

# Fremont Wrestling Club Tournament

Friday, March 29th & Saturday, March 30th

Fremont High School  
1900 North 4700 West  
Ogden, Utah 84404

**Pre-Registration Only:** [www.trackwrestling.com](http://www.trackwrestling.com) or [www.wrestleutah.com](http://www.wrestleutah.com)

-Must Pre-register before 4:30 pm MST on Thursday March 28th.

-Must have current USA Full Athlete Card (can purchase at <http://www.usawmembership.com/>)

**Cost:** \$12 for any 1 style  
\$24 for any 2 styles  
\$24 for all 3 styles (3<sup>rd</sup> style is free)

**Weigh-ins:** Weigh-ins will be in remote locations and will be hosted by Chartered Clubs. Each club hosting a weigh in site will be responsible for posting the weigh in time (at least a half an hour segment between 5:30 and 8:00 PM on Thursday night).

\*We will be hosting a weigh-in at Fremont High School in the wrestling room from 6:00-6:45 PM.

**Tournament Format:** We will follow the Madison Block 4-man round robin format. There will be no pre-determined weights. Wrestlers will be put into groups of 4 based upon their weight and division. Each group will be assigned a mat for the tournament and wrestle each other until the bracket is complete. The brackets and mats will change for each of the different styles. We will also have staggered starts. See Tournament Schedule.

## Match/Period Times:

Greco: Best 2 out of 3, two minute periods, 30 sec. rest between periods, all ages.

Freestyle: Best 2 out of 3, two minute periods, 30 sec. rest between periods, all ages.

Folkstyle: Fly, Bantam, Intermediate 1-1-1. Novice & Schoolboy 1.30-1.30-1.30, Cadet/Jr. 2-2-2

10-minute rest time between matches will be honored if requested.

## TOURNAMENT SCHEDULE

### Friday – Greco

5:30pm-5:45pm – Coaches Meeting, Officials Meeting & Rules Clinic

6:00pm-7:30pm – Greco – Fly, Bantam, Intermediate & Schoolboy

7:30pm-Conclusion – Greco – Novice, Cadet, Junior & Open

### Saturday

8:00am-8:15am – Coaches Meeting, Officials Meeting & Rules Clinic

8:00am-10:00am – Open Division Freestyle Weigh-ins

8:30am-11:00am – Freestyle/Folkstyle – Fly Bantam, Intermediate & Schoolboy

11:00am-Conclusion – Freestyle/Folkstyle – Novice, Cadet, Junior & Open

\*We will start with Freestyle and go immediately into the Folkstyle tournament in each of the sessions when mats open up so make sure you are there at the beginning of the appropriate session.

**Tournament Director:** Jeff Newby  
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