



Advance Information Handbook

2010 CIF Girls

Wrestling Tournament



Presented by

FARMERS

January 15-16, 2009
Northern California
Inderkum High School
2500 New Market Drive
Sacramento, CA 95835

GENERAL INFORMATION

TOURNAMENT DIRECTORS

Our Tournament Director, employed by the CIF to oversee tournament meet operations, is available to assist participating schools. All questions on tournament specifics should be addressed to:

Northern California

Mike Moyer

Tournament Director

Inderkum High School

916-873-2700

NORTHERN CALIFORNIA SCHEDULE

Friday, January 15, 2010

Check-In (No Walk-Up Registration Allowed)	9:00am
Weigh-in (No change of Weight Class Allowed)	10:00am until the completion of weigh-ins
Competition	12:00pm

Saturday, January 16, 2010

Weigh-In	7:30am
Competition	9:00am

Approximate times listed; each succeeding round will begin at the conclusion of the previous round. Coaches and wrestlers should remain in close proximity to the gym in order to be ready for each match.

Passes for Coaches

1-2 wrestlers = 2 coaches passes

3-6 wrestlers = 3 coaches passes

7-9 wrestlers = 4 coaches passes

10+ wrestlers = 5 coaches passes

(must verify that coaches are present to receive passes)

ADMISSION – TICKET PRICES

The following ticket prices will be in effect at the CIF Girls Regional Wrestling Tournaments.

ADMISSION TO FRIDAY, JANUARY 15	
Adult General Admission	\$10
High School Students, Children, Seniors (65+)	\$5
ADMISSION TO SATURDAY, JANUARY 16	
Adult General Admission	\$10
High School Students, Children, Seniors (65+)	\$5

PRE-REGISTRATION

Wrestlers must pre-register by emailing a completed registration form to Al Goldberg at the CIF State Office (sanctions@cifstate.org) no later than 12 noon on Tuesday, January 12, 2010. The registration form is posted on the wrestling page of the CIF website: www.cifstate.org >Sports >State Championship Sports > Wrestling. You may also access it at:

<http://www.cifstate.org/sports/state/wrestling/girlswrestlingregistration.xls>

*****THERE IS NO WALK-UP REGISTRATION ALLOWED AT THIS YEAR’S EVENT AND WRESTLERS WILL NOT BE ALLOWED TO CHANGE WEIGHT CLASSES IF THEY DO NOT MAKE WEIGHT*****

WEIGH-IN AREAS

All competitors must be present Friday, January 15 at 9:00am for the Northern California Regional Tournament. Contestants must weigh-in Friday and Saturday in order to compete. Female weighmasters will conduct the weigh-in and check conformance to appearance as required by the National Federation 2009-2010 Wrestling Rule Book. All coaches must bring the Team Weigh-In Form indicating that the participating wrestlers have completed the CIF Weight Management Assessment as required by CIF Bylaw 3103.

WEIGHT CLASSES

The following weight classes will be in effect for the CIF Girls Regional Wrestling Tournaments. **Note: the 2-pound growth allowance will be used in accordance with the National Federation Wrestling Rules. Since the tournament has received notice that there are participants who will be wrestling on both Wednesday, January 13 and Thursday, January 14, by Rule 4.5.5 there will be an additional 2 lb. allowance granted to all wrestlers for Friday morning weigh-ins. In addition, due to the January 15 growth allowance, there will be an additional 2 lb. allowance granted to all wrestlers on Friday bringing the total allowance to 4 lbs. For example, the 98 lb. weight class is now 102 lbs.**

**98 pounds 103 pounds 108 pounds 114 pounds 118 pounds 122 pounds 126 pounds
132 pounds 138 pounds 146 pounds 154 pounds 165 pounds 189 pounds 235 pounds**

ENTRIES PER WEIGHT CLASS

Initially, entries per weight class shall be capped at 32. Should more than 32 wrestlers in a given weight class register for either regional tournament, tournament management will have the discretion to expand selected weight class brackets beyond 32 entries if tournament schedule and facilities can accommodate such expansion. In no case shall total participating wrestlers in either tournament exceed 448. If necessary, criteria shall be implemented which provides that priority shall be given to those wrestlers representing the greatest number of CIF sections, leagues and schools.

