



## **Wrestling Championships**

**March 1 & 2<sup>rd</sup>, 2013**

**Sackville High School  
1 Kingfisher Way,  
Sackville, N.S.**

**Tournament Director:** Mike Lidstone – [mikelidstone@hotmail.com](mailto:mikelidstone@hotmail.com)

### **Friday, March 1<sup>st</sup>**

**Weigh-in -1:30 – 3:00 p.m.**

(School will be open for wrestlers' arrival by 1:00 p.m.)

**Coaches/Officials' Meeting – 4:00 p.m.**

**Opening Ceremonies – 4:30 p.m.**

(March-in by school – bring school banner)

**Warm-up – 4:45- 5:15 p.m.**

**Wrestling Meet – 5:15-9:30 p.m.**

### **Saturday, March 2<sup>nd</sup>**

**Warm-up – 8:30 – 9:00 a.m.**

(School will be open at 8:00 a.m.)

**Wrestling Meet – 9:00 a.m. until conclusion**

**Awards Ceremony**

**General Information:**

## 1. Regulations

- Refer to Regulation 34 in the NSSAF Handbook for rules – [http://nssaf.ednet.ns.ca/index.php?option=com\\_content&view=article&id=76&Itemid=170#r34](http://nssaf.ednet.ns.ca/index.php?option=com_content&view=article&id=76&Itemid=170#r34)

## 2. Weigh-In

- Each team will be weighed in together.
- Each wrestler will be provided with their weigh-in slip.
- Weight is to be confirmed by an official.

## 3. Awards

- Championship Banner to winning school.
- NSSAF Gold Medallions to members of the championship team and coach.
- NSSAF Silver Medallions to members of the runner-up team and coach.
- NSSAF Bronze Medallions to members of the runner-up team and coach.
- NSSAF Gold, Silver and Bronze Medallions to the top three finishers in each weight class.

## 4. Notes

- Canteen services will be available on site. In addition, there are lots of restaurants within a 5 minute drive.
- Mats (three in gymnasium)
- Only coaches, participating athletes and officials are to be in the wrestling area. All others are to remain on the sidelines with provided seating.
- Participants and spectators are reminded there is no smoking in or on school property.
- There will be a spectator charge of **\$3.00 per day or \$5.00 weekend.** (students free)
- **PARKING ON FRIDAY:** Classes are in session until 2:45 p.m. Both of the school parking lots (staff and students) are filled every day. There may be some parking available at the very back of the school lot. More spaces will become open after 3:30.
- **.First Aid:** The Physioclinic – NSSAF Sponsor will be covering the tournament.
- **All participants and spectators are confined to the wrestling area, in the gym, and are not permitted in other areas of the school.**

**5. Contact Information:**

Mike Lidston     mikelidstone.com  
Jill Jeffrey     Athletic Director, Sackville High     [JJeffrey@hrsbc.ca](mailto:JJeffrey@hrsbc.ca)  
PE Office 864-6700 x 4     cell 1902.209.3810

**6. Representation**

The top four from each Regional Championship in each weight class will advance to the NSSAF Championship. Schools do not have to submit entries. The results from the Regional Championships will be forwarded to the host school and to the draw masters.

**7. WNS Officials Contact Information**

Wayne Marchand: [wmarchand@ns.sympatico.ca](mailto:wmarchand@ns.sympatico.ca)  
Debbie MacDonald: [raceda123@hotmail.com](mailto:raceda123@hotmail.com)

**8. Accommodations**

For hotel information: please contact Jill Jeffrey     [JJeffrey@hrsbc.ca](mailto:JJeffrey@hrsbc.ca)     902.209.3810

**9. NSSAF Wrestling Provincials Apparel**

There will also be a limited quantity of Wrestling Championships T Shirts available for sale on site during the Championships. If teams are interested in pre-ordering please contact Jill Jeffrey @ [JJeffrey@hrsbc.ca](mailto:JJeffrey@hrsbc.ca)  
You can also purchase a variety of NSSAF Wrestling apparel by shopping at [www.yourschoolgear.ca](http://www.yourschoolgear.ca) the NSSAF Provincial Championships store.