



Metro Area Tournament Committee | 700 7<sup>th</sup> Street South Fargo, ND 58103 | 701-446-1065  
Website: [www.metrotournament.com](http://www.metrotournament.com) | Email: [metrotournament@gmail.com](mailto:metrotournament@gmail.com)  
Twitter: [@fargometrotour](https://twitter.com/fargometrotour)

To: Activity Directors  
Boys & Girls Wrestling Coaches

Re: NDHSAA State Wrestling Tournament 2024

Date: Monday January 29, 2024

Please find enclosed the information letter and coinciding documents for the 2024 NDHSAA State High School Boys & Girls Wrestling Tournament. The tournament will be held on February 15-16-17 at the FARGODOME.

Included in this memo (click on the link to go directly to appropriate document):

- Information Letter
- Tournament Schedule
- Instructions for Staging Area & On-Deck Process
- Name Tag Form
- Sanford Letter to Coaches
- Map(s) of the FARGODOME

We look forward to hosting you all in February and hope you enjoy the remainder of your season!



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**To:** AD's, Administrators, and Wrestling Coaches of Participating Schools  
**From:** Management of Metro Area Tournament Committee  
**Date:** January 29, 2024

## 2024 State Wrestling Tournament Information Sheet

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### Fargodome

Enclosed you will find a diagram of the Fargodome area and one showing the parking lots. We are requesting that you enter the dome area from the University Avenue entrance on the east side of the dome. You may drive your bus to the east lobby area and unload. Teams will enter the dome through the main east lobby and proceed to the lower level by using the escalator. Your name tag will serve as a ticket or pass to enter the dome. After you have unloaded, please have your bus parked in lot B along the north side of that area.

- **Dressing rooms:** Male participant dressing rooms are on the east lower level of the dome. Female participants will dress in the west lower level. Cheerleaders will have meeting room 104 available for their use. Signs will be posted directing you to these areas and to the designated dressing rooms. The locker room areas and meeting rooms will **not** be locked and secured so individuals should take care to secure their valuables.
- **Athletic Trainers:** Sanford Orthopedics Sports Medicine will provide athletic trainers for all sessions. The athletic trainer will be located in northwest corner of the lower level of the arena. Water coolers and ice will be available for your use. Please bring your supply of tape.
- **Hospitality Area:** There will be a hospitality area for school officials, coaches, and administrators on the east lower-level room 101 & 102 (at the bottom of the escalator).
- **Dome mats:** There will be eight mats used for the tournament. On the backside of the south bleachers four warm-up mats will be available. Athletes can get to this area by walking through hallway just south of the east locker rooms or using the entrance at the south end of the east hallway. We are encouraging teams to be seated in the upper levels of section 21 (west side) and section 32 (east side).
- **Coaches Meeting:** The annual wrestling coaches meeting will be on Wednesday, February 14, at 6:00 pm at the Fargodome. The meeting will be in the Bison Theater below the east lobby. Please enter the dome from the east main lobby and take the escalator to the lower level. There will be signs directing you to the meeting rooms.
- **FCA Huddle:** The Fellowship of Christian Athletes is planning a gathering Friday morning after weigh-ins. A special guest speaker has been arranged for those who wish to attend. The gathering will be in the warm-up area near the mats behind the south bleachers.
- **Passes and name tags:**
  - The NDHSAA limits the number of passes at the state tournament: In addition to the qualifying wrestlers, participating schools at the state tournament with 1-5 contestants will be allowed 5 passes and 3 coaches' badges. Teams with 6 or more contestants will receive 7 passes and 3 coaches' badges. If a school requests extra passes, such request will be granted and the cost of \$40 for each individual tournament pass and \$20 for each dual tournament pass will be deducted from the school's team payment.
  - Schools not having an entrant in the State Tournament do not receive any passes.
  - Each participating athlete, cheerleader and manager will also receive a personalized nametag and lanyard. These passes serve as a parking pass and admission to the event. All participants,

cheerleaders, coaches, managers, and school officials are required to show their pass or purchase a ticket for admission. The passes will be in the team packet and are to be picked up at ticket window #11 in the east lobby of the Fargodome. School official and guest tickets are not included in the team packet and should be picked up at ticket window #11 by the person listed on the request.

