



## **2009 MINNESOTA USA STATE GIRLS FOLKSTYLE TOURNAMENT!**

**\*\*This is for the Girls tournament only\*\***

**\*\*\*\*\*FREE\*\*\*\*\***

There will be no entry fee for this tournament but all participants must have a current (2009) USA wrestling card.

Where: Rochester Regional Training Center  
Rochester, MN

When: Saturday, March 14<sup>th</sup>. Wrestling begins at 2:00 PM

Weigh-in's: Saturday March 14<sup>th</sup>, from 9:00 a.m. to 10:00 a.m.

Registration: **ALL** participants must pre-register for the tournament. Entry form must be postmarked by March 8, 2009. Online registration is also available and needs to be completed by end of day on March 8<sup>th</sup>.

Athletes will be grouped using birth year and weight.

Entry fee: There will be no entry fee for the 2009 MN Girls State Folk style Tournament

Note: If you are planning on competing in both the boys' and the girls' tournament, you will need to complete a separate entry form for the boys' tournament and declare a weight and follow the rules for that event (different weight rules/weigh in times/costs, etc...)

Complete attached entry form and return prior to March 8th to register for the competition.

Event Director:	Bill Hinchley	507-451-7366	<a href="mailto:bhinchley@mnusawrestling.org">bhinchley@mnusawrestling.org</a>
Girls Director:	Chad Shilson	612-791-1120	<a href="mailto:teamshilson@embarqmail.com">teamshilson@embarqmail.com</a>
Registration:	Donita Flodeen	507-263-3964	<a href="mailto:dflodeen@mnusawrestling.org">dflodeen@mnusawrestling.org</a>



## 2009 MINNESOTA GIRLS STATE FOLKSTYLE TOURNAMENT ENTRY FORM

### Athlete Information: (please print)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Phone #: \_\_\_\_\_  
 Club Name: \_\_\_\_\_ USA Membership ID #: \_\_\_\_\_

Age Group: (check one)      **\*\*\*\*This form is for GIRLS ONLY\*\***

- |                                  |   |                                       |
|----------------------------------|---|---------------------------------------|
| <input type="checkbox"/> Pee Wee | <input type="checkbox"/> Bantam         | <input type="checkbox"/> Intermediate |
| <input type="checkbox"/> Novice  | <input type="checkbox"/> Schoolboy/girl | <input type="checkbox"/> Cadet        |

**\*\* Girls will be grouped within 3 years of birth year and within 12% weight differences \*\***

Approximate Weight: \_\_\_\_\_ Weigh-ins will be Saturday, March 14, 2009 from 9:00 a.m. to 10:00 a.m.  
**\*\*all athletes must weigh in wearing their singlet \*\***

There is no cost for girls to compete in the Minnesota Girls State Folkstyle tournament, however you must pre-register. You can register online or through US Postal mail. If you are registering online, it will ask you for a credit card for an amount of \$0.01. You can ignore that part. We will see the entry and will mark it as paid.

If you prefer to send entry form through US Mail:

Mail entry form to:

MN USA WRESTLING  
 PO BOX 231  
 CANNON FALLS, MN 55009

**\*\*POSTMARK MUST BE BY MARCH 8th FOR ENTRY TO TOURNAMENT\*\***

Check website for updates: [www.mnusawrestling.org](http://www.mnusawrestling.org)

### 2009 Age Groups/Weight Class

- PEE-WEE AGE AND WEIGHTS:** Born 2003-2004  
 30, 35, 40, 45, 50, 55, 60, 65, 65+ (10 lbs. maximum difference)
- BANTAMS AGE AND WEIGHTS:** Born 2001-2002  
 40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)
- INTERMEDIATE AGE AND WEIGHTS:** Born 1999-2000  
 50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs.max difference)
- NOVICE AGE AND WEIGHTS:** Born 1997-1998  
 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)
- SCHOOLBOY AGE AND WEIGHTS:** Born 1995-1996  
 70, 77, 84, 91, 98, 105, 112, 120, 128, 135, 144,152, 160, 175, 190, 210, 265
- CADET AGE AND WEIGHTS:** Born 1993-1994  
 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285