

15th Annual Falcon Youth Wrestling Tournament

Whitney High School – Rocklin CA

Varsity is a TOC Qualifier

Girls, JV and Elem Divisions **Saturday, January 31, 2026**

Entry Fee \$30

Registration and pre-payment through Trackwrestling

REGISTRATION: Registration for the tournament will be through trackwrestling.com. The **last day** to register for the event will be Wednesday, January 28th, 2026 at 9:59pm.

Once registered no refunds will be available.

[Link to Register](#)

http://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupid=272296132

- **TOC VARSITY WEIGHT CLASSES:** 76, 83, 89, 95, 100, 103, 108, 112, 116, 122, 128, 135, 142, 153, 168, 185, 205, 250 (new max weight)
- Wrestlers over 250 pounds can register for an exhibition class (Super Heavy Wt) providing others register
- All other divisions will be pooled in pools of 5/6.
 - Girls 6th, 7th and 8th (Elem girls recommended to enter in Elem divisions)
 - JV including middle school novice
 - Elem 9 and older
 - Elem 8 and under
- **Medals to all Participants**
- Trophies to Varsity TOC Qual Champions
- Wrestlers may wrestle in 2 divisions by registering twice and paying 2 registration fees. **Varsity TOC single bracket registration only.**
- Great Facility – 2 side by side gyms–17 mats
- Map of Facility:
https://docs.google.com/drawings/d/13Yf0I_RNz_byzt2M2oz6lBo_rNvoLfliHxNgkHbP5CA/edit?usp=sharing
- All Wrestlers will be grouped in 1 of 4 sessions and wrestle all matches on the same mat
 - Varsity will start at 12:00 PM on Mats 1-6 and will run until completed with estimated finish time for Varsity 5:00PM depending on entry numbers
- Wrestlers will be assigned a pool, mat and a session by Friday evening.
- Session Times, Pool and Mat Assignments will be available on Track Wrestling when completed on Friday

- Other than Varsity Wrestlers will wrestle all matches on one mat in a 2 hour session then they can leave and they will wrestle every 20 to 30 minutes.

Coaches Meeting –7:45 am Concessions stands will be open all day-

Coaches will need wristbands to coach in the corner and enter the coaches' lunch.

1 wrist band per team

2 wrist bands for 10 or more wrestlers

3 wrist bands for 20 or more wrestlers

Additional wristbands \$15.00 will be sold at the entry door.

Weigh-in Information

All varsity will need to weigh in at an official weigh on **Friday night Weigh-in**

Either

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OR

Friday Night Satellite Weigh Ins -

Friday Night Weigh-In No Saturday Morning Weigh-ins

Granite Oaks Middle School

5:00pm to 6:30PM Friday Jan 30th

Multipurpose Room

2600 Wyckford Blvd, Rocklin, CA 95765

Durham Wrestling Club,

2485 Notre Dame Blvd, STE 190 Chico, CA

5:00-6:00PM Friday Jan 30th

Tony Salindong - 209-918-6251

durhamelitewrestling@gmail.com

Combat Wrestling

2665 Acacia Avenue

Sutter, CA 95982

5-6pm Friday Jan 30th. @ Sutter High School

Jared Slack 530-218-0860

Chilton Middle School - Roseville
4501 Bob Doyle Dr, Roseville, CA 95747
Multi-Purpose room 5-7:30:PM Sat Jan. 30th
Dam

Orland Wrestling Club - Orland
Orland High School Wrestling Room
101 Shasta St.
Orland Ca 95963
6-7 PM Friday Jan 30th.

Arcade Middle School
Nicole Mendonca
3500 Edison Ave Sacramento, CA 95821
Multipurpose Room
6-7PM

Folsom Middle School - Folsom
Tom Ward
5-7pm Friday Jan. 30th
500 Blue Ravine Rd. Folsom

Bruin Elite
3490 Palmer Drive, Ste i
Cameron Park CA 95682
5:00pm to 6:30PM Friday Jan 30th
Coach Josh Carling 530-412-3705

Mat Time-Loomis
Benicia High School
1101 Military West, Benicia, CA 94510
4:00–6:00 p.m. Friday Jan 30th
Greg Papish gregorypapish@gmail.com

Ken Klein 916-295-9851 kenshasta@gmail.com

No Saturday Morning Weigh-ins

Weigh-Ins All other Divisions – Coaches please weigh in all your wrestlers (Tuesday Evening or later) and have them use their actual weigh-in weight to the 10th of a pound when registering on Track Wrestling. Any wrestler who appears to be heavier than their registered weight may have their weight checked at the tournament and must be close to the registered weight. Please no cutting weight for the pooled divisions.

Admission \$10.00 Kids 12 and under free
Get your tickets in advance to save time at entry.
Powered by Zeffy

[CLICK HERE TO PRE PURCHASE SPECTATOR TICKETS](#)

Headgear required for Varsity and mouthpieces for those with braces mandatory
Whitney High School 701 Wildcat Blvd. Rocklin, CA 95765

Contact Ken Klein for More Info

Email- kenshasta@gmail.com

Text- 916-295-9851

Tournament registration and operation is provided
by Empowerment Access Foundation 501 c3.

www.empowermentaccess.org.

\$10 from each paid entry goes to support survivors of Human Trafficking