- **Coolers: Reminder** - Coolers will be checked through the east lobby lower-level escalator. This area is located next to the Metro Tournament team check-in table in the east lobby. Once inside the dome athletes should store their coolers in the east locker room area or in the team camp area behind the south bleachers. Signs designating these areas will be posted. No coolers are to be taken into the main arena seating area. Please inform your athletes of this policy. Thank you for your assistance.
- **Cheerleaders:** Banners and signs are to be hung using string, zip ties or wrestling mat tape. When you arrive, please check with tournament management for designated sign area(s). The east lower-level meeting room 104 is set aside for the cheerleaders. Cheerleaders are reminded to secure any valuables as the room will not be locked. Restroom facilities are available in the lower level on the north end. As per NDHSAA regulations, only four (4) cheerleaders are allowed near the mats during a bout.
- **Ticket Information (Prices):**

Adult Individual Tournament Pass	\$40.00
Adult Dual Tournament Pass	\$20.00
Adult Daily Ticket	\$20.00
Student Individual Tournament Pass	\$12.00
Student Daily Ticket	\$6.00
- **Skin Checks/Official Weigh-ins:** Skin checks/weigh-ins will begin at 8:00 am each day. We will organize teams and individuals on the floor of the south end of the Fargodome and then usher in teams and individuals for skin checks and weigh-ins. At the Wednesday evening coaches meeting, the schedule and procedure for skin checks and weigh-ins will be reviewed. We are encouraging coaches to have any doctor's slips for skin testing with them at the weigh-in. Weigh-in and skin checks will be in the following order: **Class B Boys, Class A Boys, Girls Wrestlers**. Team managers and statisticians are asked to stay out of the skin check/weigh-in area.
- **School Responsibility:** Each school must be responsible for both athletes and students attending tournaments. Each school participating in the tournament should have a school administrator report to the tournament management or to guest services on the east side of the dome in case of a problem with students at the tournament.
- **Workout/Practices:** By NDHSAA rules, teams are not allowed to practice on the tournament site the day prior to the tournament. We suggest that you work out at your own facility prior to leaving because the Fargo schools & West Fargo schools will not have mats available to practice.
- **Team video areas:** All team and individual bouts that a school wants to video tape should be done from the spectator seats. If a school needs assistance in locating an area to set up a camera they should contact a floor captain or the tournament management.
- **Team personnel on mat area during Bouts:** Each team will be allowed two (2) coaches and one manager on the floor and at the mat when they have a wrestling bout scheduled. A chair for the manager/stat person is reserved at each mat scoring table. A staging area for wrestlers and stats that are on deck and in the hole is located in the NE corner of the dome.
- **NOTE:** Wrestlers and coaches are not to wear caps or bandannas when representing their school in the awards ceremonies or anytime in the wrestling area. Only school issued uniforms or warm-up (both top and bottom) are acceptable apparel for the awards stand. Awards will be presented only to wrestlers in compliance.

- **State Tournament Website:** The official website for the 2024 State Wrestling Tournament is <https://www.metrotournament.com/>

The Site is linked with the Fargodome, Farmers Union Insurance, and the NDHSAA. Seating information, bout results, the tournament schedule and live video streaming of the team and individual finals can be viewed from this site.

If you have any questions or concerns, please contact us at:

Todd Olson, Tournament Manager 446-1071

Jennifer Schultz, Metro Tournament Committee 446-1065

Good Luck in the tournament and have a safe trip to Fargo. We are excited to see you and your fans.

**Attachments:**

- ❑ Name tag form
- ❑ NDHSAA Wrestling Regulations  
<http://www.ndhsaa.com/regulations/wrestling>
- ❑ Map of Fargodome and parking lot
- ❑ Tournament Schedule
- ❑ Letter from Sanford Orthopedics Sports Medicine
- ❑ Staging Area Procedures

The team photos/cutlines for the program will be downloaded from the NDHSAA website. Please have this information updated by February 10th.



