



SHSAA Provincial Wrestling Championship
March 17 - 18, 2023 in Regina
O'Neill Catholic High School - 134 Argyle Street



Welcome to Regina and the 2023 Provincial High School Wrestling Championships. Regina and O'Neill Catholic High School are pleased to welcome you and act as your host. We hope your stay will be enjoyable and find the championship to be a valuable, educational experience for your student-athletes.

1. Host High School:

- O'Neill Catholic High School, 134 Argyle Street.
- We remind you and your athletes to respect the school and school property during the tournament.

2. Host Coordinators:

- Aaron Anderson (306-533-5679) & Rob Nelson (306-529-8000)
- O'Neill Catholic High School 306-791-7240

3. Parking:

- Please observe all parking restrictions around the school and in lots. There is no school on March 17, so the North and South parking lot will be available for athletes and spectators.
- Buses should drop off students on Friday for weigh-ins along Argyle Street.

4. Smoking and vaping are NOT permitted anywhere on school property.

5. Medical Personnel

- Will be available to treat athletes injured during the event.
- Onsite medical will not be treating pre-existing injuries or taping athletes.
- Ice will be available for injuries from the designated medical room (Storage Room) located in "New Gym".

6. Milk

- Will be provided for athletes and coaches at the school cafeteria concession. Show participant ribbon and/or milk tickets to the concession worker. Limit is 1 per person per day for the tournament.

7. Locker rooms

- Will be available and are both located in the "New Gym" along the south wall.
- Please do not leave any valuables in the lockers, as we will NOT assume responsibility for lost or stolen items.
- Please do your part in keeping them clean.
- Towels will NOT be provided to the teams for showering.

8. Skin Checks

- Athletes and coaches can arrive at 11:00 a.m. to prepare for skin checks
- Skin checks will begin at 11:30 a.m. and conclude at 1:00 p.m.
- Boys will be in the "New Gym" and Girls in "Old Gym".
- Skin checks will be verified by certified medical personnel.
- **The decision of the on-site medical personnel will be final.**
- Wrestlers must be stamped by the attendant before they can proceed to the weigh-in.

9. Weigh-ins

- Begin at 12:00 noon for those that have passed the skin check and conclude at 1:00 p.m.
- Official time will be kept on the main score clock in the "New Gym".
- There will be two official scales for "check" weigh-in between 11:00 – 11:30 a.m.

- All competitors are weighed in their wrestling attire with their straps up and bare feet.
- Female weigh-ins will occur in the “Old Gym” and Male weigh-ins in the “New Gym”.

****Coaches will not be allowed in weigh-in area and must remain in bleachers** with exceptions as noted in the SHSAA Handbook

10. District Rosters

- All district rosters (top 6), including in-district substitutions, must be submitted to the SHSAA office on or before Tuesday, March 14th at 9:00 a.m..
- Upon receiving district rosters, the SHSAA office will fill weight classes one spot at a time on a rotational basis as outlined by the ‘Provincial Rotation’.
- Before a spot is officially filled, the athlete’s coach will have final discretion.
- District substitutions for their original entries may be made up to **12:00 noon on Thursday, March 16th**.

11. Draw Sheets

- A preliminary draw may be available on TrackWrestling Thursday, March 16th to ensure the draw has the correct seeding and rotation.
- Draw sheets will be posted or made available via QR Code in the hallway outside of both gyms at approximately 3:30 p.m. on Friday, March 17, 2023.

12. Opening Ceremonies

- **Begin at 3:15 p.m.** and conclude by 3:30 p.m.
- **Wrestling will begin 45 minutes after the opening ceremonies**

13. Daily Admission

- Will be charged at SHSAA Provincial rates. Please make your team and its supporters aware of this.
(Adults - \$8.00 Students Gr. 7-12 - \$6.00)

14. Tournament Procedures

- To avoid congestion around the mats we are asking athletes and coaches to remain in the stands.
- All parents must remain in the stands!
- Wrestling at the Provincial Championships will use a silent draw.
- Only **ONE** coach will be permitted in the corner (or area around the mat) at one time.
- There is a **zero tolerance** for abuse of officials before, during, or after a match.
- ***Athletes must have a coach in their corner.***
- On deck wrestlers must be on the side of the mat away from the stands.
- There should be no one standing between the stands and the mats. Coaches, please assist.

15. Jury of Appeal

- Head Referee – Ryan Forsberg
- SHSAA Executive Director – Dave Sandomirsky
- RHSAA Commissioner – Aaron Anderson

16. **Coaches Meeting** –Saturday, March 18th – during lunch in the O’Neill Library

17. **LUNCH** will be provided for 2 coaches per school – O’Neill Library

18. Award Ceremonies

- All individual and team awards will be presented upon completion of the final match.
- Wrestlers are reminded that when receiving medals and team awards, they must do so in their singlets.

19. **Sportlogo** will be set up with championship souvenir clothing available for purchase.