

# Best of the Northwest High School Tournament & College Exposure Event

Best of the Northwest is the elite wrestling tournament for High School wrestlers in Oregon, Idaho and Washington. Hosted by Eastern Oregon University, the Best of the Northwest brings together only the champions of the Pacific Northwest.



## Events Schedule

**Sunday, March 22, 2020**

- Deadline for Photo and Text Bio\* (if wrestler would like to be in the event program)

**Wednesday, March 25, 2020**

- Deadline for Registration\*\*

**Friday, March 27, 2020**

- **3:00-6:30 PM:** Check In / Weigh In (5 lb. weight allowance)\*
- **4:00-5:30 PM:** Collegiate Coaches Clinic\* – Put on by college coaches
- **7:00-8:30 PM:** College Meet & Greet\* – Wrestlers, come rub shoulders with college wrestling coaches!

**Saturday, March 28, 2020**

- Tournament begins at 9 AM; 20 minute break before finals parade and finals matches; awards ceremony to follow



## Tournament Qualifications

The Best of the Northwest tournament is open to the medal winners of the state high school wrestling tournaments of Oregon, Idaho and Washington and the following tournaments:

- | Oregon          | Idaho           | Washington         |
|-----------------|-----------------|--------------------|
| ▪ Coast Classic | ▪ Rollie Lane   | ▪ Hammerhead       |
| ▪ Rose City     | ▪ Tri-State     | ▪ Gut Check        |
| ▪ Resers        | ▪ Tiger Grizzly | ▪ Best of the West |

Non-placers may petition to compete in the tournament; contact tournament director for details.

## College Recruiting Event

DON'T MISS OUT! The following collegiate wrestling programs will have representatives present to evaluate and recruit! Submit your personal bio sheet by March 22nd to get your information to the college representatives.



## Registration

Qualifying wrestlers can register for this event at [TrackWrestling.com](http://TrackWrestling.com).

**Cost:** \$35 per wrestler; \$45 after March 25, 2020, or on site

## Location

Quinn Coliseum on the Campus of Eastern Oregon University, La Grande, Oregon

## Awards

### Individual Awards

- 1st Place: Best of the Northwest Belt Buckle, Custom Medal, Custom RUDIS Backpack
- 2nd to 6th Places: Custom Medals

### Team Awards

- Top 2 Teams: Best of the Northwest Trophy

### Other Awards

- Most Valuable Wrestler (Individual) for each state; voted on by college coaches

Contact Josh Anderson with questions: (541) 805-9650 or [josh@wrestlethebest.com](mailto:josh@wrestlethebest.com)

\*Tentative; times may change. \*\*Registration for qualifying wrestlers will be done at [TrackWrestling.com](http://TrackWrestling.com)

Full event details at [WrestleTheBest.com](http://WrestleTheBest.com)