



6th Annual Norm Sanderson Classic USA Wrestling Three-Style Tournament

- Where:** Pleasant Grove High School (2 gyms & Wrestling room)
200 south 700 east Pleasant Grove Utah 84062 (801)-785-8700 ext 147,
- When:** Friday March 12 & Saturday March 13
- Who:** USA wrestling members (USA card is required and must be purchased online) @ <https://webpoint.themat.com>
USA Athlete or Coach Card with processing fee \$35 by credit card only
When you register online you print out your own USA Card. Print it on cardstock or laminate it so it is more durable.
However, if you lose it you can reprint it at any time.
- Why:** Fun, improve your wrestling skills, wrestle 9 matches 3 matches per style
- Styles:** Folkstyle (Friday) Greco (Saturday), Freestyle (Saturday),
Registration **Pre-Registration Only:** www.trackwrestling.com or www.wrestleutah.com
Pre-register before 4:00 pm MST on Thursday (3/11/10)
- Cost:** \$12 for any 1 style
\$24 for any 2 styles
\$24 for all 3 styles (3rd style is free)
- Weigh-ins:** Weigh-ins will be in remote locations and will be hosted by sanctioned clubs.
Each club hosting a weigh-in site will be responsible for posting the weigh in time for their site.
Weigh-in at Pleasant Grove High School in the wrestling room from 6:00-6:30PM Thursday March 11
There will be no pre-determined weights.
- Format:** USA Wrestling Utah tournaments (except the state tournaments) will follow the Madison Block 4-man round robin
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.
- Match Times:** Folkstyle: Fly, Bantam, Intermediate 1-1-1. Novice and above 2-2-2.
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.
10-minute rest time between matches will be honored if requested.
- Required:** Red and blue singlet, Headgear for all (flyweight, bantam, midget, novice, schoolboy).
Shoes above the ankle with flat rubber soles are required. Shoe laces must be taped or use an approved lace guard.
- Food:** Concessions will be available both days.
- Schedule:** **Friday Folkstyle** Times subject to change to an earlier start time for session II if the first session finishes early.
5:00-5:15pm Officials Meeting.
5:15-5:30pm Rules clinic.
5:30-5:45pm Coaches meeting.
Session I 6:00-7:30pm Folkstyle Tournament: Fly, Bantam, Intermediate & Schoolboy
Session II 7:30- Folkstyle Tournament: Novice, Cadet, Junior, & Senior
- Saturday Greco & Freestyle** Times subject to change to an earlier start time for session II if the first session finishes early.
7:30-7:45am Officials Meeting.
7:45-8:00am Rules clinic.
8:00-8:15am Coaches meeting.
Session I 8:30-11:00am Greco & FreestyleTournaments: Fly, Bantam, & Intermediate Schoolboy
Session II 11:00- Greco & FreestyleTournaments: Novice, Cadet, Jr, & Sr.