



WHERE

GIBRALTAR CARLSON HS ~ 30550 JEFFERSON AVE GIBRALTAR MI 48173

WHEN

MARCH 10, 2024

**START TIME** 

1<sup>ST</sup> SESSION: 2010-2009, 2009-2008 (HS), 2007-2005 (HS) WRESTLERS ~ 10:00AM

2<sup>ND</sup> SESSION: 2019- 2011 WRESTLERS ~ NO EARLIER THAN 1:00PM

WEIGH-INS &

EAST REGION WEIGH-IN SITES CLICK HERE

REGISTRATION

ALL WRESTLERS MUST BE PRE-REGISTERED BY WEDNESDAY MARCH 6TH AT 10PM. CLUB DIRECTORS OR

INDIVIDUAL MEMBERS WILL LOGIN INTO THEIR PERSONAL ACCOUNT TO REGISTER.

ALL WRESTLERS MUST BE A MYWAY MEMBER IN ORDER TO COMPETE IN ANY MYWAY SANCTIONED EVENT.

**AWARDS** 

REGIONAL CHAMPIONSHIP MEDALS 1ST-6TH PLACE

**ENTRY FEE** 

\$20.00

STATE QUALIFICATION

BRACKET WITH 16 OR LESS WILL QUALIFY TOP 4 ~BRACKET WITH 17 OR MORE WILL QUALIFY TOP 5

HS AGE GROUPS QUALIFY TOP 4 ONLY

IF A WRESTLER IN THE TOP 4 DECIDES NOT TO GO TO STATE - 5<sup>TH</sup> OR 6<sup>TH</sup> PLACE WILL BE ELIGIBLE FOR STATES.

**ADMISSION** 

\$6.00 ADULTS, \$3.00 CHILD

**AGE GROUPS** 

AGE GROUPS ARE DETERMINED BY YEAR OF BIRTH. (A WRESTLER'S BIRTHDAY AS OF DECEMBER 31, 2023)

PROOF OF AGE WILL BE REQUIRED IF WRESTLER IS CHALLENGED WITHIN THE FIRST TWO ROUNDS OF COMPETITION.

A BIRTH CERTIFICATE IS THE ONLY FORM OF VALIDATION THAT WILL BE ACCEPTED.

## RULES

## MODIFIED HIGH SCHOOL RULES

- ALL MICHIGAN RESIDENTS MUST BE A MYWAY MEMBER TO COMPETE IN POST SEASON EVENTS.
- AGE GROUPS 2019-2017, 2016 & 2015: THREE, 1 MINUTE PERIODS
- Age Groups 2014, 2013, 2012, 2011, 2010, 2009 (8<sup>TH</sup> grade only), 2009-2008, & 2007-2005: Three 1:30 minute periods
- Wrestlers born in 2008 will compete in 2009-2008 at Regionals & States regardless of whether they are in HS.
- SINGLETS OR T-SHIRT AND SHORTS ARE REQUIRED.
- ONE STEP ON SCALE AT WEIGH-INS
- HEADGEAR MANDATORY & MOUTH GUARDS MANDATORY FOR WRESTLERS WITH BRACES
- 2019-2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010 & 2009 (8<sup>TH</sup> GRADE ONLY) **NO** WEIGHT ALLOWANCE AT REGIONALS & 1-POUND ALLOWANCE AT STATES

• HS WRESTLERS HAVE **NO** WEIGHT ALLOWANCE AT REGIONALS OR STATES

## COACHES

SEE MANDATORY REQUIREMENTS - WWW.MYWAYWRESTLING.COM/COACHESCORNER

WT. CLASSES

**2019-2017:** 37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 77, HWT

**2016**: 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 97, 112, HWT

**2015:** 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 97, 112, HWT

**2014:** 54, 57, 60, 63, 66, 69, 72, 75, 78, 81, 85, 90, 95, 100, 110, 130, 150, HWT

**2013**: 54, 57, 60, 63, 66, 69, 72, 75, 78, 81, 85, 90, 95, 100, 110, 130, 150, HWT

2012: 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT

**2011:** 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT

2010: 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT ~ (MUST BE 8TH G&U)

2009: 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT ~ (MUST BE 8TH G&U)

**2009-2008:** 91, 101, 109, 116, 123, 129, 135, 141, 147, 153, 160, 168, 178, 193, 218, 288

**2007-2005:** 109, 116, 123, 129, 135, 141, 147, 153, 160, 168, 178, 193, 218, 288 ~ (MUST BE IN HS)

STATE PAYMENT ALL WRESTLERS MUST NOTIFY REGIONAL STAFF WHEN PICKING UP MEDAL IF YOU WILL BE ATTENDING

STATES. \$35.00 STATE FEE MUST BE PAID ONLINE BEFORE 8 PM MARCH 11TH.

OTHER INFO ONLY TWO COACHES PER MAT WILL BE PERMITTED IN A CORNER.

NO VIDEO PERMITTED MATSIDE. ANYONE WITH CAMERA MUST BE IN THE STANDS.

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ALL PAIRING ISSUES ~ JIM MYWAYEASTPAIRING@GMAIL.COM