



2010 METRO DETROIT REGIONAL CHAMPIONSHIPS

DAKOTA ~ MARCH 13

WHERE Dakota High School, 21051 Twenty-one Mile Road, Macomb Township, MI 48044

WHEN March 13, 2010

ENTRY FEE \$12.00 for MYWA Members ~ All 95-05 wrestlers **MUST** be MYWA members (Unless in High School).
\$22.00 for All High School wrestlers

WEIGH-IN & REGISTRATION INFORMATION Friday March 12, 2010 ~ **NO SATURDAY MORNING WEIGH-INS!!**
All Satellite Weigh-In Times & Locations will be posted on: www.mywaymetro.com by: Saturday, March 6, 2010

- *All wrestlers must wear a singlet or shorts (no BOXERS) & t-shirt at weigh-ins
- *One step-on at scale
- *95-96 ~ Wrestlers born in 1995 must bring proof of grade level (report card) to MYWA Regional weigh-in in order to compete.
- * Wrestlers born in 94 must compete in 95-94 (HS) at Regional and State regardless of whether they are in high school.
- *Wrestlers in Groups 95-05 Must be pre-registered by Thursday evening by 10 pm
- *HS wrestlers are encouraged to pre-register by emailing name, birth date, and county you live in to tournaments@mywaywrestling.com
- * HS wrestlers have **NO** weight allowance at Regionals or States

START TIME Saturday, March 13th ~ wrestling begins at 9:00 am for all Age Groups

STATE QUALIFICATION A Regional bracket with **16 wrestlers or less** will qualify the top 4 place winners to States.
A Regional bracket with **17 wrestlers or more** will qualify the top 5 place winners to States.
If a wrestler who qualifies for states by being in the top 4 or 5 decides not to go to States then the other placers will be bumped up to be eligible to compete at states.
HS Age Groups qualify top 4 placers only

AWARDS & STATE TOURNEY All Age Groups ~ Regional Championship Medals: 1st-4th Place, Championship Ribbons: 5th-6th Place
Age Groups 95-96, 97-98, 99-00, 01-02, & 03-05 will receive a one pound allowance at States
All wrestlers MUST register and pay the \$22.00 entry fee at regionals to compete in the MYWA State Tournament.

ADMISSION \$4.00 Adults, \$3.00 Child

AGE GROUPS & WEIGHT CLASSES Age Groups are determined by year of birth unless otherwise noted. Proof of age will be required if wrestler is challenged within the first two rounds of competition.

03-05: 37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 77, HWT
01-02: 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, 97, 112, HWT
99-00: 47, 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, 130, 150, HWT
97-98: 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, 158, 183, HWT
95-96: 70, 75, 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, 195, 220, HWT (**MUST be in 8th grade or younger**)
95-94 (HS): 88, 98, 106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288
91-93 (HS): 106, 115, 122, 128, 133, 138, 143, 148, 155, 163, 174, 192, 218, 288 (**MUST be in HS**)

RULES Age Groups 03-05, 01-02: three, 1 minute periods
Age Groups 99-00, 97-98, 95-96, 95-94, 91-93: three, 1 1/2 minute periods
Singlets or t-shirt and shorts are required.
Hear gear is **Mandatory**
Mouth guards **Mandatory** for wrestlers with braces
Hair caps are **Mandatory** for wrestlers not groomed to HS standards. (Hair length must be above eyebrow, earlobes, and collar.)

OTHER Only two coaches per corner
Any person operating video equipment on the mat will be considered a coach
Concession will be available all day

CONTACT Mike Napieraj @ mywaymetro@hotmail.com or Earl Schutt @ metrotournaments@hotmail.com

FOR THE MOST UP TO DATE INFO REGARDING THIS TOURNAMENT CHECK: www.mywaymetro.com