

Itinerary for River City Duals (January 11th and 12th)
Post Falls High School - 2832 E Poleline Ave Post Falls, ID 83854

Friday, January 11th

- **9:00** Leave Kamiakin
- **12:30** Arrive at Post Falls High School
- **1:00** Weigh Ins (2lb allowance)
- **3:00** Round 1
- **4:30** Round 2
- **6:00** Round 3
- **7:30-10:00** Weigh-Ins for Saturday (same 2lb allowance)
- **8:30** Check in at Hotel
 - o **Days Inn**
2200 Northwest Blvd
Coeur D Alene, ID 83814
- **10:30** Lights out

Saturday, January 12th

- **7:15** Wake up and eat at hotel
 - **7:45** Leave hotel for Post Falls High School
 - **8:00** Warm up
 - **9:00/10:30** Round 3
 - **12:30/2:00** Round 4
 - **3:30/5:00** Round 5---Placing Rounds
 - o 11-20 places 3:30-5pm
 - o 1-10 places 5-6:30pm
- We will leave after our last match.
- **8:00-10:00** Predicted arrival at Kamiakin

What to bring:

You will need to provide a post-weigh-in snack on Friday, dinner or money for Friday night, lunch and snacks for Saturday. On Friday night after weigh-ins, they are having a \$5 spaghetti feed for those that are interested. Otherwise, you can pack a dinner or money for Subway/Pita Pit. Make sure you wear your old red singlet for Friday. New singlets can be worn on Saturday.

Make sure you have all of your wrestling gear (shoes, singlets, head gear, etc.) and extra clothes.

*We are bringing up additional wrestlers with the effort to get additional mat time. They are not guaranteed matches. Wrestlers may be shipped out to other teams that have a hole in their weight class, in order to get more matches. They will also have the opportunity for exhibition matches.

Rules and expectations

- ♦ Wrestlers will display good sportsmanship, teamwork, integrity, and excellence for the entire trip.
- ♦ All Kamiakin High Wrestlers and participants will follow the directions of the coaching staff and remain in good standing with the coaching staff the entire trip.
- ♦ Wrestlers are to notify the coaching staff of their whereabouts through the entire trip. Wrestlers are not to leave any facility the team is without coach approval.
- ♦ Wrestlers are required to stay and support their teammates for every match.
- ♦ Wrestlers will wrestle every match required unless deemed sick or injured by the coaching staff.