

2023 FAQs 4 FAQs

Frequently Asked Questions for Fargo Automatic Qualifiers



Q: I'm going to wrestle at the Iowa USAW Freestyle State Tournament on May 7th, does that make me a "Fargo Automatic Qualifier"?

A: Not this year. New for 2023 USAW is allowing states to select up to 4 wrestlers per weight class to compete in Fargo at 16u/Jr Nationals. The top 4 female 16u wrestlers and top 4 female Jr wrestlers (not already qualified) will earn spots on the Iowa USAW Women's National Team.

Q: If I qualify for the national team at Iowa USAW state can I change weight classes for Fargo?

A: Because of the new limits, changing weight classes may not be an option. If you need a different weight class, plan to compete at Regionals (see below for more info on the perks of regional placement and other Fargo Automatic Qualifiers).

Q: So how do I become a Fargo Automatic Qualifier?

A: USAW Women's Team automatic qualifiers for 2023 Junior & 16U Nationals in Fargo, North Dakota:

- * Current year 1st-6th Place at USA Wrestling Regionals (Multiple dates/locations)
- * Current year 1st-8th Place at U15 Nationals (April 14-16, 2023 Spokane, Washington)
- * Current year 1st-8th Place at U17 Nationals (April 14-16, 2023 Spokane, Washington)
- * Current year 1st-8th Place at U20 Nationals (April 14-16, 2023 Spokane, Washington)
- * Previous year 1st-8th Place at Junior Nationals (Fargo, North Dakota)
- * Previous year 1st-8th Place at 16U Nationals (Fargo, North Dakota)
- ** All eligible/qualified athletes are subject to additional team rules and requirements.
- ***Any athletes wishing to compete in Greco-Roman would need to meet all requirements for that team.

Q: If I earn a Fargo Automatic Qualifier (FAQ) spot what else do I need to know?

A: * If you are a returning Fargo All-American pay your team deposit by May 7th.

*You'll need to submit team gear sizes too. Reach out for a link.

*We'd love to have you at State and Regionals!

* If you earned FAQ at Freestyle Nationals in Spokane pay your team deposit by May 7th.

*You'll need to submit team gear sizes too. Reach out for a link.

*We'd love to have you at State and Regionals!

* If you earned your FAQ spot at USAW Regionals, it's not too late!

*Pay your team deposit and submit your gear sizes ASAP, no later than June 4th.

* Team Iowa is competing at National Duals in Tulsa June 13-15; reach out for more info.

* Check out the free team practices taking place across the state; they're optional & encouraged!

* National team training camp is mandatory and all other team requirements must still be met.

* Automatic qualifiers do not need to compete at the same weight class in Fargo.

* Good news- some automatic qualifiers also earn separation criteria (think seeding) in Fargo.