

The 33rd Annual Idaho Express Invitational

Hosted by the **Patriot Wrestling Club**

“T-Shirts for Food”

Supporting the Idaho Food Bank (See Fees)

The Idaho Foodbank



WELCOMING FILA SENIORS, UNIVERSITY, and VETERANS

- When:** March 4 (Friday) and March 5 (Saturday)
Where: Centennial High School
12400 W. McMillan Road, Boise, Idaho
Take the Eagle exit from Interstate 84, north towards Eagle. Travel 5 miles to McMillan Road. Turn Right (east) on McMillan and travel for almost a mile. Centennial is on the north side at intersection of McMillan and Cloverdale.
- Awards:** **Individual:** Greco/Freestyle – Medals for 1st through 3rd places Ribbons for 4th through 6th places.
- Weigh-in Procedures:** All wrestlers are requested to weigh-in in a competition singlet.
Guaranteed wait times are modified for this tournament and may be as little as 10 minutes between matches. Your registration implies acceptance of this modification.
All wrestlers should compete in either red or blue singlets as defined by USAW.

- Weigh Ins & Registration:** Friday, March 4 4:00 to 6:00 pm – **FOR Those Wrestling BOTH Freestyle & Greco Or Greco only**
FREESTYLE ONLY Saturday, March 5 6:30am - 8:00am - Pre-Bantam, Bantam, Cadet and University
8:00am - 10:00am - Intermediate Novice, Schoolboy/girl, Junior, Senior and Veterans.

PRE REGISTRATION FOR FREESTYLE ONLY: All wrestlers should pre register at www.trackwrestling.com – Jan 15th- March 2, 2011. Entry Fee due at weigh-ins, and any changes to weight can be made at that time. (The entry for fee for on-site registration will be \$3.00 extra.) This will speed up pairing, make sure names are spelled correctly, correct team name, wrestlers entered into correct age group. **THOSE WHO PRE-REGISTER FOR FREESTYLE WILL NEED TO PICK UP THEIR PRE PRINTED FREESTYLE WEIGH IN CARDS FROM THE PRE-REGISTER TABLE**

- Wrestling Start Times:** Fri: March 4 **GRECO** 6:30 – Bantam, Intermediate, Novice, University, Senior, and Veteran.
Sat: March 5 **FREESTYLE** 9:00 am - Pre-Bantam, Bantam, Juniors and University
11:00am - Intermediate, Novice, Schoolboy/girl, Cadet, Senior, Veteran

PANCAKE BREAKFAST WILL BE AVAILABLE SATURDAY MORNING ON-SCENE.

Classifications: Freestyle – Pre-Bantam through Veteran. (Greco – Bantam through Veteran)

Eligibility: Valid USA Wrestling Card required (**Cards cannot be purchased at door**)
Shoelaces should be taped and/or covered.
Headgear required for Schoolboys/girls and younger wrestlers.

Entry Fee: \$12.00 per and **2 canned food item per Wrestler** one style or
\$15.00 for both styles (*Free T-shirt to all participants while supplies last*)

Admission: **2 Canned Food Item per day for adults Spectators** (Free t-shirt per person while supplies last)

*50/50 Raffle on Friday and Saturday. Raffle Saturday to include: Jewelry and BSU Sports Memorabilia!
Proceeds to help send our wrestlers to National SB/SG, Cadet and Junior Duals, Regionals and Nationals.
Winners need not be present to win.*

Tournament Director: Andy Johnson 703-1383 / Patriotwrestling@cablone.net