

TNUSAW Best of the Best Duals



May 21st, 2022

Jones Wrestling Center
850 Raider Drive, Cleveland, TN 37311

Schedule:

- Friday – Weigh-ins must be completed by 9 PM EST / 8 PM CST
 - Region Director will weigh-in teams (4 pound allowance with singlet)
- Saturday 9 AM EST– Best of the Best Duals Begins
 - Greco-Roman will be wrestled first with freestyle beginning immediately following.
 - Two mats running, plus warm-up / exhibition mat

Weight Classes:

MS (*14U only*) – 77, 83, 87, 92, 97, 102, 110, 120, 130, 140, 150, 160, 180

HS – 88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 (*16U / Juniors ONLY for High School teams*)

Teams/Participants:

Teams from the following regions are represented (Teams are put together by the region directors/coach for each region):

- West (Memphis area) – Derek Harrison dharrison@cbhs.org
- Middle (Nashville/Clarksville) – Pete Miller CoachPeteMiller@gmail.com
– Jason Pennington j.pennington1125@gmail.com
- South (Chattanooga area) – Shawn Weller SWeller.TNUSAW@gmail.com

Other details:

- **Round-robin format with awards for teams and individuals**
- **Concessions will be available, no coolers please**
- **Cost to be determined by each team's leadership, contact for information**
- **USAW athlete membership is required to participate**

*Contact Matt High (matthigh1981@gmail.com) or Nelson Shirley (nelson.shirley@memphistr.org) for any questions or concerns.