RULES

The National Federation 2009-2010 Wrestling Rule Book will be the official rules for the tournament, superseded by the State CIF Rules (including CIF Bylaws 3102 & 3103 pertaining to weigh-ins and CIF Weight Management Assessment.

DRESSING QUARTERS & SHOWERS

Locker rooms with showers will be provided for the athletes

BRACKET INFORMATION

Bracket information will be available online at www.cifstate.org on Thursday, January 14th.

WEIGHT-CLASS PAIRINGS

Pairings for the weight classes will be done by the CIF.

SPECTATORS

CIF events are conducted under the strictest code of good sportsmanship. Fans are encouraged to support their own school's representative, but are requested to refrain from booing the opponents or the officials.

AWARDS

Individual medals 1st through 8th place. Team trophies 1st through 2nd place.

STATE CIF PASSES HONORED

Pass gate personnel are to be instructed to honor State CIF Gold Metal Life Passes, as well as the 2009-2010 State CIF Courtesy Cards, should they be presented at the gate for admission. No CIF Section, faculty, or student passes will be honored at the state meet.

OFFICIAL CIF GIRLS WRESTLING SOUVENIRS: CIF will have a souvenir concessions stand open until the end of the matches each day. T-shirts, sweatshirts, and other wrestling materials will be available **while supply lasts**. Post event orders can be made through Billy Tees at www.billytees.com

HOST HOTEL INFORMATION

RESERVATIONS MUST BE MADE AT THE FOLLOWING HOTELS BY TUESDAY, JANUARY 12, 2010 IN ORDER TO GUARANTEE THE SPECIAL CIF RATE. OTHERWISE THE RATE MAY BE HIGHER. YOU MUST MENTION THAT YOU ARE PART OF THE CIF GIRLS WRESTLING CHAMPIONSHIPS WHEN MAKING YOUR RESERVATION AT THE FOLLOWING HOTELS. THERE ARE OTHER GROUPS IN TOWN THIS WEEKEND SO PLEASE BOOK AS EARLY AS YOU CAN AS ROOMS ARE GOING FAST (RATE AT EACH HOTEL INCLUDES A HOT BREAKFAST):

1. HAMPTON INN & SUITES SACRAMENTO AIRPORT - NATOMAS

3021 ADVANTAGE WAY
SACRAMENTO, CA 95834
916-928-5700

*A special rate of \$89.00 (hot breakfast incl.) per night has been set for this event for a limited number of rooms. You must mention that you a part of the CIF Girls Wrestling Championships when making your reservation.

