



November 14, 2023

Athletic Director/ Head Coaches;

The 2023 Capital City Middle School Wrestling Tournament will be held on December 2nd, at Capital City High School. This year's tournament layout in regards to bracketing and scoring will be implemented by utilizing TrackWrestling. Steve Wilmoth will be representing TrackWrestling this year as the tournament logistics coordinator. As an attendee, your schools should have received a welcome email from TrackWrestling. Please follow the registration instructions to register your team / wrestlers.

Registration and roster entries are due by Wednesday, November 29th, by midnight.

Entry Fee: \$175.00 per attending school.

Make Checks Payable To: Jefferson City School District. Attention: Heather Hackman.

Payment Address: Jefferson City High School 609 Union St. Jefferson City, MO 65101.

Coaches Meeting at 8:15 AM with Wrestling Matches Beginning at 9:00 AM.

Madison Bracket Format will be used by grouping 8 wrestlers per bracket. We will have 5 mats in use the entire day. We will utilize a "Call-To-The-Mat" or "First Available" system / process as we assign our matches.

Tournament Medals will be awarded to the top 3 individual wrestlers in each bracket. Tournament Trophies will be awarded to the top 3 scoring teams. Each school must identify their teams' 10 scoring wrestlers.

Admissions: \$5.00 Adults, \$3.00 Students / Children 5 and Under / Seniors 62+ and Veterans are Free.

Coaches Hospitality Room: Breakfast and Lunch will be provided by our local area business sponsors.

Concessions: Will be offered and open at 9:00 AM.



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Capital City Wrestling Tournament Scoring & Logistical Layout

Wrestlers will be ranked by their Coaches according to their overall experience level and Trackwrestling will appropriately separate wrestlers, avoiding if possible putting teammates in the same competition brackets. Please be aware that there is no 100% guarantee that this will be avoidable. Most importantly our mission and vision is in creating and building the best competition brackets for the tournament.

Scoring for the tournament will be conducted in the following ways:

1. Disqualification - 6 Points
2. Forfeit - 6 Points
3. Injury Default - 6 Points
4. Tech Fall - 5 Points
5. Major Decision - 4 Points
6. Decision - 3 Points



Capital City Middle School Wrestling Tournament Attendees For 2023

AD / School Contact / Email

1. California - jennifer.porter@californiak12.org
2. Camdenton - smaschino@camdentonschools.org
3. Cherokee - jlrios@spsmail.org
4. Eldon - ski.hull@eldonmustangs.org
5. Fatima - thompsonm@fatimacomets.org
6. Fulton - rwaters@fulton58.org
7. Hallsville - bblakemo@hallsville.org
8. Lewis and Clark - lisa.dev@jcschools.us
9. Missouri Military Academy - brian.meny@missourimilitaryacademy.com
10. North Callaway - koneal@nc.k12.mo.us
11. Osage - guinnt@osageschools.org
12. Owensville - mjohnson@dutchmen.us
13. Rolla - mcaballero@rolla31.org
14. Smith Cotton - fosterb@sedalia200.org
15. Thomas Jefferson - kevin.steinmetz@jcschools.us
16. Versailles - marriottm@versaillestigers.org
17. Warsaw - cmorgan@warsawk12.org
18. Waynesville - cace@waynesville.k12.mo.us