



WRESTLING NORCAL REGIONAL CHAMPIONSHIP

Fact Sheet

Date: Saturday, December 1, 2018

Host Conference: Big 8 Conference

Host College: Sierra College
5100 Sierra College Blvd.
Rocklin, CA 95677

Admission: General Admission..... **\$12.00**
Student/Staff/Seniors & Children under 12..... **\$8.00**
On Campus Parking..... **Team and spectator parking is free**

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

Event/Site Manager: Rachel Johnson
Office: 916-660-8104
Email: rjohnson45@sierracollege.edu

Schedule of Events:	Friday, November 30th	3:00 p.m. – 5:00 p.m.:	Registration-Lobby of Main Gymnasium
		3:00 p.m. – 5:00 p.m.:	Open Gym-Main Gymnasium
		6:00 p.m. – finish:	Seeding Meeting
	Saturday, December 1st	7:00 a.m.:	Doors open, practice scales open
		7:30 a.m.:	Skin Check
		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 (Wrestling Room G107)
		9:00 a.m.:	Doctors on site to evaluate questionable skin conditions
		10:00 a.m.:	Wrestling Begins
		11:30am -1:00 p.m.:	Hospitality room open to coaches and officials
		5:00 p.m.:	Approximate time for the Finals to begin

Entry Fee: \$400.00 PER TEAM – THE CHECK IS DUE BEFORE MATCH ON 12/01/18
MAKE CHECKS PAYABLE TO: Sierra College

MAIL CHECKS TO:
Sierra College
Attn: Don Martinez
5100 Sierra College Blvd.
Rocklin, CA 95677

Entries: Each college may enter one (1) contestant in each weight division as specified in current NCAA rules. **Exception:** Each team may enter two contestants in two of the ten weight classes. No college may enter more than 12 contestants.

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

Coaches Dues: Coaches don't forget to bring your check to pay for your coaches dues.

Medical: Full athletic training staff and team doctor 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 7:30 a.m. Saturday December 1st in the weigh-in area. All wrestlers must pass skin check in order to weigh in and compete. The Doctors will be available at 9:00 a.m. to evaluate and make final decisions on questionable skin conditions noted by the trainers.

Weigh-Ins: Three scales will be used and the Wrestling Room (G 107) will open at 7:00AM.

Weigh-ins Start at 8:00 a.m. until finished in the Wrestling Room (G 107)

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.

Eligibility Forms: **Please have all Eligibility Forms and Form 3's signed the week of November 26-December 1 and turned in at registration.**

Line-Ups: Please email your anticipated line-up to: dmartinez@sierracollege.edu with the correct spelling of the first, last names and weights of the competitors and coaches by noon on **Wednesday, November 28th**

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

Seeding: Friday, November 30, 2018 at **6:00 p.m.**

Awards: TOP THREE TEAMS

TOP SIX INDIVIDUALS IN EACH WEIGHT CLASS (60 Medals)

We will wrestle through 7th/8th place.

We will wrestle a true 6th place as needed in each weight class.

Lodging: Attached