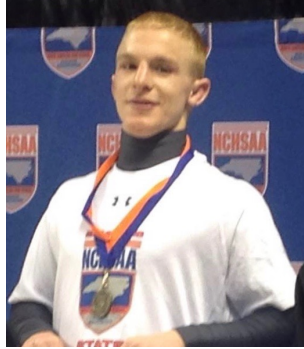


# 7th Annual Central Ironman Tournament



Austin Neal  
2 Time State Champ  
NHSCA Runner-up  
NCAA Nat. Qualifier.  
Newberry College  
R-S Central High School

Caleb Spears  
2018 NC HS Champ  
Southeast Reg Champ in G-R  
NJCAA Nat. Qualifier  
Spartanburg Methodist  
R-S Central High School

Raymond Jordan  
3 Time NC State Champ  
University of Missouri  
US Open Placer—Freestyle  
University of Missouri  
New Bern High School

**North Carolina** is producing wrestlers that are competitive Nationally in all the three main styles of wrestling!! See if you can be an IRONMAN and compete in all three styles in one day with success as other North Carolina greats!!

**We will give medals for the top three wrestlers** in each style as well as a trophy for the top Ironman (or woman) in each weight (**You can win 4 awards in one day!!**)!! Last year this tournament was a success with a lot of good wrestling (a combined entry of nearly 375 wrestlers—most people wrestled 10+ matches). We had several states represented with state placers/champs from different states. Wrestlers were able to get a real test by wrestling a large number of matches in one day.

**Pre-registration is required!! —Search Central Ironman in Events at [trackwrestling.com](http://trackwrestling.com)**

**Wrestling Styles:** Freestyle, Greco-Roman, Folk-style (the real deal 2-1-1 matches)

**Location:** RS Central High School 641 US Hwy 221 N. Rutherfordton, NC 28139

**Contact:** Coach Rich Cox e-mail: [rcox@rcsnc.org](mailto:rcox@rcsnc.org) or call: 828-606-7395

**Date of Tournament:** Saturday, April 28, 2018

**WEIGH-INS** for all styles: 7:30-8:00AM

**Greco-Roman Clinic:** 8:45 AM

**Wrestling Begins:** As soon as clinic ends (Approx. 9:00 a.m.)

**ENTRY FEE:** \$30 for all three styles (*show proof of All-American Status (USA Wrestling, NHSCA, or Flonational only) in the last 2 years in one of the three styles, and we will return your entry fee at the door. You must e-mail me as soon as you register so that I will know how to plan*). **USA Wrestling Cards are required (Make sure to get your card at <http://www.usawmembership.com> if you do not have one.)—**

**AWARDS:** Medals for 1-3 in each weight class and an Ironman Award based on how you do in each of the three styles cumulatively. You will only qualify for an Ironman award if you compete in all three styles. Challenge yourself and give it a try! **\*We plan to run 6 mats again this year**, so the tournament should run pretty quickly even with as much wrestling as will occur.