



# SKWC Throwdown in H-Town

## Freestyle & Greco Wrestling

### Saturday March 23, 2024

### Early weigh ins @SKWC Friday evening (3/22)



**Where:** Spring Klein Wrestling Club - 18016 East Strack Road, Spring, TX

**Tentative Schedule:**

7:30-8:30AM Weigh-ins for both styles  
8:30-9:15AM Greco Clinic  
9:15AM Coaches and officials' meetings  
9:30AM-Completion: Greco wrestling for all divisions  
~12:00PM-Completion: Freestyle wrestling for all divisions

**Admissions:** \$6 for adults, \$4 for children. Credentialed coaches, registered wrestlers, and children under 3 are free.

**General Info:** Texas USAW sanctioned event. All wrestlers must have current USAW card. Coaches must display proof of USAW copper certification (or better) on lanyard or similar. Headgear not required.

**Weigh-in Procedure:**

1. Early weigh-ins \$10 Friday 3/22 6:00-7:30PM at SKWC. All remaining wrestlers for both styles must weigh in on Saturday between 7:30AM and 8:30AM.
2. Weigh-ins will be conducted wearing a singlet. Red/blue singlets encouraged, but not required, for local tournaments. No weight allowance shall be given for the singlet.
3. Wrestler must make the pre-registered weight. If wrestler misses weight they will be moved accordingly at no charge. Absolutely no weight cutting will be allowed on site!

**Divisions and weight classes:** Open and Girls divisions - 8U, 10U, 12U, 14U, 16U, & Junior. Masters divisions will be available if we have the numbers to support them. Weight classes ([https://www.usawmembership.com/age\\_group\\_weight\\_chart](https://www.usawmembership.com/age_group_weight_chart)) may be combined as needed.

**Awards:** 1<sup>st</sup>-4<sup>th</sup> place medals

**Concessions:** Breakfast should be available first thing in the morning, and lunch will begin around 11:00AM. Snacks, fruit, and drinks will be available any time.

**Registration and Payment:** All registrations to be done online at [www.trackwrestling.com](http://www.trackwrestling.com). Early registration \$20 for one style, \$32 for both styles. Early registration ends Friday 3/22 at 11:59PM. Onsite entries \$23 per style. Double entries not subject to 15 minute rest rule.

**Rules:**

Rules and scoring according to USA Wrestling Rule Book & Guide 2024 Edition.

All divisions but Junior- Two two-minute periods with 30 second rest between periods. Junior- two three minute periods with 30 second rest between periods.

Contact us with any questions: (303)726-6748 | [drjjallen@gmail.com](mailto:drjjallen@gmail.com)

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