



Indianola Middle School
403 South 15th St. Indianola, IA
MARCH 4, 2023

...where the path begins
11th Annual IOWA AAU
Folkstyle State Duals

WHO WILL BE THE 2023 #1 DISTRICT DUAL TEAM IN THE STATE?

Duals teams will be selected from each district to represent that district at the state dual tournament. Wrestlers selected for these teams must have wrestled in their district AAU tournament.

- TIME:** Doors open at 7:00 AM. Wrestling begins at 9:00 AM in the Indianola Middle School Blake Fieldhouse.
- WHO:** Members of Iowa AAU Wrestling who have competed at the district level for their respective district.
- FORMAT:** 4 Duals guaranteed for all teams. Periods will be the same as the time used for the State Series.
12 Mats Provided. Eight Team Championship Brackets will be used. Seeding Criteria set by AAU committee.
- AWARDS:** AAU Championship Medals for teams and individuals.
Team Awards for 1st and 2nd place.

Weights Classes

A Division: 50, 54, 58, 62, 66, 70, 74, 78, 82, 86, 90, 94, 98, 105, 115, 130, 150, 175(Max)
B Division: 60, 65, 70, 74, 78, 82, 86, 90, 94, 98, 103, 108, 114, 120, 128, 138, 148, 160, 180, 215(Max)
C Division: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 260 (Max)

- WEIGHINS:** There will be a 2-lb scale allowance. Wrestlers can weigh-in Friday OR Saturday.
Friday March 3rd From 6:30 PM to 7:30 PM at the Indianola Middle School.
Saturday March 4th from 7:30 to 8:00 AM at the Indianola Middle School.

Certified Officials will be used for all matches * A coin flip before each dual will determine who sends out their wrestler first * All duals will start at the lowest weight class and continue in weight class order.

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.

OFFICIALS: HS Certified Officials Only

ADMISSION \$10.00 ADULTS/ \$5.00 KIDS (Age 5-16) / Under 5 Free

District Reps Are:

Northwest District 1-Clint Koedam	koedacli@sblschools.com
North Central District 2 – Chad Beaman	cbeaman@humboldt.k12.ia.us
Northeast District 3 – Zach Zimmerman	zimmerz@gmail.com
Mideast District 4 – Larry Hardin	lha9391608@aol.com
East District 5 – Mark Trizzino	trizzihawks@aol.com
Southeast 6 – Mike Bowlin	southeastdistrict6@aol.com
South Central District 7 – Clint Manny	clint.manny@indianola.k12.ia.us
Southwest District 8 – Matt Fletcher	matt@powerhousewrestlingclub.com

For More Information Contact Wes Creason: aauwrestlingiowa@gmail.com

This tournament is being used as a fundraiser for the AAU elementary traveling teams to Kingsport, Tennessee and for the middle school teams that compete in the national dual tournament.