

Juab Freestyle/Greco/Folkstyle

Friday, March 5th & Saturday, March 6th
Juab High School (802 N 650 E Nephi, Utah)

- ❖ Must Pre-register on trackwrestling.com (online only) before 6:00 pm MST on Thursday March 4th.
- ❖ Must have current USA Full Athlete Card (can purchase at <http://www.usawmembership.com/>)

Cost: \$13 for any 1 style / \$26 for any 2 styles / \$26 for all 3 styles (3rd style is free)

The spring season schedules have been designed to get you in and out of the tournament in about 2 hours if you wrestle both Freestyle and Folkstyle, and in less than 1 hour if you only wrestle 1 style.

Girls only divisions for Freestyle: Girls can do Greco and Folkstyle in the boys division

Weigh-ins: Weigh-ins will be hosted by Chartered Clubs on Wednesday (Mar 3) or Thursday (Mar 4). Talk to your coach about where and what time you should weigh in. Coaches please have weights entered by 9pm on Thursday night.

Divisions: 6U (born 2015-2018), 8U (born 2013-2014), 10U (born 2011-2012), 12U (born 2009-2010), 14U (born 2007-2008), 16U (born 2005-2006) Junior (born 9/1/2001-2004 and in high school)

Tournament Format: We will use round robins style bracketing and/or line bracket format. Wrestlers will be placed in groups based on weight, age and skill level. Each group will be assigned to a mat for the tournament. The brackets and mats will change for each of the different styles. We will use staggered start times.

Match/Period Times:

- ❖ Greco: Two 3 min periods for 16U & Junior, all others are two 2 min periods
- ❖ Freestyle: Two 3 min periods for 16U & Junior, all others are two 2 min periods
- ❖ Folkstyle: 6U, 8U, 10U 1-1-1 / 12U, 14U, 16U & Junior 1.5-1.5-1.5

TOURNAMENT SCHEDULE

Friday – Greco

- ❖ 5:30pm-5:45pm Coaches Meeting, Officials Meeting & Rules Clinic
- ❖ 6:00pm-6:30pm Greco (6U, 8U, & 10U) (Born 2012-2018)
- ❖ 6:30pm-7:30pm Greco (12U & 14U) (Born 2007-2011)
- ❖ 7:30pm-Conclusion Greco (16U, Junior & Open) (Born 2001-2006)

Saturday

- ❖ 8:00am Coaches Meeting, Officials Meeting & Rules Clinic
- ❖ 8:30am-9:15am 10U & 12U Freestyle
- ❖ 9:15am-10:00am 6U, 8U, All Girls & 14U Freestyle
- ❖ 10:00am-10:45am 10U & 12U Folkstyle
- ❖ 10:45am-11:45am 6U, 8U, & 14U Folkstyle
- ❖ 12:00pm-1:00pm 16U and Junior Freestyle
- ❖ 1:00pm-2:00pm 16U and Junior Folkstyle

*Please make sure you are at least 20 minutes early to your session as we will start right away

Tournament Director: Raider Lofthouse
Phone: 435-770-2112
Email: raiderlofthouse@gmail.com