

2009 MD/VA States
Our Lady Of Good Counsel HS
17301 Old Vic Blvd (off rte 108)
Olney, MD

Saturday March 14th, 2009

Weigh-in	9:00- 10:30am
Coaches Meetings	10:30-11:00am

Wrestling

Round 1- First Round	11:30 am - 2:45 pm(6)
Round 2- Qtr Finals & Cons Prelim	2:45 pm - 6:00 pm (6)
Round 3- Cons. Eliminations	6:00 pm - 7:15 pm (6)
Round 4- Semifinals & Cons Qtrs	7:15 pm - 8:30 pm (6)

Sunday March 15, 2009

Weigh-in (one lb allowance)	9:00 am - 10:00 am
Coaches Meeting	10:00 am - 10:15 am
Round 5 - Semi-Final Consolations	10:30 am - 11:30 am (3)
Round 6 – 7 th Place	11:30 am - 12:30 pm (2)
Round 7 - 5 th Place	12:30 pm - 1:30 pm (2)
Round 8 - Consolation Finals	1:30 pm - 2:30 pm (2)
Round 9 - Finals	3:00 pm - 5:15 pm (1)
Awards	5:30 pm - 7:30 pm

Note:

- (1) Awards will be presented after the conclusion of ALL wrestling
- (2) Only qualified entrants and alternates will be weighed-in
- (3) Times are approximate. Rounds may begin EARLIER than listed
- (4) Finals will be wrestled with one mat utilized
- (5) All match times regulation – championship & consolation same length
- (6) Minimum 30 minutes rest time between matches for wrestler
- (7) Overtime – H.S. Federation overtime rule
- (8) All wrestlers must wear team singlets (proper equipment penalties apply)