

NYWA is thrilled to welcome you to the 30th State Wrestling Tournament!

To ensure you have a seamless and amazing weekend, please see below for all important details:



Arrival/weigh-ins:

- **When:** Please arrive at your designated time as indicated on the itinerary (there are no early weigh-ins).
- **Where:** Head to the Mayo Civic Center: 30 Civic Center Drive SE, Rochester, MN. The main entrance is where weigh-ins are (suites 104-105). Test scales are in this same area. **All wrestlers receive a one-lb. allowance. If they make the first time, they DO NOT have to weigh in again.**



Admission/Coach passes:

- General admission is \$10/day for adults, \$5/day for students (K-12) and seniors (65+). You can purchase a wristband for multiple days. It's the same price per day but you skip the admission line. **CASH OR CHECK ONLY.**
- Coach/floor passes: \$25/day. You can purchase a wristband for multiple days as well. This covers your admission. If you have a young child with you, they will be required to purchase a floor pass. The tournament floor is VERY CROWDED; we encourage you not to bring young children on the floor. No STROLLERS ARE ALLOWED ON THE FLOOR. **CASH OR CHECK ONLY.**
- Any wrestler arriving early can check in at admissions to receive a pass for early entry to watch; they CANNOT access the floor. Any wrestler who is done competing can check in at admission for a spectator pass. They CANNOT access the floor. This also applies to team wrestlers. Once a wrestler has checked in and received their pass, they will not receive another one should they lose it, tear it off, etc.
- The Mayo Civic Center policy allows 1 small cooler per/athlete for protein drinks, pre-workout supplement, or any special dietary foods needed to compete. This is for ATHLETES ONLY; all friends, family, spectators, etc. are not allowed to bring any outside food, snacks, or beverages. **MAYO CIVIC CENTER CONCESSIONS IS CASHLESS.**



Parking:

To keep the focus on wrestling and avoid headaches, parking information is provided from the City of Rochester.

- **Civic Center North Lot:** 217 E Center St, Rochester, MN. This lot is being reserved for NYWA attendees.
- **Additional ramp:** 1st Street Ramp, located at 13 2nd Street SE, the 2nd Street Ramp (14 2nd Street SE) and Ramp 6 (59 1st Street SE).
- **Ramp to avoid due to construction:** Center Street Ramp (closed for four months).



Brackets and streaming this awesome event:

- Brackets aren't released until Thursday, 3/26.
- The tournament (state and invite) will be available on Track/Flo Wrestling. Tell your family members who can't make it to Rochester to watch it live!

We can't wait to share this iconic weekend with you. See you at **NYWA STATE!**