

# CIF STATE MEET

*Thursday → Sunday*

March 4th to 7th, 2010

- Location:** Rabobank Arena  
1001 Truxton Ave  
Bakersfield CA, 93301
- Hotel:** **Four Points by Sheraton**  
**5101 California Ave**  
**Bakersfield, CA 93309**  
**(661) 325-9700**
- Itinerary:** Thursday, March 4th:  
3:00 PM - Leave Saint Francis to Bakersfield  
7:00 PM - Arrive at Rabobank for Registration and Workout  
7:00 PM - Arrive at Hotel  
10:00 PM - Lights Out
- Friday, March 5th:  
6:00 AM - Leave Hotel to Rabobank Arena  
6:30 AM - Groom Check & Weigh-ins  
We will have Breakfast down the street from the Arena  
8:00 AM - Arrive at Rabobank Arena to Warm-up  
8:30 PM - Return to the hotel once wrestling is finished.
- Saturday, March 6th:  
6:00 AM - Leave Hotel to Rabobank Arena  
7:00 AM - Groom Check & Weigh-ins  
We will have Breakfast down the street from the Arena  
8:00 AM - Arrive at Rabobank Arena to Warm-up  
6:00 PM - Doors Open for Finals  
7:15 PM - Finals
- Sunday, March 7th:  
10:00 AM - Leave Bakersfield for Saint Francis  
2:30 PM - Arrive at Saint Francis
- Weigh-ins:** Friday: 6:30 AM(105,114,121,127,132,137,142,147,154,162,173,191,217,287)  
Saturday: 7:00 AM(106,115,122,128,133,138,143,148,155,163,174,192,218,288)
- Wrestling:** Friday: 9:00 AM to 8:30 PM (Champ 1,2,3,4 & Cons 1,2,3,4)  
Saturday: 9:00 AM to 9:00 PM (Semis,Cons 5,6&7, Medal Rounds, Finals)
- Awards:** Individual medals for – Place.
- What to Bring:** Headgear, Wrestling Shoes, Warm-Ups, Mouthpiece, Running Shoes, Snacks, Drinks, Money for food, clothes for three days, at least one pair of khaki pants to go out to dinner, toiletries.
- Contact:** Coach Danna 408.608.8317 (cell) Coach Barajas 408.687.2061 (cell)  
*Go Lancers!*