



# SOUTH HIGH SCHOOL

*Home of the Bison*

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To: Athletic Directors and Wrestling Coaches  
From: Wendy Johnson – South Athletic Director  
Date: February 21-22, 2025  
Re: 2025 Girls All Class East Regional Wrestling Tournament

**Teams:**

Buffalo, Burns/Pine, Campbell County, Central, Douglas, East, Glenrock, H.E.M., Hulett, Laramie, Lingle/Ft Laramie/Southeast, Moorcroft, Newcastle, Niobrara County, Rawlins, Sheridan, South, Sundance, Thunder Basin, Tongue River, Torrington, Upton, Wheatland, Wright

South High School is pleased to host the **2025 Wyoming All Class Girls East Regional Wrestling Tournament**. This year the tournament will be held on **Friday, February 21 and Saturday February 22** in the South High School Gymnasium. This packet of information will assist you in planning for the tournament competition.

**Roster Information and Tournament Programs**

Pictures and rosters must be received no later than **Friday February 7th**. Please email these to [kate.tietjen@laramie1.org](mailto:kate.tietjen@laramie1.org).

**Tournament Schedule**

**Friday, February 21, 2025**

12:00 pm	Weigh Ins
12:30 pm	Seeding Meetings (South Library)
1:30 pm	Matches Begin

We will use two mats throughout Regionals.

1:30 - 3:30 pm	First Round
3:30 - 6:00 pm	Championship Quarterfinals
6:00 - 8:00 pm	Second-Round Wrestle backs

**Saturday Feb 22, 2025**

8:00 am	Weigh-ins
9:00 – 10:15 am	Third-Round Wrestle backs
10:15 – 11:30 am	Championship Semifinals
11:30 - 12:30 pm	Consolation Semifinals
12:30 - 1:30 pm	Medal Rounds (1st/2nd and 3rd/4th)

## General Information

### Track Wrestling Roster Entries and Entering Seeding Criteria

Track Wrestling invites were sent out. Please let me know if you don't receive this invite. Please follow and adhere to all deadlines. When entering records, please make sure they are varsity records only.

### Seeding Meeting:

The seeding meeting will be held in the Library at South at 12:30 PM. It will be run by two of our tournament officials. Coaches, please make a commitment to participate in a professional manner. Your cooperation will certainly enhance the quality of the tournament and make it much easier to conduct the meeting.

### Criteria for Seeding Meeting:

WHSAA 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.

### WHSAA Rule 7.16.72:

Regional qualifying tournaments will be conducted by the WHSAA with each school allowed to enter two wrestlers per weight class. Eight wrestlers will advance to the State Tournament from each Regional Tournament. Whenever two wrestlers from the same school wrestle a match, pin points will automatically be awarded to the winner, regardless of the outcome of the match. The official entry deadline for the WHSAA Regional Tournament is the seeding meeting or completion of tournament weigh-ins whichever occurs first. If the seeding meeting is first, substitutions may be made up until the end of weigh-ins under the following conditions:

1. If for injury or illness, the substitution will be permitted only with a doctor's written excuse submitted to the tournament director.
2. If for disciplinary action, the substitution will be permitted only if the reasons are verified in writing by the school's administration to the tournament director. Wrestlers not making weight may be moved to replace an entered teammate or fill a team's unused entry slot. If a substitution is allowed, the substitute designated to replace his teammate will do so in the position of the original draw unless the substitute is replacing a "seeded" wrestler, whereby there shall be a re-seeding and re-drawing of that weight class. If a change in weight class is made for an entered participant, then the above shall apply; or if the change adds a participant to a weight class when that weight class shall be re-drawn.
3. If there are less than 8 competitors in the weight class, the possibility of taking more than 8 from the opposite region exists.
  - a. After all weights have been seeded in each region, the regional directors or designated persons will contact each other and exchange numbers in each weight class. Wherever a region has less than 8 wrestlers in a weight class, the opposite region shall wrestle to qualify any number of wrestlers available at that weight to reach a maximum of 16 wrestlers in each weight class. ALL these matches would be non-team scoring matches.

b. A wrestler that has qualified for the state meet on day one of a regional and still has a match on day two, but does not make weight on day 2, CAN NOT be replaced by a wrestler from the opposite region or from their own. A bye would represent her in the state bracket.

### **Towels and Water:**

South High School will not provide towels. We will provide water and cups mat-side for the tournament.

### **Locker rooms:**

Our girls' PE locker room will be available for visiting wrestling teams. Wrestlers should not leave ANY items in the locker room. South High School and Laramie County School District #1 will not be responsible for lost or stolen items. You are responsible for your own valuables.

### **Team Passes**

Each team will receive an envelope containing passes for the tournament upon arrival.

The following passes will be issued:

Passes for wrestlers competing	1 bus driver pass
1 manager pass	2 coach passes

Cheerleaders must be in uniform to enter – and cheering for athletes

### **Mats**

Two (2) mats will be used for all rounds. A warmup mat will be available in the aux gym for athletes. Supervision of athletes warming up will be the coach's responsibility.

