



Join us October 15<sup>th</sup> at Independence High School for Female Elite Wrestling's  
**2<sup>ND</sup> ANNUAL PRESEASON GIRL'S DUAL TOURNAMENT**  
**MIDWEST MAT OF DREAMS**

**Youth** (born 2003 or later, no HS): 58, 65, 73, 82, 91, 100, 110, 120, 135, 155

**High School** (grade 9-12): 106, 113, 120, 126, 132, 138, 148, 160, 191

**AWARDS:**

Top 4 Dual Teams in each age group earn Custom Die-Cast Medals  
Champions earn Custom Shirts.

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**FAST FACTS FOR COACHES AND FAMILIES**

**Modified Folkstyle Rules:** Neutral Restarts, Out of Bounds Pushout Point

**Cost for Dual Team:** \$350 per division (~\$35 per wrestler); pay in Cash, Check or PayPal

**Membership:** USA Wrestling '17-'18 Folkstyle membership (join/renew online NOW)

**Roster:** 2 USA Coaches & up to 3 extra Athletes per team; Athletes can compete in only 1 division

**What to Do About Weight Classes?**

**IF YOUR ATHLETE DOES NOT MAKE THEIR DUAL WEIGHT AT C@C,**  
**they must weigh in again the morning of duals or wrestle-up (top weight would forfeit)**

If wrestling Duals-only, weigh-in 8-8:10AM Sunday morning (scratch weight) @ the high school.

**Bracket Format:** Round Robin Pools qualify for Championship or Consolation Rounds

**Schedule:** Wrestling will begin Sunday 8:30AM and finish ~4:30PM; expect 4-6 matches per team

**Admission:** Adults \$10, kids/students FREE (18 and under)


**Travel from Iowa City to Independence High School:** [Google map ~65miles](#)

Reserve at Fairfield Inn by 9/13/17 to Stay in Iowa City/Coralville.


To Stay in Independence on 10/14/17 ask for Female Elite Wrestling rate at:

Super 8 319-334-7041 or Best Western 319-334-6400 in Independence, IA.

Communities of Urbana, Cedar Rapids, Evansdale, and Manchester, IA are reasonable drives to Duals.



**FEW'S ANNUAL SHOE DRIVE**  
Donate a pair of new or gently used *wrestling shoes* to Wrestling for Life to help middle schoolers in need.



**The Predicament**  
*Let's Keep Wrestling On The Move!*  
Covering wrestling in Iowa since 1970