



2020 Triple Crown Weekend

Date: July 10th & 11th, 2020

Location: Legends of Gold National Training Center- Beresford, SD

Eligibility: USA Wrestling Sanctioned Event.

Out of state competitors are welcome.

Current USA Membership required. Limited Membership for Folkstyle only.

Freestyle and Greco-Roman require Full Membership.

Membership available: <https://www.usawmembership.com/login>

Entry Fee: Boys: \$15 for one style, \$25 for Greco-Roman and Freestyle, or \$35 for all three.

Girls: \$5 per style.

Registration: Pre-registration and payment on Trackwrestling is required.

Deadline is Thursday July 9th at 10:00pm Central Time.

Limited to 75 wrestlers per Age Group.

Weigh-ins: At LOG only. 3:30 - 4:30 pm July 10th for all Styles. 7:00 - 8:00 pm July 10th, or 8:00 -

8:30 am July 11th for Greco/Freestyle only competitors.

Start Time: 5:30 pm July 10th-Doors open 3:30 and 9:00 am July 11th- Doors open 8 am.

Divisions: Official USA Wrestling Age/Weight Divisions. There will be Girls only Divisions.

<http://content.themat.com/forms/Weights.pdf>

Headgear required for all age groups through 14-U.

Format: Folkstyle Friday evening until completion. Greco-Roman Saturday morning with

45 minute break followed by Freestyle. Official USA Wrestling Periods.

Awards: Medals for 1st - 3rd place, ribbons for 4 - 6th in each style. SDUSAW Triple Crown Trophies awarded to Triple Crown Champions at the conclusion of competition.

Spectators: Adults \$5 for All Sessions Pass. Kids and Military free.

Concessions: Available all Sessions. Wrestlers only may be allowed one small cooler.

Coaching: NCEP certification and current USAW Leader's Membership required.

Admission and coaching band free with credentials.

No other coaching bands will be sold or offered.

Membership available: <https://www.usawmembership.com/login>

Contact: Ray Ringstmeyer- State Director- sdusaw@hotmail.com 605-842-6959

Terry Pack- Kids Director and Tourney Host- tpack@lognationaltraining.com

