



2009 CCCAA Wrestling Northern Regional Championships

FACT SHEET

DATE: December 5

HOST: Sacramento City College
3835 Freeport Blvd.
Sacramento, CA 95822
Phone: (916) 558-2111

VENUE: North Gym

ADMISSION: \$8.00 - ADULTS
\$5.00 - STUDENTS, FACULTY, STAFF, SENIOR CITIZENS (60 UP), CHILDREN UNDER 12

PARKING: There is no charge for parking in staff or student parking spots starting at 5:00 pm on Friday and throughout Saturday. If you arrive before that time, you must park in designated parking spots and purchase a \$1 parking pass.

LODGING: Call Linda Hitchins of Southwest Host Services for reservations – (480) 945-2359

Hawthorne Suites by Wyndham
321 Bercut Drive
Sacramento, CA 95814
Phone: 916-441-1200
Rate: \$69 with a boxed grab'n'go breakfast
*Note: Any team that is paying for five rooms will receive the sixth room free.

La Quinta Inn & Suites
200 Jibboom Street
Sacramento, CA 95811
Phone: 916-448-8100
Rate: \$45.10
*Note: Any team that is paying for five rooms will receive the sixth room free.

DATES:

FRIDAY, DECEMBER 4 TH	3:00 P.M. –	6:00 P.M. – REGISTRATION
	2:00 P.M. –	5:30 P.M. – Open Gym (Workout)
	5:00 P.M. –	6:00 P.M. – Medical and Groom Check
	6:30 P.M. –	Finish - Seeding Meeting – North Gym 110
SATURDAY, DECEMBER 5 TH	8:00 A.M. –	Completion – WEIGH-IN
	10:00 A.M. –	Completion begins
	6:00 P.M. –	Approximate time for the Finals Awards ceremony to begin immediately following finals.

DIRECTOR: DAVID PACHECO – HEAD WRESTLING COACH
CELL PHONE: (916) 425-3112
OFFICE PHONE: (916) 558-2435
FAX NUMBER: (916) 558-2427
E-mail: pachecd@scc.losrios.edu

EVENT MANAGER: MITCH CAMPBELL – ATHLETIC DIRECTOR
OFFICE PHONE: (916) 558-2426
CELL PHONE: (530) 383-9517
FAX NUMBER: (916) 558-2427
E-mail: campbem@scc.losrios.edu

ENTRY FEE: **\$350 PER TEAM - THE CHECK IS DUE BY - December 5th**

Make Checks out to: Sacramento City College Athletics

Send Checks to: Sacramento City College
Attn: David Pacheco
Head Wrestling Coach
3835 Freeport Blvd.
Sacramento, CA 95822

ENTRIES: **ONE WRESTLER PER WEIGHT CLASS.**

WEIGHTS: 125, 133, 141, 149, 157, 165, 174, 184, 197, and 285

SKIN CHECKS: There will be skin checks from 5:00 to 6:00 PM on Friday, Dec. 4th
There will be a skin check from 7:00 to 7:45 AM on Saturday, Dec. 5th as needed
All wrestlers must pass skin check in order to weigh in and compete.

WEIGH-INS: Start at 8:00 AM until finished in North Gym 212 (Wrestling Room). We anticipate this will be done in about 15 to 20 minutes. All wrestlers **MUST BE IN THE WEIGH IN AREA AT 8:00 AM**. If they are not in the room, they **WILL BE DISQUALIFIED**. **NO WEIGHT LOSS ACTIVITY MAY TAKE PLACE ONCE WEIGH-IN STARTS. WE WILL FOLLOW CURRENT NCAA REGULATIONS.** Have your Individual Weight Certification Sheets with you. Wrestlers must weigh in at the or above the weights designated by that weight certification.

SEND LINE-UPS: PLEASE **E-MAIL YOUR ANTICIPATED LINE- UPS** TO ME WITH NAMES AND CORRECT SPELLINGS **BY 5:00 PM ON THURSDAY, December 3rd**. IF YOU HAVE A PROBLEM WITH THE EMAIL, PLEASE FAX THE LINE-UPS TO **916-558-2427**

RULES: CURRENT NCAA RULES INCLUDING SCRATCH WEIGHT AND 7 MINUTE MATCHES.

SEEDING: Friday, December 4th at 6:30 PM in North Gym 110 (next to the trophy area of the North Gym)

AWARDS:

- TOP THREE TEAMS
- TOP SIX INDIVIDUALS IN EACH WEIGHT
- OUTSTANDING WRESTLER
- We will wrestle through 8th place. We will wrestle a true 6th place as needed in each weight.

TRAINER: FULL TRAINING STAFF WILL BE AVAILABLE THROUGH-OUT THE TOURNAMENT. PLEASE BRING YOUR OWN SUPPLIES.

LOCKERS: LOCKERS AND SHOWERS ARE AVAILABLE. PLEASE BRING YOUR OWN LOCKS AND TOWELS.

