

**17th Annual Southern Hills Iron-man
Folkstyle, Greco-Roman, Freestyle
Hot Springs, SD**

Dates:	Saturday-Sunday, May 4-5, 2024	
Location:	Bison Center Gymnasium 1747 Lincoln Ave.	Start Times: <u>Saturday May 4: 5:00 PM – 7:00 PM: Olympic Styles Clinic Followed by GRECO-ROMAN Wrestling Tourney</u> <u>Sunday, May 5: 2:00 PM – Completion; Folkstyle followed by Freestyle Competition</u>
Weigh-Ins:	<ul style="list-style-type: none"> You will be able to enter actual weights online. Weights should be as current as possible (as of Thursday May 2) and can be changed on your pre registration by logging back into your registration or emailing us and we'll make the adjustment. 	
Event Sanction:	<input type="checkbox"/> USA Wrestling; All competitors must have a USAW Membership www.usawmembership.com <input type="checkbox"/> All coaches and volunteers must be USAW Leader OR Volunteer members www.usawmembership.com	
Rules:	<input type="checkbox"/> Current NFHS with USAW Modifications for Folkstyle, and current USAW Freestyle/Greco Rules will govern the event.	
Tournament Format	<p>The tourney will be “Scramble Paired”, meaning you won’t be in a particular bracket, but rather paired with individuals close to your weight.</p> <p>All Age Groups and Styles will be Two 2-minute periods with each period starting neutral.</p> <p>All Re-Starts from out of bounds will be neutral including Folkstyle (Escape point will NOT be awarded in this instance)</p> <p>All Tech Falls will be 10 Point differential</p>	
Officials	Please consider assisting in officiating/volunteering at the event. Contact rayringstmeyer@hotmail.com to volunteer. Mat Officials will be compensated. 14-U and older athletes who wish to get into officiating may do so and have entry fee refunded. Email me for details.	
Age Divisions	<ul style="list-style-type: none"> Will be using official USAW Age Divisions: 8-U, 10-U 12-U, 14-U, 16-U, Junior based on year of birth. 	
Awards:	<ul style="list-style-type: none"> Certificates for Placings in Each Style 	<ul style="list-style-type: none"> Gold Medal for Ironman Champions
Entry Fees	<ul style="list-style-type: none"> All Three Styles=\$20 to compete in all three styles, otherwise \$10/style Admission for Spectators: Free Will Donation to compensate Mat Officials 	
Concessions:	No Concessions; Coolers Welcome, plastic containers only and clean up your areas!!!	
Coaches:	USAW Leader Membership Required: <ul style="list-style-type: none"> NCEP Certified will Receive FREE Coaches Band; Non-Certified: \$10 	
Contact	<ul style="list-style-type: none"> rayringstmeyer@hotmail.com 	<ul style="list-style-type: none"> 605-842-6959
Pre-Registration	http://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=250971132 Pre-Registration/payment deadline Thursday May 2, 2024 9:00 PM MT (10:00 PM CT)	
	<i>Walk-Ins Accepted, but please notify us via email with entry information as soon as possible.</i>	