



# Girls and JR/16U Duals

**Sunday , March 29, 2020**

**Broadmoor World Arena**

**Colorado Springs, CO**

## **Divisions & Weight Classes:**

Girls: Born 2009– 2006

Wts: 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 127, 136, 145, 185

JR/16U: Born 2005-2000

Wts: 94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225

**Limited to:** Girls: 8 State Sanctioned Teams JR/16U: 16 State Sanctioned Teams

Format: Line Bracketing & Pool Bracketing guaranteed 4 dual matches

A team shall consist of up to: Minimum 8 athletes, Maximum 24 Athletes,

3 coaches, and one table worker for each of their dual matches. NFHS Dual Rules

Athletes must compete in the Individual tournament in order to compete on a dual team!

**Entry Fees:** \$500 per team, Team registration Form and **payment Due March 11th**

**Awards:** Top 4 team plaques and individual team medals

## **Schedule:**

March 28 at 7pm: Team Verification and Draw selection

March 29 at 9am: Wrestling Start to Conclusion

\*\*\*\* Weights carry over from Individual tournament

Please contact Christina Hargrove at [chargrove@usawrestling.org](mailto:chargrove@usawrestling.org) with questions

# Team Registration Form

USAW Girls Folkstyle Nationals Dual Championships

**Deadline to Submit for a Team February 10, 2020**

*(State will be able to request to enter a 2<sup>nd</sup> team per division on February 11, 2020)*

State (Team Name) \_\_\_\_\_

JR/16U - Team Leader Name & USAW # \_\_\_\_\_

Girls - Team Leader Name & USAW # \_\_\_\_\_

Name of Table Help: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Cell or Work Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

Please check the style (s) your team will be participating in.

Please Check line provided JR/16U Team \_\_\_\_\_ 12U/14U Team \_\_\_\_\_

\$500.00 non – refundable entry fee per team per style due Friday March 13<sup>th</sup>, 2020.

All fees **MUST ARRIVE** by March 13<sup>th</sup>. One team per state per style is guaranteed.

**Send entry fee to:** USA Wrestling,  
C/O Events

6155 Lehman Drive  
Colorado Springs, Colorado 80918

**Make checks payable to:** USA Wrestling



USA  
WRESTLING

March 26-29, 2020

Team Registration will be in the USAW Membership system similar to the summer Duals. Please have you teams entered by Friday, March 20<sup>th</sup>.

Roster verification will take place Saturday March 28<sup>th</sup>. Weights will carry over from the Individual tournament.

If you have any questions or issues please contact Christina Hargrove [Chargrove@usawrestling.org](mailto:Chargrove@usawrestling.org)