**Belle Plaine Greco/Freestyle Tournament**

**Saturday, March 18th, 2023**

**Belle Plaine High School**

**610 13th Avenue, Belle Plaine, IA**

**Kids, Cadet, & Junior Divisions Boys and Girls**

**Registration**

Pre-Registration by Friday, March 17th at 10:00PM at [www.trackwrestling.com](http://www.trackwrestling.com) $15.00 for one style, $25.00 to wrestle in both if pre-registered or Register at the door for $20.00 per style or $40.00 for both. Admission is $5.00 for spectators.

**Weigh-Ins**

7:30-8AM for Greco and 9-9:30AM for Freestyle (Greco weigh-in counts for Freestyle). You must weigh in with Singlet and must bring your USA card with you.

**Awards**

Medals to the top 3 place winners in each bracket

**Membership**

Must have a valid USA Wrestling membership card. [www.usamembership.com](http://www.usamembership.com) **Limited Folkstyle membership is not valid.**

**Eligibility**

<https://www.usawmembership.com/age_group_weight_chart>

**Format**

Wrestlers will be grouped by weight in Vertical Pairing bracketing with double elimination. We would appreciate the coaches working as officials during the Tournament

**Competition**

Freestyle will follow at the conclusion of Greco. FILA Rules with USA Wrestling modifications and age groups will be used. 8U Bantam, 10U Intermediate, 12U Novice, 14U Schoolboy, 16U USA Cadet, USA Junior. No 8th graders in the USA Junior Division.

**Questions**

Brandon Heying: [bheying@belle-plaine.k12.ia.us](mailto:bheying@belle-plaine.k12.ia.us)

Matt Kressley: [mkressley@belle-plaine.k12.ia.us](mailto:mkressley@belle-plaine.k12.ia.us)

Bill Grieder: [billgrieder1@gmail.com](mailto:billgrieder1@gmail.com)