

## **Friday, March 17th 2023**

10:00 am - 11:00 am	Registration Check In - Main Foyer
11:00 am - 12:00 pm	Medical (Skin Check) and Weigh-in Large Lecture Theater Rm C119
11:00 am - 12:30 pm	Brunch served to the registered athletes and coaches in the main cafeteria.
2:00 pm - 2:50 pm	Coaches meeting – LLT Rm C119 This is a mandatory meeting for all coaches
3:00 pm - 3:40 pm	Opening Ceremonies in Main Gym E 107
3:40 pm - 4:00 pm	Warm-up
4:00 pm - 9:00 pm	Wrestling Preliminary round

## **Saturday, March 18th 2023**

9:00 am - 12:00 pm	Complete Preliminary Round
12:00 pm - 12:30 pm	5th/6th then Cross-Overs
12:30 pm - 1:00 pm	Lunch Break
1:00 pm - 2:00 pm	Bronze medal matches
2:00 pm - 2:15 pm	Introduction to Finalists
2:15 pm - 3:30 pm	Gold medal matches
3:30 pm - 4:30 pm	Medal Presentations & Team Awards

*Presentations will proceed at the conclusion of all Gold matches.*

*Pictures for the individual & team winners will be taken on stage.*