

Cougar Den Freestyle/Greco/Folkstyle

Friday, April 1st & Saturday, April 2nd
Union High School (135 North Union Street Roosevelt, Utah)

- ❖ Must Pre-register on trackwrestling.com (online only) before 6:00 pm MST on Thursday March 31st.
- ❖ Late Registration from 6-9pm on March 31st. Late fees will be charged for late registration.
- ❖ 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 (3rd style is free)

Girls only divisions for Freestyle!!

All of our Spring Season tournament schedules will be the same. The schedule has been designed to get you in and out of the tournament in about 2 hours if you wrestle both Freestyle and Folkstyle, and in less than 1 hour if you only wrestle 1 style.

Weigh-ins: Weigh-ins will be hosted by Chartered Clubs on Thursday, March 31st. Talk to your coach about where and what time you should weigh in. Coaches please have weights entered by 9pm on Thursday night.

Tournament Format: We will use round robins style bracketing and/or line bracket format. Wrestlers will be placed in groups based on weight, age and skill level. Each group will be assigned to a mat for the tournament. The brackets and mats will change for each of the different styles. We will use staggered start times.

Match/Period Times:

- ❖ Greco: Two 3 min periods for cadet & Junior, all others are two 2 min periods
- ❖ Freestyle: Two 3 min periods for cadet & Junior, all others are two 2 min periods
- ❖ Folkstyle: Fly, Bantam, Intermediate 1-1-1 / Novice, Schoolboy, & Cadet/Juniors 1.5-1.5-1.5

TOURNAMENT SCHEDULE

Friday – Greco

- ❖ 5:30pm-5:45pm Coaches Meeting, Officials Meeting & Rules Clinic
- ❖ 6:00pm-6:30pm Greco (Fly, Bantam, & Intermediate) (Born 2006-2013)
- ❖ 6:30pm-7:30pm Greco (Novice & Schoolboy) (Born 2002-2005)
- ❖ 7:30pm-Conclusion Greco (Cadet, Junior & Open) (Born 1996-2001)

Saturday

- ❖ 8:00am Coaches Meeting, Officials Meeting & Rules Clinic
- ❖ 8:30am-9:15am Intermediate & Novice Freestyle
- ❖ 9:15am-10:00am Fly, Bantam, Girls & Schoolboy Freestyle
- ❖ 10:00am-10:45am Intermediate & Novice Folkstyle
- ❖ 10:45am-11:45am Fly, Bantam & Schoolboy Folkstyle
- ❖ 12:00pm-1:15pm Cadet and Junior Folkstyle
- ❖ 1:15pm-2:15pm Cadet and Junior Freestyle

*Please make sure you are at least 15 minutes early to your session as we will start right away

Tournament Director: Travis Swallow

Phone: 208-220-4849

Email: travisswallow@gmail.com