

Capital City Girls Invitational



Date: January 5, 2024

Location: 1650 Cavalier Drive, Jefferson City, Missouri 65109

Entry Fee: \$200 per team

Teams: Capital City, Jefferson City, Mexico, St. James, Winnetonka, Fatima, Tipton, Camdenton, Hannibal, Moberly, Cole Camp, Versailles, Lee's Summit West, Fulton, Mack's Creek, Battle, Blue Springs South

Time: 3:00pm Gym opens

3:30pm Weigh-ins

3:45pm Coaches Meeting

4:30 pm Wrestling Begins

Buses: Drop off at door 12 and teams will meet in the Auxiliary Gym. Buses will park at the baseball facility until 4:00 pm. Then when dismissal of students has concluded the buses may relocate to park in the back, Championship Lane Parking Lot (Athletics Department will send a map to assist with parking)

Hospitality: Our Booster Club and Athletic Department will provide a hospitality room for coaches, administrators, and bus drivers.

Awards: First and Second Place teams will receive a trophy. 1st-3rd place wrestlers will receive a medal.

Locker Rooms: Locker Rooms will be available to change and shower. Please come dressed for weigh-ins, if possible, as locker room space will be limited until after student dismissal (3:40pm). We ask you do not linger and move in and out of locker rooms quickly.

Fan Attendance: We ask that fans do not show up before **4pm**. Our school dismisses at 3:40pm and we would like the students and parents to clear out before guests arrive.

Brackets: A mix of Round Robins depending on the number of wrestlers in each weight-class. With the 30 minute wait inbetween matches, we plan on running 3 mats (if we have enough matches to justify it).

Contact: Micheal Siegel, msiegel96@gmail.com

In order for the tournament to run efficiently, please send all entries and scratches to Micheal; he will be managing trackwrestling for the tournament.

Head Coach: Mitchell Werdehausen, mitchell.werdehausen@jcschools.us, (573) 694-2860

Athletic Director: Robert Ndessokia, robert.ndessokia@jcschools.us, (573) 691-6206, (573)228-3123