

# Fremont Wrestling Club Tournament

Friday, March 28th & Saturday, March 29th

Fremont High School  
1900 North 4700 West  
Ogden, Utah 84404

**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 27th.
- 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)

**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 5:30 and 8:00 PM on Thursday night).

\*We will be hosting a weigh-in at Fremont High School in the wrestling room from 6:00-6:45 PM.

**Tournament Format:** We will use round robin and line bracket format. There will be no pre-determined weights. Wrestlers will be put into groups based upon their weight, division & skill level. 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. See Tournament Schedule.

**Match/Period Times:**

Greco: Two 3 minute periods, 30 sec. rest between periods, all ages.  
Freestyle: Two 3 minute periods, 30 sec. rest between periods, all ages.  
Folkstyle: Fly, Bantam, Intermediate 1-1-1. Novice & Schoolboy 1-1.5-1.5 Cadet & Juniors 2-2-2

10-minute rest time between matches will be honored if requested.

**TOURNAMENT SCHEDULE**

**Friday – Greco**

5:30pm-5:45pm – Coaches Meeting, Officials Meeting & Rules Clinic

6:00pm-7:30pm – Greco – Fly, Bantam, Intermediate & Schoolboy

7:30pm-Conclusion – Greco – Novice, Cadet, Junior & Open

**Saturday**

8:00am-8:15am – Coaches Meeting, Officials Meeting & Rules Clinic

8:00am-10:00am – Open Division Freestyle Weigh-ins

8:30am-11:00am – Freestyle/Folkstyle – Fly Bantam, Intermediate & Schoolboy

11:00am-Conclusion – Freestyle/Folkstyle – Novice, Cadet, Junior & Open

\*We will start with Freestyle and go immediately into the Folkstyle tournament in each of the sessions when mats open up so make sure you are there at the beginning of the appropriate session.

**Tournament Director:** Jeff Newby  
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