

# 2020 WINTER NATIONALS

## CHALLENGE FOR THE CHAIN

### WEIGH-INS (RALSTON ARENA)

FRIDAY (JAN 3) - 6 to 9pm

SATURDAY (JAN 4) - 6 to 6:30am (30 Min only)

### WRESTLING SCHEDULE

SATURDAY (JAN 4TH)

8:30 Coaches meeting

9:00 Wrestling starts

Will wrestle all girls brackets, Round Robins, and at least two rounds of rest of brackets.

SUNDAY (JAN 5TH)

8:00 Wrestling Continues

Awards immediately following each bracket completion



### ALL GIRLS DIVISIONS INCLUDED AGE GROUPS

TOTS	AGE 6 & UNDER
BANTAM	AGE 7 - 8
MIDGET	AGE 9 -10
NOVICE	AGE 11-12
SCHOOLBOY/GIRL	AGE 13 - 15

- Age as of tournament date
- Standard AAU weight classes
- NO HIGH SCHOOL WRESTLERS
- Girls divisions will follow AAU boys ages, but all girls bracket will be block bracketing (no set weight groups for girls).

### REGISTRATION

- Register on line at: [TrackWrestling.com](http://TrackWrestling.com)
- Must be registered by Friday, January 3, 2020 @ Noon
- Late registration = add'l \$20 if tournament limit not met
- Final cutoff at the end of weigh-ins or 1200 wrestlers.
- FREE weight class bump up or down.

ALL ATHLETES MUST HAVE A CURRENT AAU CARD AND BIRTH CERTIFICATE AT WEIGH-INS.

### ADMISSION

- Adults \$12/day or \$20/weekend
- Coaches Pass \$40/weekend includes admission, floor pass to coach (AAU Card Required)
- One (1) free HEAD COACHING pass per 8 wrestlers. (Head coaching passes only have access to Hospitality Room)

ALL COACHES MUST SHOW A NON-ATHLETE AAU CARD. (Must be pre-purchased due to Background Checks)

**RALSTON ARENA**  
7300 Q STREET, OMAHA, NE

**JANUARY 3-5, 2020**

**WINTERNATIONALS.ORG**

Contact: [DanVacha@gmail.com](mailto:DanVacha@gmail.com) (402) 578-5252



**WIN BOTH**  
**RUMBLE ON THE RED**  
**AND**  
**WINTER NATIONALS**  
**AND RECEIVE AN ELITE T-SHIRT**

VISIT [FARGORUMBLE.COM](http://FARGORUMBLE.COM) FOR RUMBLE ON THE RED INFO

