



TWIN RIVERS Junior-Senior National Duals

***HyVee Hall
730 3rd St. Des Moines, Iowa 50309
April 6-7, 2024***

26 teams attended last year from Iowa, Nebraska, Indiana, North Dakota, South Dakota, Montana, Tennessee, and Wyoming and competed on 38 mats. Each team will be guaranteed 7 duals & most get 8 duals.

WHEN: **Weigh-ins:** Friday, April 5, 2024
5:00 PM to 7:00 PM at HyVee Hall
2 Pound Allowance to All Competitors: Must Weigh In Singlet

Wrestling: Saturday April 5 & Sunday April 6, 2024
Start at 8:00 AM Both Days

WHERE: **HyVee Hall:** 730 3rd St Des Moines, IA 50309

AGES: Must be currently enrolled in Grades 8-12.

REQUIRED: AAU Card & Proof of Grade Required at Weigh-ins.

FORMAT: Folkstyle, 7 Matches Minimum. Pool wrestling followed by team championship brackets.

PERIODS: 2 min -1.5 min - 1.5 min

AWARDS: Medals for top teams and individuals & individuals who attain All American status.
Team Trophies/Plaques for 1st through 3rd place plus Silver bracket champion.

TEAMS: Up to 3 Alternates, 3 Coaches, and 2 Workers plus wrestlers for each weight class.
Each Team Must Provide ONE Table Worker Per Dual

Weights: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

COST: **\$825.00 Per Team:** Online Payment Due March 24, 2024.

Team Registration: [Online Team Registration & Payment](#)
This form can also be found at www.iowaaaawrestling.com

OFFICIALS: HS Certified Officials Only

DAILY ADMISSION: \$15 Per Day; Kids 5 & Under Free

MORE INFORMATION: CONTACT Matt Young at 515-681-3262 or Email at: mmyoung1711@gmail.com

TWIN RIVERS High School National Duals

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be 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.

Weigh Ins: All competitors have until the close of weigh-ins to make weight. **There is a 2 lb Scale Allowance** For example, a wrestler in the 132 lb weight class can weigh 134 lbs. **All competitors must wear a singlet to weigh-ins.**

COMPETITION: All Teams will be seeded in team pools based on past finish by team. First time teams will be randomly seeded. (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 on point differential seeding. Based on the number of teams, entered teams will then move to either championship or consolation brackets. Every team should wrestle a minimum of 7 dual meets. Every effort will be made to make sure all alternates get as many exhibition matches as possible.

INDIVIDUAL MEDAL CRITERIA: Minimum of 6 matches wrestled:
No Losses—Gold, 1 Loss—Silver, 2 Losses—Bronze, 3 Losses--Copper

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

- **Wrestlers must have current AAU Card (Available online at: www.aausports.org)**
- **Copy of Report Card or School Grade Certification (On School Letterhead)**
- **COACHES must have an Adult AAU Card for 2024**

QUESTIONS: CALL Matt Young at 515-681-3262 or Email at: mmyoung1711@gmail.com