



Nebraska USA Wrestling State Folkstyle Tournament



Grand Island High School Grand Island, Nebraska

Schedule of Events

Friday, March 19, 2010

Registration: 6:30 p.m. Must present USA card at registration.
Weigh Ins: 7:00-8:00 p.m. All wrestlers must weigh in with a singlet on.

Saturday, March 20, 2010

Start Time: 9:00 a.m. All Grade Divisions
Club Directors Meeting: After the conclusion of the tournament.

Cost: \$20.00 Online Entry Only

Grades 1 thru 8 must qualify to enter this tournament. For information on qualifying check out our website at: www.nebraskausawrestling.org/District_Tournaments.htm

Register at: www.nebraskausawrestling.org
Entry deadline March 15, 2010

*** Qualifier for the Middle School National Dual Team ***
*** Qualifier for the Elementary National Dual Team ***
*** First leg of the Triple Crown ***

*** Team Awards ***
(Must be a USA Chartered Club to be eligible for team awards)

Questions contact Alan Pokorny at (402) 496-9456 or pokorny1@cox.net

2010 Age Divisions and Weight Classes

<u>Grade</u>	<u>Weight Classes</u>
PreK-K	Submit actual weight (weight classes will be determined)
1-2	40, 45, 50, 55, 60, 65, 70, 75, 75+
3-4	50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 120+
5-6	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+
7-8	75, 80, 85, 90, 95, 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275
9-12	103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285