

**USA Wrestling**  
**2008 Accelerade Cadet and Asics Junior Nationals**  
**FINAL Schedule**

**Friday, July 18<sup>th</sup>**

<i>Breakfast</i>	7:00 am	9:00 am.
FILA Greco Clinic Session I	9:00 am	12:00 pm
<i>Lunch</i>	12:00 pm	3:00 pm
Pairing Advisory Board Meeting	3:00 pm	5:00 pm
FILA Greco Clinic Session II/USWOA National Clinic	2:00 pm	5:00 pm
Pairing Clinic	5:00 pm	7:00 pm
<i>Dinner</i>	7:00 pm	9:30 pm

**Saturday, July 19<sup>th</sup>**

<i>Breakfast</i>	6:30 am	9:00 am
Cadet Greco Roman Weigh-in	7:00 am	
Cadet Greco Roman Tournament Set Up	6:45 am	9:30 am
Cadet Greco Roman Session I - EST 23 mats	9:30 am	1:30 pm
<i>Lunch</i>	12:00 pm	3:00 pm
Cadet Greco Roman Session II- EST 23 mats	3:30 pm	7:30 pm
<i>Dinner</i>	7:00 pm	9:30 pm

**Sunday, July 20<sup>th</sup>**

<i>Breakfast</i>	6:30 am	9:00 am.
Junior Greco Roman Weigh-In	7:00 am	
Junior Greco Roman Tournament Set Up	6:45 am	9:30 am
Junior Greco Roman Session I - EST 23 mats	9:30 am	1:30 pm
<i>Lunch</i>	12:00 pm	3:00 pm
Cadet Greco Roman Weigh-in (+ 2lbs)	1:30 pm	1:40 pm
Junior Greco Roman Session II - EST 18 mats	3:30 pm	7:30 pm
Cadet Greco Roman Session III - EST 5 mats	3:30 pm	7:30 pm
<i>Dinner</i>	7:00 pm	9:30 pm

**Monday, July 21<sup>st</sup>**

<i>Breakfast</i>	6:30 am	9:00 am
Junior Greco Roman Weigh-in (+ 2lbs)	7:00 am	7:10 am
Women's Freestyle Weigh-In	7:15 am	7:25 am
Women's Tournament Set-up	6:45 am	9:00 am
Cadet Greco Roman Session IV - EST 4 mats	9:00 am	1:00 pm
Junior Greco Roman Session III - EST 9 mats	9:00 am	1:00 pm
Women Junior Freestyle Session I - EST 10 mats	9:00 am	2:00 pm
<i>Lunch</i>	12:00 pm	3:00 pm
Women Junior Freestyle Medals, Finals, and Awards	3:00 pm	5:00 pm
Cadet Greco Medals, Finals, and Awards	5:30 pm	9:00 pm
Women Junior Duals Setup	6:00 pm	8:00 pm
<i>Dinner</i>	7:00 pm	9:30 pm

**Tuesday, July 22<sup>nd</sup>**

<i>Breakfast</i>	7:00 am	9:00 am
Junior Greco Roman Session IV – EST 3 mats	9:00 am	12:00 pm
Women Junior Duals through completion – EST 4 mats	9:00 am	2:00 pm
FILA Freestyle Clinic Session I	9:00 am	12:00 pm
<i>Lunch</i>	12:00 pm	3:00 pm.
FILA FS Clinic Session II/ USWOA National Clinic	2:00 pm	5:00 pm
Junior Greco Medals, Finals, and Awards	3:00 pm	6:30 pm
USWOA General Membership Meeting	7:30 pm	9:30 pm
<i>Dinner</i>	6:30 pm to	9:00 pm

**Wednesday, July 23<sup>rd</sup>**

<i>Breakfast</i>	6:30 am	9:00 am
Cadet Freestyle Weigh-In	7:00 am	
Cadet Freestyle Tournament Set Up	6:45 am	9:30 am
Cadet Freestyle Session I – EST 24 mats	9:30 am	1:30 pm
<i>Lunch</i>	12:00 pm	3:00 pm
Cadet Freestyle Session II – EST 24 mats	3:30 am	7:30 pm
<i>Dinner</i>	7:00 pm	9:30 pm

**Thursday, July 24<sup>th</sup>**

<i>Breakfast</i>	6:30 am	9:00 am
Junior Freestyle Weigh-In	7:00 am	
Junior Freestyle Tournament Set Up	6:45 am	9:30 am
Junior Freestyle Session I – EST 24 mats	9:30 am	1:30 pm
<i>Lunch</i>	12:00 pm	3:00 pm
Cadet Freestyle Weigh-in (+ 2lbs)	1:30 pm	1:40 pm
Junior Freestyle Session II - EST 20 mats	3:30 pm	7:30 pm
Cadet Freestyle Session III - EST 4 mats	3:30 pm	7:30 pm
<i>Dinner</i>	7:00 pm	9:30 pm

**Friday, July 25<sup>th</sup>**

<i>Breakfast</i>	6:30 am	9:00 am
Junior Freestyle Weigh-in (+ 2lbs)	7:00 am	7:10 am
Cadet Freestyle Session IV – EST 10 mats	9:00 am	12:00 pm
Junior Freestyle Session III – EST 9 mats	9:00 am	12:00 pm
<i>Lunch</i>	12:00 pm	3:00 pm
Cadet Freestyle Medals, Finals, and Awards	1:00 pm	4:00 pm
Junior Freestyle Session IV – EST 10 mats	5:00 pm	8:00 pm
<i>Dinner</i>	7:00 pm	9:00 pm

**Saturday, July 26<sup>th</sup>**

<i>Breakfast</i>	7:00 am	9:00 am
Junior Freestyle Medals, Finals, and Awards	9:00 am	12:00 pm
<i>Lunch</i>	12:00 pm	3:00 pm