2024 NDHSAA Class A & B State Wrestling Tournament

February 15-16-17

Fargodome

Tournament Schedule

Thursday February 15, 2024 - Individual Tournament

Time	Description
7:00 AM	Open to Wrestlers
8:00 AM	Weigh-in & Skin Check
9:00 AM	Public Doors
10:00 AM	First Round Quarterfinals First Round of Wrestle Backs
5:00 PM	Semi-Finals

Friday February 16, 2024 - Individual Tournament

Time	Description
7:00 AM	Open to Wrestlers
8:00 AM	Weigh-in & Skin Check
9:00 AM	Public Doors
10:00 AM	Second Round of Wrestle Backs Third Round of Wrestle Backs Consolation Semi-finals Placing Round
3:30 PM	Hall of Fame
4:30 AM	Introductions
5:00 PM	Individual Championship(s)

Saturday February 17, 2024 - Dual Tournament

Time	Description
7:00 AM	Open to Wrestlers
8:00 AM	Weigh-in & Skin Check
9:00 AM	Public Doors
10:00 AM	Boys Quarterfinals
11:30 AM	Girls Quarterfinals / Boys Consolation Semi-Finals
1:00 PM	B&G Semi-Finals / Girls Consolation Semi-Finals
2:30 PM	3rd/5th/7th Place Matches
4:00 PM	Dual Championships (Boys & Girls)

## Wrestling Coaches:

You will find information in the following paragraphs concerning the process we will use to provide the best functioning main arena wrestling area for the state wrestling tournament. We ask that you please review this information with your athletes, statisticians, managers and coaches.

### Procedures

- We will not have runners escorting wrestling from the staging area to the mat.
- The staging area supervisors will have a screen that provides up-to-the second information on the matches in progress and will send the wrestlers to the mat when they are officially on deck.
- Please speak with your wrestlers about this and reinforce that the supervisors will send them to the mat at the appropriate time, they should not go on their own.

### Wrestlers

- A staging area with warm-up mats will be established in the northeast corner of the Fargodome. All wrestlers in the two current weight classes to be contested will be called to the staging area where they may continue their pre-match preparations.
- The wrestler's name is highlighted in yellow, signifying they are on-deck. The supervisors in charge of the staging area will send the on-deck contestants to the mat.
- Please inform your wrestlers that they need to report to the staging area when their weight class is called so they may be checked in for their match. **They do not report to the mat!** When their match moves to the on-deck match they will be released to go to their assigned mat.
- Wrestlers will access the main arena through only the staging area.
- Wrestlers may exit the main arena wrestling area to return to their team camp through the walkway along the bleachers on the east side of the main floor.

### Statisticians

- There will be chairs for the statisticians in the staging area. This is where they are able to sit between matches if they are in the main arena wrestling area. The chairs in the main arena are reserved for coaches.
- There will be two chairs at the mat-side head table designated for the statisticians. The official statistician for each team will sit at the head table during the match. **By rule, they are not allowed to sit along the edge of the mat.**
- Statisticians will access the main arena wrestling area through the staging area. Statisticians may exit the main arena wrestling area and return to their team camps through the walkway along the bleachers on the east side of the main floor.

### Coaches

- Chairs will be lined up along the north and south walls in the wrestling area (the same as previous years) for coaches to use when they don't have a wrestler currently on the mat. **These chairs are only for coaches.**
- Coaches who wish to be with their wrestlers during their warm-up time for the matches may do so in the staging area.
- Coaches may move back and forth directly from the camp area to the wrestling area with their official tournament badge without leaving the arena area. They may go through the walkway along the bleachers on the east side of the main floor.

### **Weigh-in Area**

- The skin checks and weigh-ins will take place on the south end of the main arena (the team camp side). Skin checks are now done daily as a new NFHS rule.
- Official weigh-in process is as follows:
  1. Hair & Nail Check
  2. Skin Check
  3. Official Weigh-in
- Because weigh-ins take place on the main arena floor, coaches are asked to use their judgment concerning the presence of non-participants (i.e. Managers, Statisticians, etc.) in this area during weigh-ins.

### **Order of Weigh-ins**

- Day 1
  - Class B Boys
  - Class A Boys
  - Girls Wrestlers
- Day 2
  - Class B Boys
  - Class A Boys
  - Girls Wrestlers
- Day 3
  - Class B Dual Teams
  - Class A Dual Teams
  - Girls Dual Teams



# **State Wrestling Tournament – February 15-16-17, 2024**

Name Badge Request – **Due 9:00 PM Saturday February 10<sup>th</sup>**

Name badges will be created for all individual qualified wrestlers and all wrestlers/alternates listed on the dual roster.

