

# 2010 RCAC City-Catholic Championships

**Saturday, January 23, 2010**

*Main Street Armory • Rochester, NY*

**TEAMS:** Bishop Kearney, Dr. Freddie Thomas, East, Marshall, McQuaid, Northstar, Wilson

**FORMAT:** Individual Round-Robin with Championship Final – *Everyone Wrestles Everyone!*

**COST:** \$200 per team

## **HIGHLIGHTS:**

- Team trophies for Top 3 teams
- Top 4 in each weight class earn “All League” honors
- Trophies/medals, t-shirts, and patches for Top 4 placers!
- Unique round-robin format with Championship final
- Multiple Entry system (Send 2 extra wrestlers for a total of 17)
- “B” Teams welcome (send a second team at no extra cost!)
- Individual balcony seating for 1,000 fans, plus Armory concessions!
- No “two and outs”
- No Seeding required

## **SCHEDULE:**

Sat 7:30am-8:30am	Weigh-ins
Sat 8:45am-9:00am	Coaches Meeting
Sat 9:30am-5:00pm	Round-Robin Qualifying Rounds
Sat 6:00pm-8:00pm	Championship Finals

## **PLEASE NOTE:**

- Individual lockers will not be available. Shower access will be limited.
- Volunteers needed for scorers tables. Please provide 3 student volunteers per day.
- We will be wrestling on 4 mats to speed the tournament! If your school can provide a dual meet mat, please contact Mike Gilbert (370-5919) or Arkee Allen (820-4330).
- Sponsorship opportunities are available for awards, weight classes and table displays.

**CONTACTS:** Mike Gilbert (370-5919), Arkee Allen (820-4330) or Scott Lazarek (703-3408)