



## SHSAA Regional Wrestling Championships

### March 4<sup>th</sup> Regional Wrestling: Carpenter High School Meadow Lake

Welcome to the SHSAA Regional Wrestling Championships held at Carpenter High School in Meadow Lake.

1. The Regional Championship will follow all policies within the SHSAA Handbook
2. Location: Carpenter High School Gym, 805 5<sup>th</sup> Street West, Meadow Lake, S9X 1Y3
3. Suggested accommodations in Meadow Lake:
  - A. Woodland Inn: 306-236-5939
  - B. Super 8: 306-236-1188
  - C. Travelodge: 306-236-8686
  - D. Nor'Wester Motor Inn: 306-236-4424
3. We will have three mats at the championship. Warm up will start at 8 am. Skin checks will start at 9:00am. Athletes will need to be wearing singlets or competition uniform – males will use Room 115 and females will use Room 103.
4. We will have a brief coaches meeting at 8:30am in the library with our head referee prior to the matches beginning.
5. There will be medical personnel onsite throughout the tournament as well as access to ice.
6. Information regarding the Wrestling matches and the draw will be sent out when it is ready.
7. We have a concession at our school which will serve drinks, snacks and a light lunch. There will also be a coaches room that will have lunch provided and this will be located in the staff room at CHS.
8. Spectators need to stay on the left side of the main gym in the bleachers. The plan is to have only wrestlers and coaches in the wrestling area (right side of the gym). We may also open up the mezzanine for spectators to watch from above.
9. We will be having a livestream that will be accessible to people that cannot make the trip, the livestream will also be set up in the theater for anyone wanting to watch in between matches.

If there are any questions please feel free to contact [cheyne.dallyn@nwsd.ca](mailto:cheyne.dallyn@nwsd.ca) 306-236-5236 (school) or, 306-240-5661 (cell)