

**2020 GAC Varsity Wrestling Tournament**

Saturday, January 11

Fort Zumwalt North, Fort Zumwalt South, Fort Zumwalt West, Fort Zumwalt East, Holt, Timberland, Liberty, St. Charles, St. Charles West, Francis Howell, Francis Howell North, Francis Howell Central, Orchard Farm, Troy, Warrenton, Washington, Winfield

**General Information**

Location & Time: St. Charles West High School. Wrestling starts at 9:00 am

**Format:** This will be run as a 16 man bracket tournament.

**Seeding:** A seeding meeting will be held at **Fort Zumwalt North** on Thursday, January 9 at 6:30PM. It will be held in Room 410. Pizza and soda will be provided.

**Scoring:** Scoring will be regular tournament scoring.

**Admission:** Adults and Students $5.00

Admission for fourteen (14) varsity wrestlers, Coaches, Managers,

Administrators, Staff and eight (8) cheerleaders with sponsor are free. A

Manager or staff member (not parents) filming for team purposes will

be admitted free. Please submit your pass list when you send your line-up

**Time Schedule:** 9:00 am on Saturday. Breaks will be determined after each round. The pace of the tournament will dictate the breaks.

**Lockers:** Locker rooms will be assigned to each team. Secure your own valuables!

The locker rooms will not be locked and each team will be sharing a locker room with other teams.

**Weigh-ins:** Saturday, January 11 beginning at 7:30 AM. No coaches will be allowed in the weigh-in area.

A scratch meeting will be held immediately following weigh-ins.

**Officials:**

**Hospitality Room:** There will be a hospitality room provided. This is for Coaches, Administrators, Bus Drivers, and Sponsors. Please keep students out of the Hospitality Room.

**Please tell your team to keep food and drink out of the gymnasium.**

**Important note:** Please fax or e-mail a copy of your line-up and a pass list to 636-978-5884 [thickey@fz.k12.mo..us](mailto:thickey@fz.k12.mo..us) by Wednesday, January 8, before 12:00 PM. Please include name, weight class, grade, and record. You will be sent a notification from [www.trackwrestling.com](http://www.trackwrestling.com/) to enter your wrestlers

If you need additional information please call Ted Hickey (314) 255 – 3805 or Jarrett Tindall (314) 435 - 9268.