

# Syracuse Freestyle/Greco/Folkstyle Tournament

Friday, March 20th & Saturday, March 21st  
Syracuse High School  
665 S 2000 W, Syracuse Utah

**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 19th.
- 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)

## **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:** 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 3pm and 8:00pm 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 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
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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