



# Grand Forks Public Schools

*A Great Place to Grow and Learn!*



*Established 1881*

Mission Statement:  
To Provide Opportunities for All Students to Develop Their Maximum Potential

Grand Forks Education Center  
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2400 47<sup>th</sup> Avenue South (58201-3405)  
Grand Forks, ND  
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Athletic Director  
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January 5, 2007

To: Wrestling Coaches  
Athletic Directors

Fr: Todd Olson

Re: Multiple Dual Tournament

The Grand Forks Schools will host a multiple dual wrestling event, a junior varsity tournament, and a middle school tournament on January 19-20. The following information should answer questions you may have about this event.

**When:** Friday, January 19, and Saturday, January 20, 2007.

**Where:** Red River High School, 2211 – 17<sup>th</sup> Ave S

**Format:** Schedule will be sent out later.

**Weigh-ins:** Weigh-ins on Friday will begin at 1:00 p.m. for teams wrestling in the 3:00 p.m. round. Teams wrestling in the 4:30 p.m. round will weigh in at 2:30 p.m. Saturday weigh-ins will start at 7:00 a.m. for all teams.

Teams should plan on arriving before their scheduled weigh-in time to check their weight and to use the bathroom. Once an entire team starts to weigh in, their team weigh-in will start at 103 pounds and run without interruption to the 275-pound class. Athletes will have two chances to make weight on their assigned scale (once during their weight class and once more immediately following their first weigh-in if they are overweight). If they are still overweight, they can immediately challenge the other two scales in the weigh-in area. If they do not make weight on any of the scales, they will be ineligible for competition in that weight class for that day. An athlete cannot leave the weigh-in area or participate in any dehydration activity if they do not make weight. This is in accordance with the national weigh-in guidelines.

**There will be a one pound weigh-in allowance on Friday and a two-pound weigh-in allowance on Saturday.**

Teams may weigh-in 14 varsity wrestlers and 5 alternates on Friday. Any of these wrestlers may wrestle in the JV division on Saturday.

**Wt Allowance:** In accordance with NDHSAA rules wrestlers get one additional pound on Friday in addition to the two pound growth allowance. Saturday's weigh-in is scratch weight plus four pounds.

The middle school tournament and JV tournament will start at 10:15 a.m. in the small gym at Red River.

**Entry Fee:** \$130.00 per varsity team                      \$45.00 per jv/middle school team  
(Middle school/jv teams will not have to pay \$45 if their varsity team is entered in the tournament.)

**Admissions:** Per Day:                      Adults    \$6.00                      Students    \$3.00  
Activity passes will not be accepted.

**Concessions:** Concessions will be available on both days. Coolers for wrestlers are allowed. (No glass please)

**Rosters:** Please email your roster to Jeanette Dahl: [jdahl@gfschools.org](mailto:jdahl@gfschools.org) no later than January 12, 2007.

**Miscellaneous:** Locker rooms are available, but valuables should not be kept in the locker rooms at Red River. We are not responsible for lost or stolen articles. If you are missing anything, please let the head table know as soon as possible.

Altru Health Systems will have a trainer at the event throughout the day. Each school will be responsible for their own training needs. Please bring your own supplies.

Coaches are not allowed to request which referees officiate their matches. The officiating schedule is pre-arranged and is not arbitrary.

Coaches should submit a list of teams that they would prefer to dual in the tournament in highest priority order. Email your requests to Bruce Moe at [bkinc@rrv.net](mailto:bkinc@rrv.net) by Monday, January 9<sup>th</sup>. Coaches should explain specific reasons why they would prefer not to wrestle particular teams. For example: We already dual them during the season. Coaches can also request whether they would like their first dual at 3:00 pm or at 4:30 pm, but it is impossible to meet all requests for teams and times.

**Questions:** If you have any questions, please contact Todd Olson at 701-787-4869 or Bruce Moe 218-791-4189.

**GF MULTIPLE DUAL TOURNAMENT  
WEIGH-IN FORM**

School \_\_\_\_\_

<u>Weight</u>	<u>Name</u>	<u>Grade</u>	<u>Jan 19<sup>th</sup> Weigh-in</u>	<u>Jan. 20<sup>th</sup> Weigh-in</u>
103	_____	_____	_____	_____
112	_____	_____	_____	_____
119	_____	_____	_____	_____
125	_____	_____	_____	_____
130	_____	_____	_____	_____
135	_____	_____	_____	_____
140	_____	_____	_____	_____
145	_____	_____	_____	_____
152	_____	_____	_____	_____
160	_____	_____	_____	_____
171	_____	_____	_____	_____
189	_____	_____	_____	_____
215	_____	_____	_____	_____
Hwt	_____	_____	_____	_____

**ALTERNATES (5)**

1 <sup>st</sup>	_____	_____	_____	_____
2 <sup>nd</sup>	_____	_____	_____	_____
3 <sup>rd</sup>	_____	_____	_____	_____
4 <sup>th</sup>	_____	_____	_____	_____
5 <sup>th</sup>	_____	_____	_____	_____

**\*\*\*\*PLEASE BRING THIS FORM WITH YOU TO FRIDAY'S WEIGH-IN.**

**GF MULTIPLE DUAL TOURNAMENT FORM  
(MUST BE TYPED)**

SCHOOL: \_\_\_\_\_  
NICKNAME: \_\_\_\_\_  
PRINCIPAL: \_\_\_\_\_  
HEAD COACH: \_\_\_\_\_  
ASSISTANT COACHES: \_\_\_\_\_  
ATHLETIC DIRECTOR: \_\_\_\_\_  
CHEERLEADERS: \_\_\_\_\_  
\_\_\_\_\_  
MANAGERS/STATS: \_\_\_\_\_

<u>Weight</u>	<u>Name</u>	<u>Grade</u>
103	_____	_____
112	_____	_____
119	_____	_____
125	_____	_____
130	_____	_____
135	_____	_____
140	_____	_____
145	_____	_____
152	_____	_____
160	_____	_____
171	_____	_____
189	_____	_____
215	_____	_____
Hwt	_____	_____

**ALTERNATES (5)**

1 <sup>st</sup>	_____	_____
2 <sup>nd</sup>	_____	_____
3 <sup>rd</sup>	_____	_____
4 <sup>th</sup>	_____	_____
5 <sup>th</sup>	_____	_____

**Please email to Jeanette Dahl [jdahl@gfschools.org](mailto:jdahl@gfschools.org) no later than January 12, 2007.**