

## **7<sup>th</sup> Annual Eastern Iowa Freestyle Duals**

North-Linn High School  
Troy Mills, Iowa

**What:** Junior Freestyle Dual Meet Tournament

**When:** Friday April 17th, 2015. 6:00pm duals start.

**Where:** North-Linn High School, 3033 Lynx Dr. Troy Mills, Iowa

**Format:** We will have two pools of 4 teams. Each team will wrestle round-robin within their pool. At the conclusion of pool competition we will wrestle Pool A winners vs. Pool B winners, 2nd place Pool A vs. 2nd place Pool B, etc. Each team will wrestle a total of 4 duals. No 8<sup>th</sup> graders allowed to score team points.

**Weights:** 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285. We will be using the 2lb growth allowance (ie. 100lb could weigh 102lb).

**Weighins:** Weighins will be conducted onsite at 5:00 pm. Only wrestlers who weigh in and have a current USA card are eligible to compete Friday at the duals. (see attached weight sheet).

**Fee:** \$225 per team. (\$100 nonrefundable deposit) due April 1<sup>st</sup>.

**Checks made payable to North Linn**

**Must Bring:** Each team is responsible for 1 referee, 1 scorer/timer. USA CARD must be purchased online <http://www.usawmembership.com/> No cards will be sold at the door.

**Awards:** Medals for first place team. (15 members).

**Contacts:**

Brad Bridgewater 319-560-8975 cell  
[bbridgewater@northlinnesd.org](mailto:bbridgewater@northlinnesd.org)



**Hotel Information:**

Several Hotels in Cedar Rapids area within 20 miles.

Eastern Iowa Freestyle Duals Team Name \_\_\_\_\_

Team Contact \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

	Name	USA Card #	Actual Weight (leave blank)
100			
106			
113			
120			
126			
132			
138			
145			
152			
160			
170			
182			
195			
220			
285			

Email [bbridgewater@northlinncsd.org](mailto:bbridgewater@northlinncsd.org) by 9:00am April 1st, 2015. Include wrestler's USA Card number on this form. Wrestler MUST also show USA card when checking into the tournament.