

**New Salem-Almont High School
50th Annual
East-West Wrestling Tourney
Itinerary**

Date: Friday January 30 and Saturday January 31, 2026

Time: Friday – 12:00 p.m. Saturday – 9:00 a.m. (central time)

Place: New Salem-Almont High School Gymnasium

Weigh-ins Friday – 10:00 a.m. Central time.
& skin checks: Saturday – 8:00 a.m. Central time.

Teams:	Kenmare/Bowbells/Burke Central	Northern Lights
Beulah-Hazen	Killdeer	Oakes
Bishop Ryan	Kindred	Rugby
Bowman County	LaMoure/Litchville/Marion	Standing Rock
Carrington	Lisbon	Stanley
Valley City	MonDak	Velva
Hettinger/Scranton	Napoleon/Gackle/Streeter	White Shield
Hillsboro/Central Valley	New Salem-Almont	Williams County

Tourney Director: Riley Martin
Tourney Coordinator: Jerome Slag

Trophies: Championship, 2nd, 3rd, 4th place trophies will be awarded.
Individual Awards: Plaques to 1st through 6th place wrestlers.

Wrestling times:

Friday	1 st Round: Prelims, Quarter Finals, 1 st and 2 nd round wrestle-backs	12:00 - 9:00 p.m.
Saturday	3 rd Round: Wrestle-backs	9:00 a.m.
	Semifinals	10:00 a.m.
	7 th and 8 th	11:30 a.m.
	Dinner	12:00 noon
	Semi-consolation	12:30 p.m.
	3 rd and 5 th finals	2:00 p.m.
	Finals:	4:00 p.m.

We will be using wrestle-back bracketing with all wrestlers getting a wrestle-back. Wrestle-backs will be **six**-minute matches, wrestling to 7th place, cross bracket quarterfinal losers.

Admission: Two Day Pass
\$8.00 Student
\$14.00 Adult

Friday
\$5.00 Student
\$7.00 Adult

Saturday
\$5.00 Student
\$10.00 Adult

Entry Forms: Pre-tourney seeding meeting will take place on Wednesday, January 28 via a ZOOM meeting, from 7:00 p.m.–10:30 p.m. CENTRAL time using the state-seeding criterion. We will be using Track Wrestling for our tournament again this year. Riley will be sending out codes so that you can enter your wrestlers. Please get entered ASAP so that we can begin pre-seeding. **Deadline to enter rosters is Tuesday, January 27 at 5:30 p.m.** **If there are any injury substitutions, please text to Riley Martin by Friday morning, prior to leaving for the tournament.** This will help speed up the bracketing meeting on Friday, January 30, 2026, at 10:30 a.m. central time.

Entry Fee: \$200 per team. We prefer that you **mail this in advance.**
\$25 per athlete if you have less than 8 athletes.

Meals:

- ◆ Tellmann's Market
- ◆ Cenex of New Salem (off I-94) formerly Cenex U-Serve
- ◆ Rud's Mobil (off I-94)
- ◆ Udderly Caffeinated Coffee Shop and Bakery (main street)
- ◆ MetroPerk – coffee shop and light meals (main street)
- ◆ NSAHS – Fruit, muffins, milk, and lunch will be sold throughout the day by the NSAHS wrestling parents.
- ◆

The Arrowhead Inn (843-7100) is available for accommodations. Mandan and Bismarck are within 35 miles of New Salem.

Due to the crowded conditions in the gym bleachers, **coolers will not be allowed in the gym** during the tournament.

We're looking forward to a good tournament!! If you have any questions, please feel free to contact me. **REMEMBER: Text in any injury substitutions on Friday, January 30 before you leave so all information can be entered into computer prior to your arrival.** No add-ins or changes will be allowed at the meeting on Wednesday. However, wrestlers can be deleted at the **COACHES MEETING AT 10:30 A.M.** (Central Time), Friday, January 30.

Riley Martin
NSAHS East/West Tournament Director
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