2. HOLIDAY INN EXPRESS HOTEL & SUITES SACRAMENTO AIRPORT - NATOMAS

2981 ADVANTAGE WAY
SACRAMENTO, CA 95834
916-928-9400

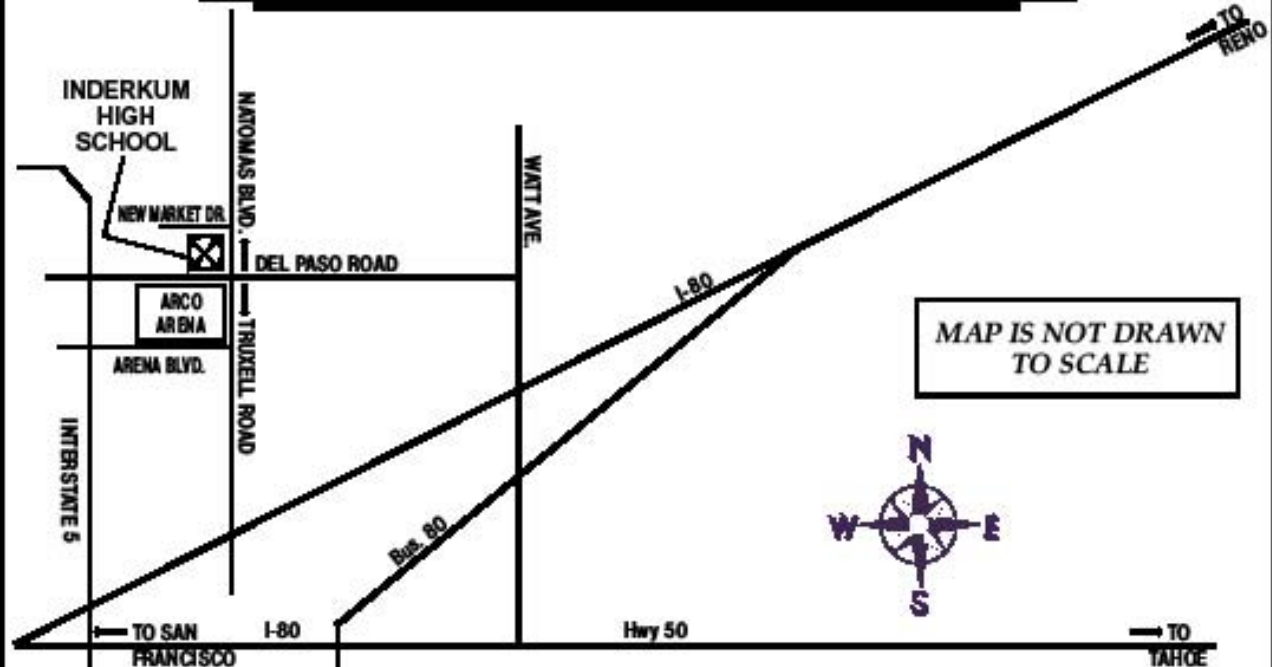
*A special rate of \$99.00 (hot breakfast incl.) per night has been set for this event for a limited number of rooms. You must mention that you a part of the CIF Girls Wrestling Championships when making your reservation.

3. HOMEWOOD SUITES BY HILTON SACRAMENTO AIRPORT – NATOMAS

3001 Advantage Way
Sacramento, CA 95834
916-263-9510

*A special rate of \$99.00 (hot breakfast incl.) per night has been set for this event for a limited number of rooms. You must mention that you a part of the CIF Girls Wrestling Championships when making your reservation.

INDERKUM HIGH SCHOOL
 2500 New Market Drive
 Sacramento



MAP IS NOT DRAWN
TO SCALE

DIRECTIONS TO INDERKUM HIGH SCHOOL:

From I-5: Take the Del Paso Road exit and go east about a mile. The school is at the corner of Del Paso Road and Truxell/Natomas.

From I-80 eastbound: Take the I-5 north interchange. Go north a couple of miles until you reach the Del Paso Road exit. Go east about a mile. The school is at the corner of Del Paso Road and Truxell/Natomas.

From I-80 westbound: Take the Truxell Avenue exit and go north a couple of miles to Del Paso Road. The school is at the corner of Del Paso Road and Truxell/Natomas.

From Highway 50: Go west until you reach I-5. Go north a couple of miles until you reach the Del Paso Road exit. Go east about a mile. The school is at the corner of Del Paso Road and Truxell/Natomas.

From Highway 99: Go north to the I-80 interchange to San Francisco. Go west a couple of miles until you reach the I-5 interchange. Take I-5 north a few miles until you reach the Del Paso Road exit. Go east about a mile. The school is at the corner of Del Paso Road and Truxell/Natomas.

HIGHWAY 99
TO STOCKTON

**REGISTRATION FORM FOR PARTICIPATION IN
2010 CIF GIRLS NORTHERN CALIFORNIA WRESTLING TOURNAMENT
AT INDERKUM HIGH SCHOOL
SACRAMENTO, CA
JANUARY 15-16, 2010**

The registration form must be received by the CIF State Office no later than Tuesday, January 12th at noon.

Registration forms must be emailed to Al Goldberg at the CIF State Office:

sanctions@cifstate.org

To access the form click on the link below:

<http://www.cifstate.org/sports/state/wrestling/girlswrestlingregistration.xls>

or go to the State CIF website:

www.cifstate.org

Sports>

State Championship Sports >

Wrestling

The link to the form will also appear on the Wrestling page