



2014  
**CAPITAL CITY CLASSIC**  
**Folkstyle Tournament**

Helena High School, 1300 Billings Ave, Helena, MT

**Date:** Saturday, March 22, 2014

**Time:** 8:45 a.m. Coaches and Referees Meeting  
Wrestling starts at 9:30 a.m.

**Check in:** Register on Track Wrestling by 10:00 PM, Thursday, March 20, 2014.  
Current USAW card required.  
Please report all scratches by 8:30 a.m. Saturday.

**Weigh-ins:** Honor System. We request that all participating clubs conduct their weigh-ins from 6-8 p.m. Thursday, March 20th and record wrestlers actual weight. **A wrestler roster listing actual weights will be required for clubs to compete.** Rosters can be submitted at Coaches Meeting to Dan Troupe, HWC Coaching Director.

**Entry Fee:** \$7.00 per wrestler, pay on TrackWrestling. No club checks.

**Admissions:** Adults - \$5.00; Students - \$3.00; Age 5 and under - free.

**Refs/Pairing:** Each club must provide at least one adult referee/official, one table worker, and one Pairer according to USAW guidelines.

**Contacts:** Mark Lambrecht 594-2955 / John Gehring 660-0780

**Concessions:** Available all day. No Coolers Allowed.

**Awards:** Medals: 1st - 3rd place, Ribbons: 4th - 6th place  
Team Trophies will be awarded: Small Teams 1-10 wrestlers, Medium Teams 11-25 wrestlers and Large Teams 26+ wrestlers.  
Quick Pin Award for each age division.