### **Sportsmanship:**

Please model appropriate sportsmanship and expect your wrestlers to demonstrate exemplary behavior throughout the tournament. It is extremely important for coaches to provide supervision, pre-teach athletes regarding expectations, and monitor student-athlete behavior. We appreciate your commitment to this.

### **Team Videotaping/Media:**

Allowed from the top row of bleachers. Only media (with WHSAA passes) and coaching personnel will be allowed on the gym floor area around the mats. Please encourage your parents and fans to film and take pictures from the bleachers. They will not be allowed in the coaching areas at mat-side. All bouts will be streamed.

### **Hospitality:**

A hospitality room will be provided for the coaches, officials, bus drivers, and workers. The hospitality room is provided as a courtesy and will be in the athletics office at South High School. Please refrain from using this area for family, friends, or students i.e....managers, cheerleaders, wrestlers, trainers, video-personnel etc.

## Awards:

All-Conference and place medals will be given out by weight starting after the 100 lb weight class. Coach of the Year plaques, the Conference Champion Plaque and the Regional Place Winner Plates will be presented following all matches on Saturday.

## Seating at Mat-side:

Only 2 coaches will be allowed in coaches' chairs. **ONLY COACHES, WRESTLERS, OFFICIALS, AND TOURNAMENT PERSONNEL WILL BE PERMITTED ON THE FLOOR. PARENTS & MANAGERS ARE NOT CONSIDERED COACHES OR TOURNAMENT WORKERS.** A stats person may be considered as 1 of 3 in coaches chairs. Please help us maintain this rule.

## Weigh-in:

Weigh-in will be on Friday afternoon, beginning at 12:00 PM in the wrestling room at South. We will have 3 scales on hand and will have you weigh-in by weight class. Please notify the tournament director of any scratches or changes by 11:30 am so they can be changed prior to the seeding meeting. Officials will be present to conduct weigh-ins.

## Eating in the gym:

The auxiliary gym will be set up for team camps. Your cooperation in instructing your wrestlers to dispose of trash properly will help to ensure a quality wrestling tournament experience is appreciated. We will have numerous trash cans set up in the team camp area, please help us keep that area and the aux gym area clean.

## Spectator Behavior:

*COACHES AND WRESTLERS SHOULD TAKE THE LEADERSHIP TO DISCOURAGE INAPPROPRIATE BEHAVIOR FROM THEIR RESPECTIVE COMMUNITY SPECTATORS. PLEASE TAKE THE INITIATIVE TO HELP SUPERVISE YOUR OWN FANS.*

## Admission Fee—Daily or Tournament Pass

	<u>ADULT</u>	<u>STUDENT</u>
Daily (All Day)	\$ 9.00	\$ 6.00
All Session Pass	\$20.00	\$14.00

### QR Code to purchase event tickets

<https://gofan.co/app/school/WY71896>

or



## Parking

**Friday.** Busses will drop off on the West Athletic doors (by our tennis courts), then please park in the East faculty lot during the school day Friday. Spectators, we will be in school still, parking is available in lots on the front of the school, please enter through the main doors.

**Saturday.** Busses drop off again at West athletic doors, then please park in one of the parking lots in front of the school. Spectators, park in lots in front of the school. Enter the venue through main school doors.

## **Concessions**

Concessions will be provided during the tournament.

## **Team Camps**

The auxiliary gym will be available for team camps. **No team camps in main gym or bleacher areas.** Trash receptacles are readily available, and their use is very important. Your commitment to monitor your team's behavior, while being a spectator, is essential and greatly appreciated.

## **Matches Assigned:**

Matches will be assigned per Track wrestling. An Inline display will be available in the main gym showing upcoming bouts. Be aware of your assigned mat, so that you will be ready at your designated match order/time.

## **Emergency Service:**

A certified trainer will be at all matches. Please be sure your medical kits are fully equipped. Ice is available for injuries, and our training table will be open for taping.

## **Floor Area:**

The wrestling area will be fenced off for security and facilitation of meet management. Parents, managers, & stats personal are not allowed in the staging area.

## **Meet Management:**

If cheerleaders are coming to cheer, they need to be in uniform (we will not have passes for them but will allow them in as long as they are in uniform). Parents, and fans are reminded that pep posters, banners and noise makers are **NOT** allowed at Regional or State sites. Administrators will be assigned to supervision, but we would welcome any school administrator assistance during the tournament.

## **Trackwrestling:**

We will be using *trackwrestling* as our meet manager with Monica Schommer and Hired Intel to run the East Regional event. Live updates will be available on trackwrestling.com. Information was sent out by trackwrestling on how to enter your wrestlers, please let us know if you did not receive this email.

## **2025 East Regional Championship Apparel:**

We will have an apparel vendor for regional attire on site to purchase items.

## *Weight Classes Wyoming Girls Wrestling:*

*100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235*