



Join us October 13<sup>th</sup>, 2019 at Independence High School for Female Elite Wrestling's  
4<sup>TH</sup> ANNUAL PRESEASON GIRL'S DUAL TOURNAMENT  
MIDWEST MAT OF DREAMS

**Youth** (born 2005 or later, no HS): 58, 65, 73, 82, 91, 100, 110, 120, 135, 155

**High School** (grade 9-12): 100, 106, 113, 120, 126, 132, 138, 148, 160, 191

**AWARDS:**

Top 8 Dual Teams in each age group earn Custom Medals & Team Champions earn T-Shirts.

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**FAST FACTS FOR DUAL TEAM COACHES & FAMILIES**

**Modified Folkstyle Rules:** Neutral Restarts & Out of Bounds Stepout Point

**Cost for Dual Team:** \$350 per division (~\$35 per wrestler); pay Cash, Check or Electronic

**Membership:** USA Wrestling '19 - '20 Folkstyle membership (join/renew online after 9/1/18)

**Roster:** 2 USA Coaches & up to 3 extra Athletes per team.

Athletes can compete in only 1 division and only on 1 team; 8<sup>th</sup> graders may compete in either division.

Dual teams consist of athletes from one state.

Wrestlers not wrestling for their state of residence may contact the tournament director to request addition to the "free agent list" to fill available weight classes; free agents will be assigned to help various teams.

**What to Do About Weight Changing Classes?**

**IF YOUR ATHLETE DOES NOT MAKE THEIR DUAL WEIGHT SATURDAY at the Conflict for Charity individual tournament, they MUST weigh in Sunday for duals or wrestle-up (top weight would forfeit)**

**IF WRESTLING DUALS-ONLY,** weigh-in 7-7:30AM Sunday morning (scratch weight) at the high school.

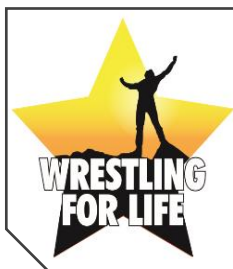
**Bracket Format:** Pools/Scramble brackets qualify for Championship or Consolation Rounds

**Schedule:** Wrestling starts Sunday 9AM & expect to finish ~4:30PM (4-5 matches per team)

**Admission:** Adults \$10, Kids/Students 18 & under FREE & USAW Coach-Members FREE

**Lodging near Independence, Iowa:**

Check Back Soon for Updated Hotel Options in Waterloo for 2019



**FEW'S ANNUAL SHOE DRIVE**  
Donate a pair of new or gently used *wrestling shoes* to Wrestling for Life to help middle schoolers in need.

