



## FOLKSTLYE — FREESTYLE — GRECO

Legends of Gold (L.O.G.) teams up with Simmons Academy of Wrestling (S.A.W.) to bring you the 3rd Annual IRONMAN DUALS.

### JUNE 3RD - 5TH

LOCATION: Legends of Gold Training Center, 47256 SD-46, Beresford, SD 57004

**COST: \$1500 all 3 styles or \$700 individual style per team**  
(\$500 deposit due to hold spots and is non refundable)

#### JUNE 3RD

High School  
Greco-Roman

#### JUNE 4TH

High School Freestyle,  
PreK-8th Freestyle

#### JUNE 5TH

High School Folkstyle  
PreK-8th Folkstyle

### 9TH THRU 12TH WEIGHT CLASSES

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 (5 alts)

**Weigh - Ins: 6-8 pm night before the style you are wrestling or 7-8 am the morning of the style you are wrestling.**

Grades are based on the grade your athlete was in Spring 2022 | Graduating Seniors are eligible to participate | Trophies for the top 3 teams per division.

CONCESSIONS: Available all-day including breakfast. No outside coolers or drinks are allowed.

ADMISSION: All Spectators 6 and Over \$10 per day or 3 Day Pass \$25; 5 and Under Free

#### TO SIGN UP:

Team Registration; email Terry Pack at [tpack@lognationaltraining.com](mailto:tpack@lognationaltraining.com) / Phone: 530-305-3186  
or Nick Simmons at [info@saw121.com](mailto:info@saw121.com)

## SPARTAN Pre K-8<sup>th</sup> SPARTAN INVITATIONAL

### INDIVIDUAL FOLKSTYLE & FREESTYLE TOURNAMENT

ENTRY FEE: \$20 PER STYLE OR \$35 FOR BOTH ~ COACHING BAND FEE: \$10

DIVISIONS AND WEIGHTS (GRADE BASED OFF 2021-2022 SCHOOL YEAR):

Pre K-K: Round Robin by closest weight - 1st-2nd : Round Robin by closest weight

3rd-4th: 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120

5th-6th: 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160

7th-8th: 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250

MEDALS TOP 8 IN EACH WEIGHT CLASS ~ CUSTOM TEAM TROPHY FOR TOP 3 TEAMS IN BOTH STYLES

Pre Register on [TrackWrestling](http://TrackWrestling.com)