

Itinerary for Tri-State (December 13th-15th)

North Idaho College - 1000 West Garden Avenue Coeur d'Alene, ID 83814

Tri-State is one of the premier tournaments in the nation. This will be an individual tournament which will consist of our top Varsity wrestlers.

Thursday, December 13

- 3:00 Leave Kamiakin
- 6:00 Arrive at our hotel
 - o **Days Inn Coeur D Alene**
2200 Northwest Blvd
Coeur D'Alene, ID 83814
- 6:30 Go to North Idaho College to practice
- 6:45-7:45 Practice
- 7:45 Go to Pita Pit for dinner
- 8:30 Team meeting
- 9:30 lights out

Friday, December 14

- 6:30am Wake up
- 7:00am Leave hotel
- 8:00am 1st Weigh- In (2lb allowance)
- 10:00am 1st session
- 7:00pm 2nd session:- ¼ finals
- 2nd Weigh-In After ¼ finals of your weight class (2lb allowance)
- Go out to dinner after the last match to Pita Pit

Saturday, December 15

- 7:15am Wake up
- 7:45am Leave hotel
- 8:15am Warm up
- 9:00am 3rd session starts
- 12:15pm 4th session: Semifinals
- 5:30pm 5th session: Finals
- If no one is in the finals, we will leave after we receive our medals.
- We will stop in Ritzville on the way home for a snack.

What to bring:

You will need to provide lunch and snack food. If you can eat Thursday night, bring money or pack something for dinner. We will be going out to dinner to Pita Pit on Friday night after weigh-ins, bring money to buy dinner.

- o Other snack items are...
 - Sandwiches, bagels, fruit, granola bars, Gatorade, crackers, etc...

Make sure you have all of your wrestling gear (shoes, singlets, head gear, etc.). Bring extra clothes for each day we are there. Bring a towel to the tournament on Saturday so that you can shower after your last match.