEASE **E-MAIL YOUR ANTICIPATED LINE- UPS** TO ME WITH NAMES AND CORRECT SPELLINGS **BY 3:00 PM ON THURSDAY, SEPTEMBER 15th**

galesm@scc.losrios.edu

- WEIGH-INS:
- You will weigh in at home or another college site on Friday, September 15th between 4 and 6 PM. Please only weigh in at home if you are NOT staying overnight in Sacramento as that is the purpose of the rule.
- An Athletic Director or Wrestling Coach from another team must be in the room during weigh in to complete the weigh in.
- The names and weights of each wrestler must be on a weigh in form and provided to Coach Gales before the tournament on Saturday morning. The form must be signed by the AD or OTHER COACH
- If there are any changes from the names you will send me on Thursday, please email the changes right after the weigh in on Friday.
- If a team chooses to weigh in on Saturday morning, the weigh in will start at 7:00 AM until finished. We anticipate this will be done in about 15 minutes.
- All wrestlers for these teams **MUST BE IN THE WEIGH IN AREA AT 7:00 AM.** If they are not in the room, they **WILL NOT BE ALLOWED TO WEIGH IN.** NO WEIGHT LOSS ACTIVITY MAY TAKE PLACE ONCE WEIGH-IN STARTS

- If a team weighed in on Friday night, no one from their team will be allowed to weigh in on Saturday morning.
- WE WILL FOLLOW CURRENT NCAA REGULATIONS.
- Have your Individual Weight Certification Sheets with you. Wrestlers must weigh in at the weights designated by that weight certification. Also, remember, you must weigh in with shorts or underwear.

SKIN CHECKS: Skin checks will be done at 6:45 AM for those weighing in the morning of the meet. Those weighing in the night before will do theirs between 7:30 AM and 8:30 AM in the training room. Take your team to the Trainer with your list of wrestlers so that the trainer can check them off the list. If a wrestler does not do the skin check, they cannot compete. NCAA rules require checks to be the morning of the meet.

RULES: CURRENT NCAA RULES INCLUDING 7 MINUTE MATCHES.

SEEDING: THURSDAY, SEPTEMBER 14th AT 6:00 PM – A Zoom link will be provided! COLLEGE RECORDS WILL BE GIVEN PRIORITY OVER H.S. AND FREESTYLE.

AWARDS:

- TOP THREE TEAMS
- TOP FOUR INDIVIDUALS IN EACH WEIGHT
- OUTSTANDING WRESTLER
- MOST FALLS IN LEAST AMOUNT OF TIME

TRAINER: FULL TRAINING STAFF WILL BE AVAILABLE THROUGH-OUT THE TOURNAMENT. PLEASE BRING YOUR OWN SUPPLIES.

LOCKERS: LOCKERS AND SHOWERS ARE AVAILABLE. PLEASE BRING YOUR OWN LOCKS AND TOWELS.

ADMISSION: ADULTS - \$10.00
STUDENTS W/STUDENT BODY CARDS AND CHILDREN - \$6.00
***These prices are subject to change

