



Nebraska USA Wrestling
District 5 Tournament



If your club resides in Burt, Dixon, Thurston, Colfax, Dodge, Washington, Cuming, Saunders, Wayne, Dakota, or Stanton County. **THIS IS YOUR DISTRICT TO QUALIFY FOR THE USA STATE FOLKSTYLE TOURNAMENT.**

Where – FREMONT HIGH SCHOOL- Fremont, Nebraska

When – Sunday, March 3rd 2024

Cost - \$25 Per Wrestler

Registration: Pre-register only. Must be in by Friday March 1st at 5:00pm. Registration will be locked out after 5:00pm. All sign-ups will be done USA Wrestling's website.

USA wrestling requires every wrestler and coach to have a USA wrestling card to participate in all district tournaments.

Awards: Medals for 1st, 2nd, 3rd and 4th place. **Wrestle for true 4th. Team plaques for top 2 Clubs.**

Weigh Ins: Sat March 2nd, 2024 @ these following satellite locations:

- Fremont – Fremont High School, 1750 N Lincoln, Fremont Ne, 68025 - 4:00 - 6:00PM
- Fort Calhoun – Ft Calhoun High School 5876 County Rd P43 Fort Calhoun - 4:00 – 6:00PM
- Wisner – Pilger High school, 801 18th ST – 4-6PM
- Ashland – Greenwood Primary School, 1010 N 17th Ave (Main Doors) - 3:00 - 5:00PM
- South Sioux City – 3301 G ST Mini Dome (Door #32) - 3:00 - 5:00PM

MUST WEIGH IN WITH SINGLET ON. Must make scratch weight (no weight allowance). Skin checks will be done the day of weigh ins. Must have a NSAA skin form if QUESTIONED. There will not be any skin forms accepted AFTER weigh ins are completed.

Sessions as Follows

Session 1 – 8:30 am – Boys/Girls PreK-K, 1st-2nd, 3rd-4th

Session 2 – 12:30 pm or at the completion of session 1 – Boys/Girls 5th-6th, 7th-8th

Each division advance to the

USA State Folkstyle Tournament on March 17th through the 19th at the Heartland Events Center in Grand Island, NE. The State tournament is also the qualifier for:

***** Middle School National Dual Teams *****

***** Elementary National Dual Teams *****

2024 Boys Grade Divisions and Weight Classes:

PreK-K (weight classes will be determined based on actual weight)

1st-2nd: 40, 45, 50, 53, 56, 59, 62, 65, 70, 75, 85, 95, 105, 115, 140

3rd-4th: 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 140, 160

5th-6th: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 160, 200, 250

7th-8th: 75, 80, 85, 90, 95, 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275

2024 GIRLS Grade Divisions and Weight Classes:

All Girls Qualify but must be entered and weighed in to enter districts and state tournament

All Girls MUST wrestle in Girls divisions

Girls weight classes may be combined per age division

Girls PreK-K - (weight classes will be determined based on actual weight)

Girls 1st/2nd - (weight classes will be determined based on actual weight)

Girls 3rd/4th - 52, 58, 65, 73, 82, 89, 95, 101, 107, 113, 120, 126, 138

Girls 5th/6th - 65, 73, 82, 89, 95, 101, 107, 113, 120, 126, 138, 150, 165

Girls 7th/8th - 73, 82, 89, 95, 101, 107, 113, 120, 126, 138, 150, 165, 185

Questions contact Sean Edie (402) 720-1508 or spedie_edie@hotmail.com