



Bill Smith Wrestling Tournament

Hosted by Cobra/SWIFT Wrestling Club

Abraham Lincoln High School

1205 Bonham Avenue
Council Bluffs, IA 51503

April 6, 2024



Registration:

Pre-Registration by Friday, April 5th by 11:59pm at www.trackwrestling.com. \$20 freestyle only or **\$30 for both styles** if pre-registered. Walk-in registration fee of \$40 for both styles. Admission \$5 for spectators. Concession stands will be available. Coaches free with USA Wrestling Coaches Card.

Weigh-Ins:

7:30-8:30 for Greco- All Divisions (weigh-ins apply to Freestyle)..
10:00am-10:30am for Freestyle only- All Divisions.

You must weigh in with a singlet and have a current USA Card.

Awards:

Medals for gold, silver, and bronze.

Membership:

Must have a valid USA Wrestling Membership card (<https://www.usawmembership.com/login>). Wrestlers must provide their own medical insurance and assume all risks at the event including participation and/or a spectator.

Format:

Age Divisions: Boys/Girls 8U, 10U, 12U, 14U, 16U, and Junior (USA). Wrestlers will be paired according to weights and division unless a wrestler is asked to move up/down a division. Brackets for 7 wrestlers or more where possible. A short rules clinic for athletes and coaches will be held prior to each styles tournament.

Competition:

Greco will start as soon as brackets are made. **Freestyle** will begin after the conclusion of Greco. USA Wrestling Rules/Modifications will be utilized with the exception of adjustment up/down age division. Three man mechanics will be utilized based on coaches seeking points. One man mechanics may be utilized. Points will be reported to Iowa USA Wrestling Directors.

4-6 competition mats will be utilized based on participation numbers.

Questions:

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