

**2025 2A EAST REGIONAL
WRESTLING TOURNAMENT
LINGLE-FT. LARAMIE HIGH SCHOOL
Friday, February 21, 2025**

SCHEDULE Weigh-ins 8:00 a.m.
Coaches/Seeding Meeting 8:15 a.m.

We plan to wrestle straight through with limited breaks.

Prelims 9:30 a.m.
Quarter Finals & 1st Round Wrestlebacks
2nd Round Wrestlebacks
Semi-Finals & Consolation Quarter Final Wrestlebacks
Consolation Semi-Final Wrestlebacks
(ANY QUALIFYING MATCHES WILL BE WRESTLED DURING THIS TIME)
Championships (1st/2nd & 3rd/4th) Concurrently upon completion of Consolation Semis

SEEDING CRITERIA

Per WHSAA Seeding Criteria 7.16.71:

1. Head-to-head competition
2. Record against common opponents
3. Returning state placers at any weight (order of place)
4. Best overall record (minimum of ten varsity matches)
5. Coin flip
6. Wrestlers that are not seeded will be randomly drawn into the bracket.
7. Once seeding begins for each weight class, a wrestler may not be taken off the board for consideration.

AWARDS Awards will be presented at the completion of the championship match of each weight class.
Individual – Top four finishers in each weight class receive medals provided by WHSAA
Team – Top three teams receive name plates provided by WHSAA

OFFICIALS Determined by Coaches' Ballots & WHSAA Assignment

SCHOOLS	H.E.M.	Hulett	Moorcroft	Niobrara County
	Saratoga	Sundance	Tongue River	Wright
	Upton	Lingle-Ft. Laramie/Southeast		

LOCKERS Locker rooms will be available upon arrival. Lingle-Ft. Laramie High School assumes no responsibility for valuables left in the locker room areas.

LOGISTICS Two (2) mats will be used for the duration of the tournament in our High School gym. A warm-up mat and team camp area will be available in our Middle School gym.

ENTRIES Per WHSAA directive, we will be using TrackWrestling as the official tournament software program. Each school will be allowed two entries per weight class.

An alpha roster with weight certification must be available at the seeding meeting.

More information and instructions will be sent later in February.

CONCESSIONS

A full offering of concessions will be available throughout the tournament. Credit cards accepted.

If your team is interested in breakfast and/or lunch, our wrestling club will be providing team food options. School Vouchers will be accepted. Please contact Coach Brandon Gifford at bgifford@goshen1.org if you are interested in using this option.

HOSPITALITY ROOM

A hospitality room will be available for coaches, bus drivers, workers and officials.

ADMISSION Wrestlers, cheer squads, managers, and coaches will be provided tournament passes. Those holding current WHSAA Coach, Administrator, or School Board Passes, WHSAA Gold Cards and Media with proper credentials will be admitted at no charge.

All-Session Admission (established by WHSAA):

Adults	\$9.00
Students	\$6.00

TOURNAMENT APPAREL

Fine Designs will be the Official Event Merchandiser of the 2A East Boys' Regional Wrestling Tournament. They will be printing apparel on-site and will have a large selection of items and customization options available.

STREAMING All matches will be streamed on the NFHS Network.

TOURNAMENT DIRECTOR

Mike Lashley – Lingle-Ft. Laramie Athletic Director
School (307) 837-2296
Cell (307) 575-0129
mlashley@goshen1.org



Goshen County School District No.1

626 West 25th Avenue
Torrington, WY 82240
(307) 532-2171

VENUE SPECIFIC ACTION PLAN

VENUE

Sport Volleyball, Basketball & Wrestling

Date 2024-25 Academic Year

Location LFL HS Gymnasium [404 3rd. St.]

Town Lingle, WY

EMERGENCY PERSONNEL

Present Athletic Director Mike Lashley, Principal Cory Gilchriest, NPPT Athletic Trainer

On-Call Lingle Ambulance Service - 911

Others: Megan Duncan (307-575-5094), Emily Yorges (307-351-1186), Marnie Herring (307-575-9883)

EMERGENCY EQUIPMENT LOCATION ON-SITE

Nearest AED: Primary AED: Main HS hallway by southwest gym door. Secondary AED: In HS office.

First Aid Kit: Medical Kits are on team benches. Additional medical supplies available in coaches room.

Items for proper care of blood-borne pathogens: Located at scorer's table.

Ice or chemical ice packs, water, and towels: Ice is located at the concession stand. Towels are in coaches room.

Player Medical Information: In possession of head coach.

Other equipment as deemed necessary by local circumstances and qualifications of available personnel:

COMMUNICATION

Access to 911: Primary Phone: located in HS commons by the concession stand [must dial "9" to get outside line]

Secondary Phone: located in HS office [must dial "9" to get outside line]

Access to on-call emergency medical personnel: Megan Duncan (307-575-5094), Emily Yorges (307-351-1186), Marnie Herring (307-575-9883)

ROLE OF FIRST ON THE SCENE

1. Control scene (gain access to athlete)
2. Initial assessment (to determine breathing, consciousness, pulse status)
3. Detailed assessment (to determine extent of injury/illness)

4. Send designated coach to summon help if needed:
 - a. EMS: Call 911
 - b. Athletic Trainer: call Athletic Training Room or cell
5. Initiate immediate care to the sick/ injured athlete
6. Contact athlete's parent/guardian
7. Delegate coach/admin to accompany athlete in ambulance if parent not present

EMS Access

If EMS is called, provide directions/ access to scene

Directions to the site/location:

From Torrington: follow Hwy 85/26 west 10 miles to Lingle; turn right on Connely Ave (Lira's restaurant); go 3 blocks north; main entrance is on the south side of building.

From Fort Laramie: follow Hwy 26 east 10 miles to Lingle; turn right on main street; go one block and turn left on 3rd Street; go 3 blocks east; main entrance is on the south side of building.

From Lusk: follow Hwy 85 south 47 miles to Lingle; turn left on 3rd Street; go 3 blocks east; main entrance is on the south side of building.