



# City High Men's & Women's Freestyle Greco Wrestling Tournament

Sunday March 26<sup>th</sup>, 2023



**Location:** Iowa City High School  
1900 Morningside Dr.  
Iowa City, IA 52245

**Tournament Director:** Cory Connell 319-321-9097 [connell.cory@iowacityschools.org](mailto:connell.cory@iowacityschools.org)

**Weigh-ins: Men's Greco Weigh ins:** 8:30 am- 9:00 am (Count For Freestyle)

**Men's & Women's Freestyle Weigh Ins:** 10:30 am -11:00 am

**Wrestling:** Greco will start when brackets are ready. Freestyle will start when Greco finishes and brackets are ready.

**Cost:** Pre-Registration: \$15 Per Style  
Walk Ins: \$20 Per Style

**Pre-Register:** Online @ [www.trackwrestling.com](http://www.trackwrestling.com) through Friday, March 24<sup>th</sup>

**Awards:** Medals will be awarded for 1st, 2nd and 3rd places in each bracket

**Rules:** The tournament will be governed by the 2023 International Rules.  
Membership in USA Wrestling is mandatory, and must be secured online at [www.usawmembership.com](http://www.usawmembership.com)

**\*If you are a current member of USA Wrestling bring your card!**

**Officials:** We would appreciate the coaches working as officials during the tournament.

**Uniforms:** Singlets or regular wrestling uniforms. Red and blue singlet recommended  
(NO LOOSE FITTING T-SHIRTS WILL BE ALLOWED ON THE MATS,  
AND SCHOOL UNIFORMS AS RESTRICTED BY STATE RULES.)

**Food:** There will be a concession stand with drinks, breakfast and lunch available.

**\*\*Walk Ins Will Be Accepted\*\***

## Men's & Women's Age Groups

8U (Born in 2015-16)

10U (Born in 2013-14)

12U (Born in 2011-12)

14U (Born in 2009-10)

16U (Born in 2007-08)

USA Junior (Born 9/1/2003 & after, plus enrolled in grades 9-12)