



TWIN RIVERS GIRLS NATIONAL DUALS

MARCH 27-29

HYVEE HALL

DES MOINES, IA

WHO WILL BE NUMBER 1? *19 All Girl Teams Last Year *Over 200 Girls

TEAM BLACK MAMBAS AND TEXANS WRESTLING CLUB ARE THE 2019 TWIN RIVERS GIRLS NATIONAL CHAMPIONS. WILL YOUR TEAM STEP UP TO KNOCK THEM OFF AND BE THE NEW 2020 NATIONAL CHAMPIONS?

WHEN: March 27 - March 29, 2020

Weigh-ins:

Friday March 27, 2020

5:00 TO 8:00 PM at HyVee Hall

Wrestling: March 28th and March 29, 2020 –

WHERE: HyVee Hall, 730 3rd Street Des Moines,

WHO: Two divisions will be wrestled. The divisions will be Youth K-8 and High School 9th-12th (Middle School Substitutes Allowed). Athletes must be in the designated grade. AAU Card and Copy Of Birth Certificate Required At Weigh-ins.

AAU CARDS CAN BE PURCHASED ONLINE @ www.aausports.org FOR \$14.00.

FORMAT: Modified Folkstyle: Neutral Restarts and Freestyle Push Out Point

Youth Matches 1 1/2- 1 1/2 - 1 1/2 minutes periods. High School Matches 2-2-2

Pool wrestling followed by team championship brackets.

AWARDS: Championship medals for teams and individuals.

Team Trophies/Plaques or Medals for 1st through 4th place plus consolation bracket champions.

TEAMS: 12 Youth **or** 12 High School Weights, 3 Alternates, 2 Coaches, and 2 Workers.

Youth Girls WGTS 50, 58, 65, 73, 82, 91, 100, 112, 125, 140, 160, HWT (Not to exceed 200#)

High School Girls WGTS: 95, 100, 106, 112, 118, 124, 130, 138, 148, 160, 185, HWT (Not to exceed 285#)

2# Weight Allowance. All competitors have until the close of weigh-ins to make weight. All competitors must wear a singlet to weigh-ins.

COST: \$400.00/ Team. Open to 1ST 24 Teams with intent to participate. Entry form filed & deposit of \$100.00 to be received by February 23, 2020– Balance due March 15, 2020.

\$100.00 Late fee for any additional teams or deposits received after February 23rd or balance payments made after March 15, 2020.

OFFICIALS: HS Certified Officials Only

DAILY ADMISSION: \$15.00 2 DAY PASS: \$25.00 ADULTS/ \$15.00 KIDS (Age 5-16)/Under 5 Free

MORE INFORMATION: Jason Loyd ph#: 563-468-0317 Email: girlsinfo@iowaaugirls.com

- All participants must have a current AAU membership.
- AAU membership is not included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

HOSTED BY: IOWA AAU WRESTLING





TWIN RIVERS GIRLS YOUTH NATIONAL DUALS

MARCH 27-29, 2020

**HyVee Hall
Des Moines, IA**

COMPETITION: All Teams will be randomly placed in team pools. (Size of pools will be subject to adjustment based on total number of teams entered.) After pool wrestling, teams will be seeded into preliminary brackets based on pool performance and then placed on point differential seeding. Every effort will be made to make sure all alternates get as many exhibition matches as possible. **Coaches may set alternate matches up prior to each dual.** Teams will then move to either championship or consolation brackets

****There will be an individual tournament on March 31st in the event there is not enough teams to fill both days. All of your dual team members are rolled over for free****

AWARDS: Top 4 teams will receive team awards. Consolation bracket champions will also receive team awards.

ELIGIBILITY: All youth wrestlers must be enrolled in K through 8th grades and not turn 16 in 2020 to be eligible to compete.

High School division must be enrolled in 9th-12th grade and not turn 20 in 2020. (exception to this are middle school substitutes are permitted in high school division)

Coaches please make sure you have the following information available for your team members at weigh ins.

Current AAU Card (Available online at: www.aausports.org) Copy of Birth Certificate, Copy of Report Card or School Grade Certification (On School Letterhead)

QUESTIONS: Jason Loyd ph#: 563-468-0317 Email: girlsinfo@iowaavgirls.com

TEAM NAME: _____

AAU DISTRICT OR STATE: _____

CONTACT: _____ PHONE#: _____

EMAIL: _____ FAX: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

MAIL TO:

TWIN RIVERS GIRLS NATIONAL DUALS

% JASON LOYD

P.O.BOX 1491

BETTENDORF, IA 52722

MAKE CHECKS PAYABLE TO: IOWA AAU