

Iowa/USA Wrestling

Kids/Cadet/Junior Freestyle & Greco State Championship



May 4th- 5th, 2019 – SE Polk High School

REGISTRATION

To register go to www.trackwrestling.com

All registrations must be completed by Thursday, May 2nd at 11:59pm – **NO WALK INS!!**

Registration fee is \$25 for each style

Schedule of Events:

Saturday, May 4th – Freestyle Tournament

7:00-7:30am – weigh-ins for Jr, 12U, 10U, 8U

9:00am – wrestling starts for Jr, 12U, 10U, 8U

8:00-8:30am – weigh-ins for 16U and 14U

11:30am – wrestling starts for 16U and 14U

Freestyle weigh-ins count for Greco weigh-ins

Sunday, May 5th – Greco Tournament

7:00-7:30am – weigh-ins for Jr, 12U, 10U, 8U

9:00am – wrestling starts for Jr, 12U, 10U, 8U

8:00-8:30am – weigh-ins for 16U and 14U

11:30am – wrestling starts for 16U and 14U

Age Divisions and Weight Classes:

8U (Born 2011-2012)

43, 45, 49, 53, 56, 62, 70, 85

10U (Born 2009-2010)

49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120

12U (Born 2007-2008)

58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160

14U (Born 2005-2006)

71, 77, 83, 87, 90, 97, 102, 106, 110, 114, 119, 125,
130, 136, 149, 165, 187, 250

16U (Born 2003-2004)

88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160,
170, 182, 195, 220, 285

JR (Born 9/1/1999 and after plus enrolled in grades 9-12)

100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170,
182, 195, 220, 285

Awards

Medals to the top 3 place winners in each bracket

Eligibility

Must be an Iowa resident with a current USA wrestling Full Athlete General or High Performance membership. To purchase your membership, go to www.themat.com and click on membership, purchase membership.

National Teams

16U weight class champions at state will have first chance to represent Team Iowa at the 16U National Dual Championships in Spokane, WA June 10-15th. Questions about this contact 16U Director, Keith Donnelly 319-361-6419

16U and JR wrestlers who place in the top 3 in their weight class at state qualify for 16U and JR Freestyle/Greco National Championships at the Fargo Dome in Fargo, ND July 12th-19th, 2019. A \$200 deposit will be required at state to hold your spot on this team. Questions about this contact 16U Director, Keith Donnelly 319-361-6419 or JR Director, Brent Jennings 641-330-4196

The Jr Director, 16U Director and 14U Director will all be at state to answer questions and sign wrestlers up for national teams who have qualified.

State Tournament Questions

Tournament Host – Jason Christenson – Jason.christenson@southeastpolk.org

Tournament Administrator – Mark Reiland – iowausachair@gmail.com