

Ben Lomond Folkstyle/Freestyle/Greco

Friday, March 31 & Saturday, April 1
Ben Lomond High School (1080 9th St, Ogden, UT 84404)

- ❖ Must Pre-register on trackwrestling.com (online only) before 6:00 pm MST on Thursday March 30.
- ❖ 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 / \$30 for all 3 styles (3rd style is \$4)

Weigh-ins: Weigh-ins will be hosted by Chartered Clubs on Wednesday (March 29) or Thursday (March 30). 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 2017-2020), 8U (born 2015-2016), 10U (born 2013-2014), 12U (born 2011-2012), 14U (born 2009-2010), 16U (born 2007-2008) Junior (born 9/1/2003 and after and in high school)

Tournament 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 – Folkstyle

- ❖ 4:30pm-4:45pm Coaches Meeting, Officials Meeting & Rules Clinic
- ❖ 5:15pm-6:15pm Folkstyle (6U, 8U, & 10U)
- ❖ 6:15pm-7:30pm Folkstyle (12U & 14U)
- ❖ 7:00pm-conclusion Folkstyle (16U, Junior & All Girls)

Saturday – Freestyle & Greco Roman

- ❖ 8:00am Coaches Meeting, Officials Meeting & Rules Clinic
- ❖ 8:30am-9:30am 10U & 12U Greco
- ❖ 9:30am-10:30am 6U, 8U, All Girls & 14U Greco
- ❖ 10:30am-11:45am 10U & 12U Freestyle
- ❖ 11:45am-1:00pm 6U, 8U, All Girls & 14U Freestyle
- ❖ 1:15pm-2:15pm 16U and Junior Greco
- ❖ 2:15pm-3:00pm 16U and Junior Freestyle

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

Tournament Director: Jaron Jensen

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