

2024 ND USA STATE FOLKSTYLE INDIVIDUAL WRESTLING TOURNAMENT

Hosted by:



**March 22/23 Bismarck, ND
Event Center Main Arena**

315 South 5th Street * No Outside Food/Beverages Allowed

www.matpacwrestling.org

facebook.com/matpacwrestling

Info@matpacwrestling.org

**NO WALK-INS WILL BE ALLOWED, YOU MUST
PREREGISTER ONLINE AT TRACKWRESTLING.COM**

- ALL PARTICIPANTS MUST REGISTER ON THE WEBSITE @ trackwrestling.com by MARCH 20, 2024 at 8 p.m.
- Entry fee is \$30 paid online at time of registration, No Refunds
- A 2024 USA Wrestling Card will be required to register on trackwrestling.com. Instructions at www.usawrestlingmembership.com
- Check-in & weigh-ins will take place at the Event Center on Friday, March 22 from 9 am-12 pm or 7-7:30 pm. Wrestlers must weigh-in with a singlet and a PRINTED USAW card with them to verify name spelling
- If you do not make the weight you registered at, you will be moved into the appropriate weight class automatically
- Wrestlers must be a ND resident or a paid member of a ND Wrestling Club, and have not wrestled in another 2024 USAW State Tournament
- Cadets & Juniors will wrestle Freestyle
- Check posted brackets prior to start of wrestling to ensure your child has been placed in the proper division and weight class
- All wrestlers should be at the gym at least 30 minutes prior to starting time
- Admission: Adults \$12, Students \$6, ages 5 and under free
- Coaching & Photographer requirements are the same as previous years: 1) Must be on list submitted by the head coach, 2) ALL coaches must have a current USAW Wrestling Leader Card and be COPPER Certified at the time the Head Coach submits his coaching list. This is a ND USAW Rule & it takes weeks to get certified so start NOW as you won't be allowed in without it. Coaches submit your list by filling out this form - <http://tinyurl.com/mw9dx7ah> by Wed. March 20.
- Coaches will NOT have free admission. No other Floor Passes will be sold. One photographer pass per club, and must purchase an admission ticket.
- Admission: Adults \$12, Students \$6, 5 & under free

Color Guard Presentation 8:45 am Saturday

Individuals Start Time	Friday Only	Saturday Only
14U		9:00 am
10U		9:00 am
8U		11:00 am
12U		11:00 am
16U (Cadet)		3:00 pm
6U	6:00 pm	
Junior	6:30 pm	

6U (2018 & later) 35, 40, 43, 45, 49, 53, 56, 62, 70, 85 & 85+ (15 lbs. max)

8U (2016-2017) 40, 43, 45, 49, 53, 56, 62, 70, 85 & 85+ (15 lbs. max)

10U (2014-2015) 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120, 120+ (20 lbs. max)

12U (2012-2013) 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160 & 160+ (25 lbs. max)

14U (2010-2011) 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250

16U (Cadet) (2008-2009) 88, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

JUNIOR (9/1/04 & after and Grades 9-12) 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

* USA Wrestling Age, Group, Weights & time periods

* www.usawmembership.com/age_group_weight_chart

~ TROPHIES FOR 1st - 6th PLACE

Head Coach may submit a list of 10 wrestlers and 3 alternates by March 22 at 3:00 pm, to the head table to be included in the "Tournament Team Points Competition". There must be at least 3 wrestlers in the weight group to score points, NO JUNIORS.

Awards will be given to the top Two Teams:

Large Team (30+ wrestlers)

Small Team (Less than 30 wrestlers)

Tournament website:

<https://www.matpacwrestling.org/2024statetournament>

INFO
CONTACTS

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