***Please do NOT request badges for those athletes.***

**Floor access passes will be provided to qualifying wrestlers, coaches, statisticians, cheerleaders and the cheer advisor.**

**Guests will receive a General Admission ticket, floor access not granted to guest tickets.**

Please follow the link for additional name badge requests for state wrestling:

[Name Badge Request Link](#)

*Only requests done through the link will be honored.*

***The link will close at 9:00 PM Saturday February 10<sup>th</sup>.***

Use the [Name Badge Request Link](#) for **coaches, team managers/statisticians, cheerleaders, cheer coach, school administration** & guests. You will receive a copy of each submission and can view all submissions by [clicking here](#).

In addition to the qualifying wrestlers participating schools will be allowed the following passes:

- 1-5 Contestants will be allowed 5 passes and 3 coach badges
- 6 (or more) Contestants will be allowed 7 passes and 3 coach badges

## **Student Media Requests**

Per NDHSAA:

If your school would like to request a media badge for a **student** media worker, please see the attached information from Tom Mix at the NDHSAA.

**Please note (per NDHSAA policy): high school student media passes are reserved for students only & must be submitted for by school administrators.**

Media badges will not be accepted through the Metro Tournament Committee request form.

[2024 NDHSAA Winter HS Media Letter](#)





January 25, 2024

Dear Coaches and Athletic Directors:

Sanford Sports Medicine will be providing Athletic Training services for the 2024 North Dakota State High School Wrestling Tournament. We would like to assist you in ensuring this is a safe and exciting tournament for your team. There are a few details to allow appropriate care to occur in the area of Sports Medicine.

- We will be performing skin checks beginning at 8:00 AM each day. If you have an athlete that is using medication for a skin disease, please have her/him bring the medicine along with the prescribing physician's note concerning application/use. We will have a Physician in attendance on Thursday morning skin checks, the physician will have final say on any possible skin lesions that may be contagious and your wrestler will be disqualified from the tournament. Please have with you a completed Physician Release for Wrestler to Participate with Skin Lesion form from the National Federation of State High School Associations.  
[Click here for Skin Lesion form.](#)
- Sanford Sports Medicine's headquarters will be located in the northwest corner of the Fargodome. If you are not bringing medical staff with you, please utilize the athletic training staff to assist you with your medical needs. We are available to assist you with taping and other pre-match/post-match needs. We ask that you please bring the necessary tape, pre-wrap, and other supplies for your athletes. We will have some stock supplies on hand, but would like your cooperation in this matter.
- If there is a conflict in the management of injury, the State/Metro Area Tournament Committee assigned Sanford medical staff has jurisdiction.
- If you wish to have your own team medical provider be responsible for your athletes, please complete the North Dakota High School Activities Association's Transfer of Care Form and return it to the medical staff at the tournament prior to the start of the tournament.  
[Click here for the NDHSAA Transfer of Care Form.](#)
- There will be Athletic Trainers stationed throughout the mats of the ongoing matches. Their main role will be handling on-mat injuries. Spit buckets and blood kits are available for your use at each mat, but we ask that you and your athletes try to manage any blood injuries first. If you need additional help controlling the blood, we are there to assist.

If you have any questions or concerns, please do not hesitate to contact me. Thank you and good luck!

Sincerely,

Brad

Brad Reed, MS, LAT, ATC  
Manager, Athletic Training  
Sanford Sports Medicine  
[bradley.reed@sanfordhealth.org](mailto:bradley.reed@sanfordhealth.org)  
(701) 417-6171



F A R G O D O

TICKET LOBBY

NORTH ENTRANCE

EAST ENTRANCE

BIKE RACK BARRICADE

24 25 26 27 28 29

30 31 32 33 34 1 2

WRESTLING MAT	WRESTLING MAT	WRESTLING MAT	WRESTLING MAT	WRESTLING MAT
CLASS A - 1	CLASS A - 3	GIRLS - 5	CLASS B - 7	
WRESTLING MAT	WRESTLING MAT	WRESTLING MAT	WRESTLING MAT	
CLASS A - 2	GIRLS - 4	CLASS B - 6	CLASS B - 8	

