

**FEMALE ELITE WRESTLING'S**  
**7TH ANNUAL PRESEASON GIRL'S DUAL TOURNAMENT**  
**MIDWEST MAT OF DREAMS**

Join us October 8-9, 2022 at the GreenState Family Fieldhouse in Coralville.

**Youth** (born 2008 or later, no HS): 46, 52, 58, 65, 73, 82, 91, 100, 110, 120, 135, 146, 155, 170

**High School** (grade 9-12): 100, 106, 112, 118, 124, 130, 136, 142, 148, 155, 170, 190, 235

**AWARDS:**

Top 8 Dual Teams in each age group earn Custom Medals.

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**FAST FACTS FOR DUAL TEAM COACHES & FAMILIES**  
**UPDATED TWO DAY FORMAT FOR 2022**  
**YOUTH DUALS 10.08.22 & HIGH SCHOOL DUALS 10.09.22**

**Modified Folkstyle Rules:** Neutral Restarts & Out of Bounds Step-out Point

**Cost for Dual Team:** \$550 per division (~\$45 per wrestler); pay Cash, Check or Electronic

**Membership:** USA Wrestling '22 - '23 Folkstyle membership (join/renew online after 9/1/2022)

**Roster:** 2 USAW Coaches, 2 Table Workers & up to 3 extra Athletes per team.

Athletes can compete in only 1 division and only on 1 team; 8<sup>th</sup> graders may compete in either division.

Dual teams consist of athletes from ONE STATE; coaches can include 2 out of state athletes.

Wrestlers not wrestling for their state of residence may contact the tournament director to request addition to the "free agent list" to fill available weight classes; free agents will be assigned to help various teams.



**Bracket Format:** Pool Competition followed by Placement Brackets

**Weigh-ins: Time/Location TBD**

Youth MMOD Duals weigh-in counts for Sunday's youth '22 Conflict for Charity Tournament

High School Conflict for Charity weigh-in counts for Sunday's HS '22 Midwest Mat of Dreams Duals

**Admission:** Adults \$15/day (\$20 for both) ; Kids/Students & current USAW Coach-Members FREE