



# 2025 Avalanche Freestyle Tournament

**LOCATION:** South Anchorage High School, 13400 Elmore Road, Anchorage, Alaska

**SCHEDULE: Friday, April 18<sup>th</sup> GRECO + GIRLS (10u and Older)**

- 3:30 PM to 4:00 PM: Weigh-Ins (must wear singlet)
- 5:00 PM: Wrestling begins (10U THROUGH OPEN)

**Saturday – April 19<sup>th</sup> Freestyle & Girls**

- 7:30 AM – 8:00 am Weigh-ins (Upper Track – wrestlers must wear singlet)
- 8:00 am Coaches and Officials Meeting
- 8:30 am Pairing Officials Meeting
- 9:00 am Wrestling Begins – 6U, 8U and 10U
- 12:00 pm Wrestling Begins – 12U, 14U, 16U, USA Junior & Open

**WRESTLERS SHOULD ARRIVE AT LEAST ONE (1) HOUR PRIOR TO START TIME TO CHECK BRACKETS. NO CHANGES WILL BE MADE TO BRACKETS 20 MINUTES PRIOR TO POSTED START TIMES**

**REGISTRATION:** **\*\*NEW PROCESS\*\*** Same for Clubs as well as individuals. Go to this link: [https://www.usawmembership.com/usaw\\_events\\_registrations/participant](https://www.usawmembership.com/usaw_events_registrations/participant), log into your USAW Membership account. Search for AK Events at the top of the page then select Register left of Avalanche Tournament. Athletes must be affiliated to their Club and Registered for the event by the time of your Club's Thursday Satellite weigh-in to be eligible for Satellite weigh-in. Clubs must have weights entered by midnight AK time Thursday, March 28th. Registration *after* that must be done on-site at the Head Table closing at end of the posted weigh-in time for each Tournament.

**CLUBS:** provide sign off sheet of Coach/Official doing skin/nail checks and Pairing Official entering weights to Stacey Medeiros. Can be delivered upon arrival or emailed ahead to: [yecatsak@gmail.com](mailto:yecatsak@gmail.com).

**ENTRY FEE:** \$30 per wrestler, per entry. All wrestlers must have a valid USAW membership card.

**MATS:** We will run 12 half mats in the morning and 6 full mats in the afternoon.

**COACHES:** Coaches MUST have a current USAW 2025 Wrestling Leader Membership and Copper or Bronze Certification to be on the mat or in the hospitality room. Coaches wristbands will be handed out at the Coaches meeting.

**AWARDS:** Medals will be given to the top three wrestlers in each bracket. \* Top performing wrestler will win the annual "Sampson Steel" outstanding wrestler belt.

**SPECTATORS:** Parents and spectators will not be allowed on the mats. ONE parent will be allowed to escort their 6U to 8U, but please leave the mat as soon as the match is finished.

**CONCESSIONS/HOSPITALITY:** Limited concessions will be available. Hospitality will be available for coaches with wristbands and officials ONLY.