

Iowa/USA Youth Wrestling Super Regional Championships January 15th, 2012



Regional #1 OA-BCIG HS, Ida Grove, IA

Regional #2 Johnston HS, Johnston, IA

Regional #3 McElroy Auditorium, Waterloo, IA

Regional #4 IC West HS, Iowa City, IA



The Road To The Dome Starts Here!

Registration - \$15

www.trackwrestling.com, done online only! No walk-ins. Deadline is January 12th, 2012 at Midnight.

Membership

(Must have one of the following)

Iowa Limited Folkstyle Membership, General USA Wrestling Membership or the High Performance USA Membership. www.usawmembership.com

Rules/Regulations

- Participants may only compete in one weight class and division. You must compete in the proper age/grade division.
- You must compete in your assigned Regional, all Regional assignments are by the county you live in.
- USAW and IHSAA rules will govern all matches, all Referee's decisions are final!
- Headgear required in all divisions and mouth guards required for all wrestlers with braces.
- Shoelaces must be secured
- All Bantam and Intermediate matches will consist of 1-1-1 minute periods. All Novice and Middle School matches will consist of 1.5-1.5-1.5 minute periods.
- Top 4 placers will be seeded at State Tournament.
- Will wrestle back to 4th place, no true 2nd. Medals to the top 4 placers.

Weigh In

All sites and divisions will have weigh in at 9:00-10:00am at the host facility on the day of competition. No satellite weigh ins or call in weights. Must weigh in with competition singlet.

Directors

Nathan Eichorst, n_eichorst@yahoo.com
Dan Summerhays, dansum@mediacombb.net

Divisions/Weight Classes

Bantam (2004-2005) 40,45,50,55,60,65,70,75, 75+ (15lbs. Max difference)

Intermediate (2002-2003) 50,55,60,65,70,75,80,87,95, 103,112,120,120+ (20lbs. max difference)

Novice (2000-2001) 60,65,70,75,80,85,90,95,100,105, 112,120,130,140,140+ (25lbs. max difference)

Middle School (1997-1998-1999 & Enrolled in grades 6th-7th-8th) 65*,70*,75,80,85,90,95,102,110,117,125, 132,140,150,160,175,195,220,275

*65 and 70 are not weights competed at USA Middle School National Duals.

Coaches

All coaches with current USAW Coaches Membership will be admitted free and receive a free coaches band. All others will be required to purchase coaches band. Coaches band can be purchased for \$5 at the door.

www.usawmembership.com

Regional #1 – Ida Grove

Adair, Adams, Audobon, Buena Vista, Calhoun, Carroll, Cass, Cherokee, Clay, Crawford, Dickinson, Emmet, Fremont, Greene, Guthrie, Hamilton, Hancock, Harrison, Humboldt, Ida, Kossuth, Lyon, Mills, Monona, Montgomery, O'Brien, Osceola, Page, Palo Alto, Plymouth, Pocahontas, Pottawattamie, Sac, Shelby, Sioux, Taylor, Webster, Winnebago, Woodbury, Wright

Regional #2 - Johnston

Appanoose, Boone, Clarke, Dallas, Decatur, Jasper, Lucas, Madison, Mahaska, Marion, Marshall, Monroe, Polk, Poweshiek, Ringgold, Story, Union, Warren, Wayne

Regional #3 – Cedar Falls

Allamakee, Benton, Black Hawk, Bremer, Buchanan, Butler, Cerro Gordo, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Floyd, Franklin, Grundy, Hardin, Howard, Jackson, Jones, Linn, Mitchell, Tama, Winneshiek, Worth

Regional #4 – Iowa City

Cedar, Clinton, Davis, Des Moines, Henry, Iowa, Jefferson, Johnson, Keokuk, Lee, Louisa, Muscatine, Scott, Van Buren, Wapello, Washington