

# Ben Lomond Folkstyle/Freestyle/Greco

Friday, March 29 & Saturday, March 30

Ben Lomond High School (1080 9th St, Ogden, UT 84404)

## The Freestyle & Folkstyle Tournament only will cap at 250 wrestlers

- ❖ Must Pre-register on [trackwrestling.com](http://trackwrestling.com) (online only) before 6:00 pm MST on Thursday, March 28.
- ❖ 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 (3<sup>rd</sup> style is \$4)

**Weigh-ins:** Weigh-ins will be hosted by Chartered Clubs on Wednesday (March 27) or Thursday (March 28). Coaches, please have weights entered by 9pm on Thursday night.

**Divisions:** 6U (born 2018-2021), 8U (born 2016-2017), 10U (born 2014-2015), 12U (born 2012-2013), 14U (born 2010-2011), 16U (born 2008-2009) Junior (born 9/1/2004 and after and in high school)

**Tournament Format:** We will use round robins style bracketing and/or line bracket 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.

### 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 (cap will be 250)

- ❖ 3:45pm Coaches Meeting, Officials Meeting & Rules Clinic
- ❖ 4:00pm-5:00pm Folkstyle (6U, 8U, & 10U)
- ❖ 5:00pm-6:45pm Folkstyle (12U, 14U & All Girls)
- ❖ 7:00pm-conclusion Folkstyle (16U & Junior)

#### Saturday – Freestyle (cap will be 250) & 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-11:30am 10U & 12U Freestyle
- ❖ 11:30am-12:30pm 6U, 8U, All Girls & 14U Freestyle
- ❖ 1:00pm-2:00pm 16U and Junior Greco
- ❖ 2:00pm-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 contact: [Utahwrestlingevents@gmail.com](mailto:Utahwrestlingevents@gmail.com)**