

National Freestyle Duals

National Freestyle Duals are the premiere freestyle dual tournament located on the Jersey Shore. NFD has hosted some of the best wrestlers in the country on every age level. This event is USA Wrestling sanctioned and will follow UWW rules.

Location: Sportika 150 Woodward Rd, Manalapan Township, NJ 07726.

Divisions: Elementary 1st-6th grade,

- Middle School Boys 5th-8th grade,
- High School Girls 8th-12th grade,
- High School Boys (Development & Olympic) 8th-12th grade,
- Men's Open.

Fans: Door fee is \$20 for anyone over the age of 8, spectators can bring their own seating however, there is seating in the venue.

Fee: \$800 Boys High School and Middle School, \$715 Girls High School, and \$600 Elementary Boys. Each team gets two coaching passes, and table worker.

Date:

May 4th

High School Boys (both divisions)

May 5th

High School Girls, Middle School Boys, Elementary School Boys, and Men's Open

Weigh-in:

Friday 5/3 4pm-6pm

High School Boys (both divisions)

Saturday 4/22 4pm-6pm

High School Boys (both divisions)

Weights: All High school and middle school weights will be plus +2lbs. Open divisions will be plus +2kgs.

Elementary School: 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135 lbs *(no weight allowance)

Middle School: 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187 lbs *

Girls High School: 94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180-225 lbs

Boys High School: 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 lbs

Men's Open: 57, 61, 65, 70, 74, 79, 89, 92, 97, 125 kgs

Complete form, cut out and return to staff ASAP

Name _____

Division _____

Weight _____

Registration Fee: \$100 Paid via: _____