

Cougar Den Freestyle/Greco/Folkstyle Tournament

Friday, April 3rd and 4th
Union High School
135 N Union Roosevelt, Utah 84066

Pre-Registration Only: www.trackwrestling.com or
www.wrestleutah.com<http://www.wrestleutah.com>

-Must Pre-register before 4:30 pm MST on Thursday April 2nd.

-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)

New this year:

1) New this year we have added a "Girls only" division to the Freestyle portion of our tournaments.

2) 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: Wrestlers and Parents are responsible to enter the correct weight during registration. Coaches are responsible to log in to trackwrestling and verify the weights are correct.

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 1.5-1.5-1.5
Cadet & Juniors 2-2-2

TOURNAMENT SCHEDULE

Friday – Greco

5:30pm-5:45pm	Coaches Meeting, Officials Meeting & Rules Clinic
6:00pm-6:30pm	Greco (Fly, Bantam, & Intermediate) (Born 2005-2012)
6:30pm-7:30pm	Greco (Novice & Schoolboy) (Born 2001-2005)
7:30pm-Conclusion	Greco (Cadet, Junior & Open) (Born 1995-2001)

Saturday

8:00am	Coaches Meeting, Officials Meeting & Rules Clinic
8:30am-9:15am	Intermediate & Novice Freestyle, and all Girls divisions.
9:15am-10:00am	Fly, Bantam & Schoolboy Freestyle

10:00am-10:45am	Intermediate & Novice Folkstyle
10:45am-11:45am	Fly, Bantam & Schoolboy Folkstyle
12:00pm-1:00pm	Cadet and Junior Freestyle
1:00pm-2:00pm	Cadet and Junior Folkstyle

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

Tournament Director: Trint Richins
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