

OW Regional Training Center Presents

# THE OWRTC DUALS

Freestyle Wrestling Tournament

- LOCATION:** Oklahoma City University, Henry J Freede Center  
2501 Blackwelder Ave. Oklahoma City, OK 73106
- DATES:** Saturday, May 25th, 2024
- WEIGHT CLASSES:** The WOMEN's weight classes will be as follows: 94, 100, 106, 112, 119, 126, 134, 144, 155, 170, 190, 235 (maximum weight is 235 lbs.) No weight allowance will be given.
- The MEN's weight classes will be as follows: 98, 106, 114, 122, 130, 138, 146, 155, 165, 178, 195, 285 (maximum weight is 285 lbs.) No weight allowance will be given.
- TEAM ENTRY:** Each team will consist of up to 15 members (must have a minimum of 7 weight classes filled): 12-wrestlers, 3-alternates, 2-coaches, and 1-table worker. Wrestlers must have birth years of 2004 thru 2010. NO POST HIGH SCHOOL GRADUATES MAY PARTICIPATE.
- INDIVIDUAL ENTRY:** Individuals may register for the tournament and they will be placed on our FREE AGENT LIST. Teams will have the option to pick up wrestlers off the list to fill any empty spots in their roster. All remaining wrestlers will be placed on our house OWRTC Teams.
- ENTRY DEADLINE:** Team entries with deposit must be received by May, 2<sup>nd</sup> 2024. Final team payment and individual entries are due by May 15<sup>th</sup>. ALL ENTRIES MUST BE RECEIVED BY THE DEADLINE DATE.
- ENTRY FEE:** The entry fee per team is \$405.00 and is non-refundable. Individual entry fee is \$40 and non-refundable.
- ENTRY STEPS:** STEP 1 – Visit [www.owrtc.com/duals](http://www.owrtc.com/duals) to register your team online and submit your deposit -- \$205.00 non-refundable or full entry payment to guarantee your team's spot. Final team payments are due by May 2<sup>nd</sup>, 2024.
- STEP 2 – After paying the entry fee you will be emailed a link and directions to submit your team roster form and a copy of individual waivers. The team roster will need to be filled out and submitted no later than May 20th, 2024. Individual waivers will be submitted during team check in.
- STEP 3 - Bring a COPY of the following documents to team check in:
1. Completed Team Roster and Individual Waivers
  2. USA Wrestling Card (coaches and wrestlers) \*
  3. School Attendance Documentation (for each wrestler) \*
  4. A governmental proof of age documentation (wrestler) \*
- \* only need if eligibility is challenged

For additional questions contact the tournament Director Will McKinney text (512) 484 - 3422 or email [www.owrtcenter@gmail.com](mailto:www.owrtcenter@gmail.com).

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- FREE AGENTS:** To claim a wrestler off the free agent list email [owrtcenter@gmail.com](mailto:owrtcenter@gmail.com) to receive their contact information. All wrestlers remaining on the free agent list after the coaches meeting will wrestle on the Mountaineer host teams.
- TABLE WORKER:** Each team is required to provide one person to work at the scoring table during each of the team's dual meet.
- RULES:** Competition will be conducted per the freestyle rules as outlined by the USA Wrestling Handbook. This applies to wrestling techniques as well as conduct, attire and decorum on the mat. There will not be any video review. Uniformed team singlets are encouraged but not required. Bouts will be two 3-minute periods.
- WEIGH-IN:** Teams must weigh-in together. A check scale will be available to competitors one (1) hour prior to the start of weigh-in.  
Team's can weigh in Friday, May 24th, 2024, 7:00pm — 9:00pm or Saturday, May 25<sup>th</sup>, 7:00am – 8:00am
- COACHES MEETING:** All coaches are required to attend the meeting. During the meeting coaches, will be given schedules and team rosters. Also, coaches will be able to fill in any empty roster spots.

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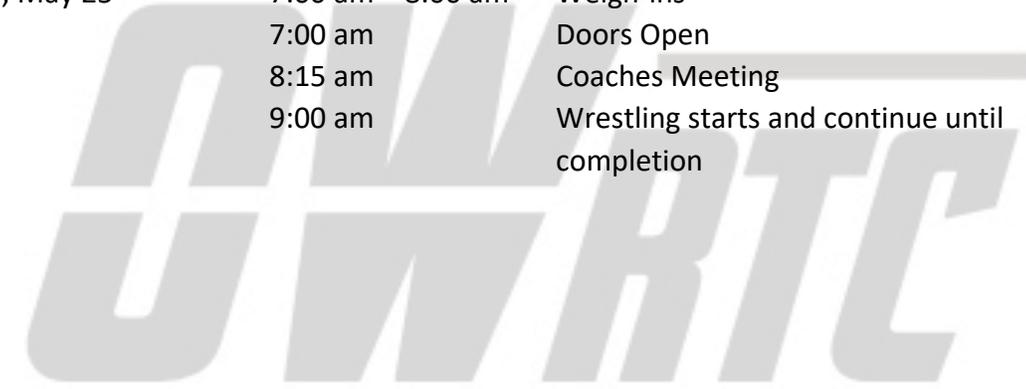
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IMPORTANT DATES:      Thursday, May 2<sup>nd</sup>      Team Deposit Payment Deadline  
                                 Wednesday, May 15<sup>th</sup>      Individual and Final Team Payment Due  
                                 Wednesday, May 20<sup>th</sup>      Team Rosters Must be Submitted

## Schedule

Friday, May 24 <sup>th</sup>	7:00 pm – 9:00 pm	Weigh-ins
Saturday, May 25 <sup>th</sup>	7:00 am – 8:00 am	Weigh-ins
	7:00 am	Doors Open
	8:15 am	Coaches Meeting
	9:00 am	Wrestling starts and continue until completion



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