

## WRESTLING ANNOUNCEMENTS – FEBRUARY 6, 2023

1. **Reminder:** Any wrestler competing in the regional tournament must have a minimum of  $\frac{1}{2}$  of their total regularly scheduled school team competition weigh-ins at their certified weight class to be eligible for participation in that certification weight class.
2. **OFFICIALS AND COACHES:** Please make sure all wrestlers are legally equipped for all matches. No exceptions to this rule.
3. **REGIONALS:** Please read over the following reminders:
  - **Girls' Deadlines:**
    - Regional entries must be completed by 12:00pm on Wednesday, February 8.
      - Submit your entries on TrackWrestling.
      - Athletic Directors need to submit the WR-3 form by the deadline.
    - State forms need to be completed by 12:00pm on Monday, February 13
      - Athletic Directors need to submit the WR-4 form by the deadline.
  - **Boys' Deadlines:**
    - Regional entries must be completed by 12:00pm on Wednesday, February 15.
      - Submit your entries on TrackWrestling.
      - Athletic Directors need to submit the WR-5 form by the deadline.
    - State forms need to be completed by 12:00pm on Monday, February 20.
      - Athletic Directors need to submit the WR-6 form by the deadline.
4. **STATE TEAM PRACTICE INFORMATION:** This is listed for planning purposes.
  - Salina
    - Tuesday (Girl's) = The facility is open from 3:00pm – 7:00pm for workouts.
    - Thursday (Boy's) = The Salina Fieldhouse will be open for workouts. Workouts will not take place at Tony's Pizza Events Center. You will need to contact the fieldhouse at 785-833-2260.
  - Park City
    - Tuesday (Girl's) = The facility is open from 3:00pm – 7:00pm for workouts.
    - Thursday (Boy's) = The facility is open one hour after the completion of the girls' tournament. The facility will be open for 2 hours of workouts.
  - Hays
    - Thursday (Boy's) = All workouts must be completed by 8:00pm.
5. **KNEE PADS/SLEEVES:** Pads/sleeves made to go over the knees are permitted, but leg sleeves are not permitted. The pad over the knee area serves a physical purpose. In addition, arm sleeves are not permitted, unless the sleeve is serving as a medical purpose around the elbow area.
6. Please make sure pre-meet meetings are taking place between officials and coaches. This should take place before tournaments and duals.
7. **PLEASE CONTINUE TO STRESS THE IMPORTANCE OF SPORTSMANSHIP!**

Thank you to all and good luck with the remainder of the season,

Mark Lentz