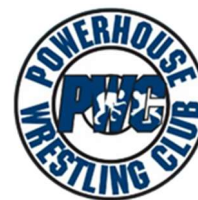




**Glenwood Freestyle/Greco Tournament**  
**Kids, 16U, & Junior Divisions Boys and Girls**  
**Saturday, April 27th, 2024**  
**Glenwood High School**  
**504 E Sharp St, Glenwood, IA 51534**



## Registration

Pre-Registration by **Friday, April 26th** at 10:00PM at [www.trackwrestling.com](http://www.trackwrestling.com)  
 \$20 for one style, \$30.00 to wrestle in both if pre-registered  
 Register at the door April 27<sup>th</sup>, for \$30 for one style / \$40.00 for both.  
 Admission is \$5.00 for spectators.  
**NO CONCESSIONS – COOLERS ALLOWED**

## Format

Freestyle will begin at the conclusion of Greco matches.  
 Four to Six Man Round Robin

## Weigh-Ins

8:00AM-8:30 for Greco and 9-9:30AM for Freestyle (Greco weigh-in counts for Freestyle).

- You must weigh in with Singlet.
- You must have a valid “Full Athlete” USA Wrestling Card – ‘Limited Folkstyle’ is not valid.

## Awards

Medals to the top 3 place winners in each bracket

## Eligibility

AGE DIVISIONS	BIRTH DATES	PERIODS & TIME	MENS WEIGHT CLASSES (lbs)	WOMENS WEIGHT CLASSES (lbs)
8U	2016-2017	Two 2:00 periods, 30 sec rest between	40, 43, 45, 49, 53, 56, 62, 70, 85, 85+	40, 43, 46, 50, 55, 62, 68, 74, 85, 85+
10U	2014-2015		49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120, 120+	45, 49, 53, 57, 62, 67, 73, 80, 90, 100, 113, 113+
12U	2012-2013		58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160, 160+	55, 59, 64, 69, 75, 81, 87, 94, 102, 112, 126, 140, 160+
14U	2010-2011		71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250, 250+	71, 76, 81, 84, 87, 90, 93, 97, 102, 108, 115, 121, 127, 143, 163, 183, 183+
16U	2008-2009		88, 94, 100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285	88, 94, 100, 106, 112, 118, 124, 130, 136, 142, 148, 155, 170, 190, 235
JUNIOR (18U)	Born 9/1/2004 & After + Enrolled in grades 9-11	Two 3:00 periods w/ 30 sec rest	100, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285	95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

\*\* No 8<sup>th</sup> Graders in Junior Division if enough numbers

**Questions –** [matt@powerhousewrestlingclub.com](mailto:matt@powerhousewrestlingclub.com) or [shawn.w.koehler@gmail.com](mailto:shawn.w.koehler@gmail.com)