

MINNESOTA/USA KIDS & CADETS STATE GRECO & FREESTYLE TOURNAMENT 2010

**R.C.T.C. UNIVERSITY CENTER FIELD HOUSE
851 30TH AVE. SE.
ROCHESTER MN. 55904**

FRIDAY MAY 21ST THRU SUNDAY MAY 23RD 2010

Pre Registration

Entry: Entry fee of \$18.00 per style per wrestler. All wrestlers MUST have a current (2010) USA Wrestling athlete's card. All wrestlers MUST be pre-registered.

Admission Prices:

Adults -\$14 for all sessions, or \$8 – Friday, \$8 – Saturday, \$4 - Sunday

Students & Seniors -\$7 for all sessions, or \$4 – Friday, \$4 – Saturday, \$2 -Sunday

Coaches passes (\$10) will be sold at the Coaches Meetings Only – Friday at 8:30 am, 7:30 pm & Saturday at 10 am

Individual Awards: Awards for 1st through 6th places.

Rules: The rules of FILA, with current USA Wrestling modifications where applicable will govern the event and the competition.

Uniforms: Red and blue singlets or red/blue reversible singlet with underbriefs required. Singlets should be predominantly one (red or blue) color. The use of headgear is **required** for Kids Divisions and permitted and encouraged for Cadets. All athletes with braces must wear mouth guards. Mouth guards are strongly recommended for all athletes.

Weigh-ins: Wrestlers must wear a singlet for skin checks and weigh-ins. **No exceptions.**

Pairings:

For the State Greco Tournament, we will be separating the Top 10 Pee Wee, 20 Bantam, 25 Intermediate, 30 Novice, 35 Schoolboy and 35 Cadet wrestlers.

For the State Freestyle Tournament, we will be separating the Top 10 Pee Wee, 20 Bantam, 25 Intermediate, 30 Novice, 35 Schoolboy, 35 Cadet and 3 Girl wrestlers.

Wrestlers from the same **Chartered Clubs** will also be separated from each other.

If you move up a weight from where you pre-registered at, you will lose your separation status.

Note: It may not always be possible to separate everyone in these criteria (depends on how many wrestlers are in the bracket).

Coaching: All Coaches must have a current (2010) USA Wrestling Coaches card. Coaches cards may be obtained through the MN/USA Wrestling website (www.mnusawrestling.org). Also, before you can get your Coaches Card, you must pass a background check (USA Wrestling policy). Also, please read the **Coaches Etiquette** document located on the Coaches Corner page of the [MN/USA Wrestling web site](http://www.mnusawrestling.org). Coaches passes (\$10) will be sold at the Coaches Meetings Only – Friday at 8:30 am, 7:30 pm & Saturday at 10 am

Medical: Please see the MN/USA Wrestling **skin condition form** located on the bottom of the home page of the [MN/USA Wrestling web site](http://www.mnusawrestling.org). Please note that a skin form signed by a physician can be overruled by the medical staff at the tournament based on disease activity.

Kids Director: Jen Pierce **Cadets Director:** Jim Moulsoff **Girls Director:** Chad Shilson **Event Director:** Bill Hinchley

2010 State Greco & Freestyle Tournament Schedule

Friday May 21	
	<p>Note: Greco weigh-in can be used for the Greco & Freestyle tournaments, You must actively compete (wrestle) in the Greco tournament in order for your weigh-in to count for Freestyle. Forfeiting out of the event will require you to re-weigh in for Freestyle, unless the trainer gives you a medical red card, in which case you will need to obtain a green card from the trainer before the Freestyle competition. (If you would like to re-weigh in for Freestyle, you must notify Carrie or Donita during Greco Weigh-ins.)</p> <p>Note: All wrestlers must wear a singlet for skin checks & weigh-ins.</p>
7:00 am – 8:30 am	Pee Wee Weigh-in Greco
7:10 am – 8:30 am	Bantam Weigh-in Greco
7:20 am – 8:30 am	Intermediate Weigh-in Greco
7:30 am – 8:30 am	Novice Weigh-in Greco
7:40 am – 8:30 am	Schoolboy/girl Weigh-in Greco
7:50 am – 8:30 am	Cadet Weigh-in Greco
8:30 am	Coaches Meeting
9:00 am	Mat Officials Meeting
9:15 am	Table Workers Meeting
10:00 am - Conclusion	<p>Competition</p> <ul style="list-style-type: none"> • Pee Wee, Bantam, Intermediate, Novice, Schoolboy/girl & Cadet Greco Competition <p>Note: All wrestlers must wear a singlet for skin checks & weigh-ins.</p>
6:00 pm – 7:30 pm	Pee Wee Weigh-in Freestyle
6:10 pm – 7:30 pm	Bantam Weigh-in Freestyle
6:20 pm – 7:30 pm	Intermediate Weigh-in Freestyle
6:30 pm – 7:30 pm	Novice Weigh-in Freestyle
7:00 pm	Pairing Clinic/Meeting
7:30 pm	Coaches Meeting
Saturday May 22	
7:30 am	Doors open
7:45 am	Table Workers check-in at Head Table
7:45 am	Mat Officials Meeting
8:00 am	Parade of Champs
8:30 am – 1:30 pm	<p>Competition</p> <ul style="list-style-type: none"> • Pee Wee, Bantam, Intermediate & Novice Freestyle Competition
9:00 am - 10:00 am	<p>Schoolboys/Schoolgirls Weigh-in Freestyle</p> <p>Cadet Weigh-in Freestyle</p> <p>Note: All wrestlers must wear a singlet for skin checks & weigh-ins.</p>
9:30 am – 10:00 am	Girls Weigh-in Freestyle
10:00 am	Coaches Meeting
1:30 pm – 2:30 pm	Tentative Break
2:30 pm – 8:00 pm	<p>Competition</p> <ul style="list-style-type: none"> • Schoolboys/Schoolgirls, Cadet & Girls Freestyle Competition
Sunday May 23	*If needed, will depend on the # of competitors.
7:30 am	MN/USAW Membership meeting (if no competition on Sunday, the meeting will be changed to a different day)
8:30 am	Doors open
8:30 am	Table Workers check-in at Head Table
9:00 am	Continue wrestling to conclusion