

6th Annual Eastern Iowa Freestyle Duals

North-Linn High School
Troy Mills, Iowa

What: Junior Freestyle Dual Meet Tournament

When: Saturday March 24th, 2012. 10:00am duals start.

Where: North-Linn High School, 3033 Lynx Dr. Troy Mills, Iowa

Format: We will have two pools of 5 teams. Each team will wrestle round-robin within their pool. At the conclusion of pool competition we will wrestle Pool A winners vs. Pool B winners, 2nd place Pool A vs. 2nd place Pool B, etc. Each team will wrestle a total of 5 duals. No 8th graders allowed to score team points.

Weights: 98, 105.5, 114.5, 123, 132, 143, 154, 165, 178, 191.5, 220, 285. We will be using the 2lb growth allowance (ie.98lb could weigh 100lb).

Weighins: Weighins will be conducted onsite at 9:00 am. Only wrestlers who weigh in and have a current USA card are eligible to compete Saturday at the duals. (see attached weight sheet).

Fee: \$225 per team. (\$100 nonrefundable deposit) due March 10th.

Checks made payable to North Linn

Must Bring: Each team is responsible for 1 referee, 1 scorer/timer. USA CARD must be purchased online <http://www.usawmembership.com/> No cards will be sold at the door.

Awards: Medals for first place team. (15 members).

Contacts:

Brad Bridgewater 319-560-8975 cell

bbridgewater@northlinnesd.org



Hotel Information:

Corridor Inn's and Suites-Urbana: (319) 443-8888 Indoor Pool-Theme Rooms

Several Hotels in Cedar Rapids area within 25 miles.

Eastern Iowa Freestyle Duals Team Name _____

Team Contact _____ Phone _____

Email _____

	Name	USA Card #	Actual Weight (leave blank)
98			
105.5			
114.5			
123			
132			
143			
154			
165			
178			
191.5			
220			
285			

Fax 319-224-3232 or email bbridgewater@northlinncsd.org by 9:00am March 10, 2012. Include wrestler's USA Card number on this form. Wrestler MUST also show USA card when checking into the tournament.