



TWIN RIVERS GIRLS NATIONAL DUALS

APRIL 1ST – 3RD, 2021

HYVEE HALL

DES MOINES, IA

*Previous Years 19 All Girl Teams *Over 250 Girls *Developmental and Elite Teams will be present throughout competition

WHO WILL BE NUMBER 1?

TEAM BLACK MAMBAS AND TEXANS WRESTLING CLUB WERE THE 2019 TWIN RIVERS GIRLS NATIONAL CHAMPIONS. WILL YOUR TEAM STEP UP TO KNOCK THEM OFF AND BE **THE NEW 2021 NATIONAL CHAMPIONS?**

WHEN: APRIL 1ST – 3RD, 2021

Weigh-ins:

Thursday April 1st, 2021
5:00 TO 8:00 PM at HyVee Hall

Wrestling: April 2nd & April 3rd, 2021 –

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

WHO: Two divisions will be facilitated. The divisions are YOUTH K-8TH 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 ½- 1½ - 1 ½ 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 and 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: \$600.00/ Team. Open to 1ST 24 Teams with intent to participate. Entry form filed & deposit of \$100.00 to be received by February 23, 2021– Balance due March 15, 2021.

\$100.00 Late fee for any additional teams or deposits received after February 23rd or balance payments made after March 15, 2021.

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: AAU Women's Director Jason Loyd ph#: 563-468-0317 Email: girlsinfo@iowaaaugirls.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 & SANCTIONED BY: IOWA AAU WRESTLING





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APRIL 1ST – 3RD, 2021
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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. Elite teams/ pool winners will advance to championship bracket while developmental teams will find similar competition within consolation brackets based on pool performance.

Every effort will be made to make sure all alternates get as many exhibitions matches as possible. **Coaches may set alternate matches up prior to each dual.**

****There will be an individual tournament on April 3rd in the event there is not enough teams to fill both days with duals. In such an occurrence occurs All of your dual team members will be 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 2021 to be eligible to compete.

High School division must be enrolled in 9th-12th grade and not turn 20 in 2021. (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: AAU Women's Director Jason Loyd ph#: 563-468-0317 Email: girlsinfo@iowaaagirls.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