



USA Girls



Preseason Folkstyle National Duals Saturday Oct. 19, 2019

New Palestine High School 4485 Victory Dr. New Palestine, In. 46163

USA Wrestling sanctioned tournament: All athletes must show valid 2020 USAW Card at weigh-in; you can get your 2020 USA Wrestling membership here (after September 1): www.usawmembership.com.

Registration: The team registration fee for the duals is \$300. The duals will be limited to the first 20 teams to register and pay at www.trackwrestling.com

Schedule: Doors will open at 7am. Team roster will be due by 7:45 am. Skin checks and weigh-ins will begin at 8 am and Duals will start at the completion. Dual weigh-ins will count for both days. Duals will feature round robin pools with crossover for placement. Early weigh-ins night before from 6-8pm during set-up. If you want to help it would be appreciated.

Dual teams: K-12th grade, maximum of 20 teams, first 20 teams to register online will be accepted.

Weights: 50, 55, 60, 65, 71, 77, 83, 89, 96, 103, 110, 117, 125, 133, 141, 150, 170, 200, 200+ (Up to 265 pending on separation)
19 weight classes; 26 athletes allowed per team roster, including alternates
Maximum of 4 years separation between wrestlers; greater separation will not be scored.
Wrestlers may only move up one weight class.

Every duals team must supply 1 table worker to help with time and score.

Scoring: N.F.H.S. Team scoring: 6 point Fall or Forfeit, 5 points Tech, 4 points Major, 3 point Decision (7 points or less difference).

Awards: Trophies for top three places and Championship Singlets for winning team.

Coaching: Two coaches permitted to a corner; anyone mat side holding a camera will count as a coach. Anyone not coaching should not be alongside the mat and officials will stop the match until everyone, but two coaches are mat side and seated.

Admissions: \$10 per adult each day. 2 Coaches and 1 table worker per team FREE. Names must be submitted beforehand.
\$5 for students 18 and under, kids under 5 years old are free. Wristbands will cover both days of competition.

Concessions: Provided, no coolers or crockpots will be allowed into the building.

Host Hotel: La Quinta Inn, Indianapolis East, 2349 Post Dr. Indianapolis, In. 46219 Phone: **1-317-897-2300**

Be sure to reserve your room before 09/29/2019 *Regular rates will apply after this date.*

Group Rate: \$79.00 Group Name: War of The Roses **Group Block is held until 9/28/2019**

Host Hotel: Holiday Inn, 321 Barrent Dr. Greenfield, IN 46140 Phone #317-318-9859

Be sure to reserve your room before 9/27/2019 *Regular rates will apply after this date.*

Group Rate \$119.00 Group Name : War of The Roses. Complimentary Breakfast is included in the room rate.

Tournament Hosts: Indiana Girls Wrestling (indianagirlswrestling.com)

Please contact : Jason DeLois at 317- 201-8700 or Harold Bucher 262-417-0145

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