



Iowa Wrestling Coaches Officials Association Girls State 2020 FINAL LETTER

The Iowa Wrestling Coaches and Officials Association is pleased to announce its second interscholastic Iowa High School Girls Wrestling Championships January 2020 at Waverly-Shell Rock High School.

Weather: *The Girls State Tournament will take place no matter any weather issues. Please make necessary travel arrangements to attend the tournament. If you are unable to attend please call Eric Whitcome ASAP for cancellations 319-415-3732.*

Tournament Schedule: WSR High School, 1405 4th Ave. SW, Waverly IA 50677

<p>Friday Jan. 24th 2:30pm: Weigh-ins 4:45pm: Picture/National Anthem 5:00pm Wrestling Begins - Wrestle until quarters in 64-man brackets (approx. 10:30pm)</p>	<p>Saturday Jan. 25th Weigh-in: 7:00 am Wrestle: 8:30 am - 11:30am 11:30am Finals</p>
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SPECTATOR INFORMATION

Spectator/Fan Gate Times: Friday 4pm / Saturday 7:30am

Spectators: \$8 one day pass / \$10 two day pass

Parking: Main event parking will not be available until 4pm. Additional parking is available at the WSR Middle School where a shuttle will be available.

Streaming: Live streaming on Track Wrestling will be available through IAWrestle

IWOCA GIRLS STATE: COAHES INFORMANTION

Seeding Criteria is due by **Monday January 20th, at 11:00pm.**

Seeding: Seeding for the tournament will be done by a committee. Pre-seeding will be done on Tuesday night.

Awards:

Individual: The IWCOA will recognize the top **8** wrestlers at each weight class as IWCOA Girls State Placewinners.

Team: The IWCOA will recognize a IWCOA Girls State Champion, Runner-up and Third Place team consisting **of a maximum of (11) scoring wrestlers.** The top 3 teams will receive a trophy.

Registration:

Cost: \$20.00 per wrestler, paid by the school to Waverly-Shell Rock (WSR High School, 1405 4th Ave. SW, Waverly IA 50677). \$5 goes directly back to IWCOA

Team Area:

Coolers and bags can be left in the cafeteria located outside of Bock Gym starting at 3:30pm Friday. Go-Hawk Gym garage door area is another team area.

Warm Up Area: Due to all mats being used during each round, participants can use the WSR Wrestling Room for warm up needs.

Coaches: *All coaches must be a certified coach, and approved by their school to coach in the event. The coach must be present to coach and be responsible for the girls entered.*

Coaches Meeting: Immediately following weigh-ins, all coaches are asked to convene in Rada Auditorium for a short meeting.

Team Parking: Teams can be dropped off at the main door. Team parking will have a designated area on the east side of the main lot. Teams traveling by BUS, should contact Dave Litterer dave.litterer@wsr.k12.ia.us.

Coaches Passes: Each district will be given up to **3** coaches passes. Coaches will need to check in to receive their passes. Additional passes will cost \$10

Girls State Apparel: Fine Designs will be offering the IWCOA Girls State Apparel this year. They will have a large selection of garments.

Head Official: Eric Eckerman

Media: Media should contact Dave Litterer for passes dave.litterer@wsr.k12.ia.us

Weigh-in Information and Procedure

Rada Auditorium

Participants will NOT be allowed to change weight classes.

Please notify tournament directors of any scratches ASAP

Weight Allowances: 106, 113,120,126, 132, 138, 145, 152, 170, 195, HWT

- **Scale Allowance: Friday there will be a +1 scale allowance for consecutive day weigh-ins and Saturday +2lbs. (All are eligible for this)**
- **Growth Allowance:** Eligible individuals can use their growth allowance

Weigh-in Attire: Remind your athletes that suitable undergarments are required. Sports bras and spandex shorts (completely covering the buttocks and groin area).

Coaches: Coaches are asked to stay out of the weigh-in area starting at 2:15. This will help eliminate confusion as we begin to line up for weigh-ins

Weigh-In Sheets: Every school must provide a weigh in sheet for your participant. Weigh in sheets will NOT be collected, but will need to be presented if requested or disputed.

Friday Weigh-in: 2:30pm

Each weight and individual will have a weigh-in line number assigned to them. Wrestlers will need to find their weight and line number seat in Rada Auditorium prior to weigh ins beginning. Every athlete should be sitting with their weight class prior to the start of weigh-ins.

Saturday Weigh-in: 7:00am