12 11 10 9 8 7

2024 NDHSAA  
State High School  
Wrestling Tourn.

23 22 21 20 19 18 17

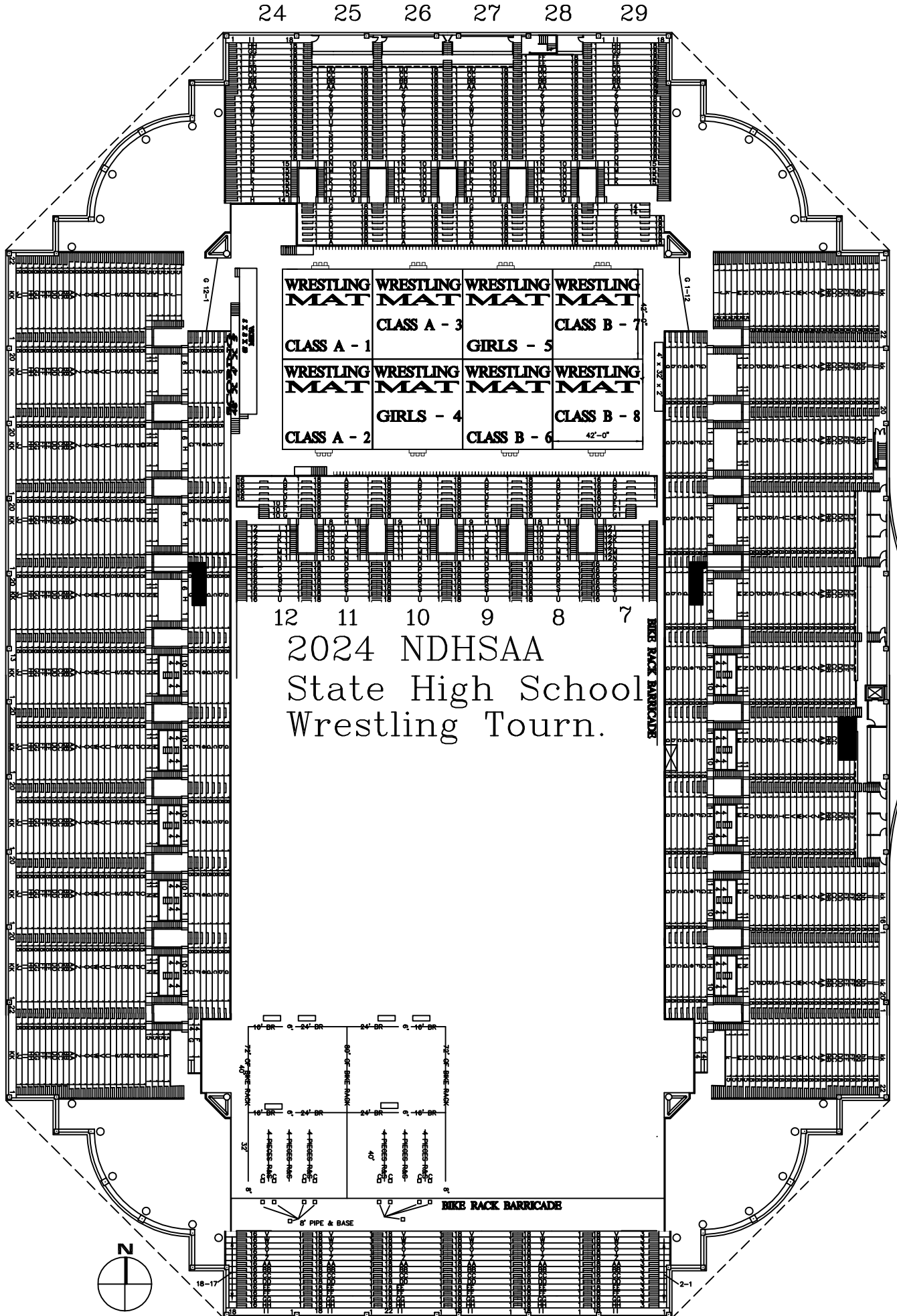
# F A R G O D O M E

TICKET LOBBY

EAST ENTRANCE

EAST ENTRANCE

1800 North University Drive  
Fargo, ND 58102  
Phone: (701) 241-8100  
Fax: (701) 237-0987



2024 ND State High School Wrestling Tourn.

SOUTH ENTRANCE