



Bingham Three-Style Tournament



Where: Bingham High School (10400 south 2160 west, south Jordan, Utah, 84095)

When: Friday and Saturday march 18th and 19th

Styles: Greco (Friday) Freestyle and Folkstyle Saturday

Registration: (preregistration only) registration must be completed on www.trackwrestling.com or www.wrestleutah.com by or before Thursday march 17th at 4 pm

Cost: \$12 per style (\$24 for all three... third 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 Bingham High School in the wrestling room from 6:00-6:30PM Thursday March 17th. 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 1-1-1.
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 Greco Times subject to change to an earlier start time for session II if the first session finishes early.

5:30-5:45pm Coaches meeting. Officials Meeting. Rules clinic.

Session I 6:00-7:30pm Tournament: Fly, Bantam, Intermediate & Schoolboy

Session II 7:30- Tournament: Novice, Cadet, Junior, & Senior

Saturday Folkstyle & Freestyle Times subject to change to an earlier start time for session II if the first session finishes early.

8:00-8:15am Coaches meeting. Officials Meeting. Rules clinic.

Session I 8:30-11:00am Folkstyle & Freestyle Tournaments: Fly, Bantam, & Intermediate Schoolboy

Session II 11:00- Folkstyle & Freestyle Tournaments: Novice, Cadet, Jr, & Sr.