

# FEMALE ELITE WRESTLING

PRESENTS THE 5<sup>TH</sup> ANNUAL  
MIDWEST MAT OF DREAMS  
GIRLS PRESEASON DUALS  
OCTOBER 10-11, 2020



Think Iowa City, Think Wrestling  
Kickoff the Season with  
Girls Youth (K-8) & HS Duals!

FEW welcomes state-based teams  
from Iowa, Kansas, Nebraska, Minnesota,  
Missouri, Texas & Wisconsin  
with wrestlers from more than a dozen states.

Youth Teams Compete 10/10/20

High School Duals 10/11/20

NEW LOCATION FOR 2020!

Marriott Exhibit Hall

300 E. 9<sup>th</sup> St. Coralville, Iowa 52241



**The Predicament**

Covering wrestling in Iowa since 1970

Let's Keep Wrestling on the Move

## PRESEASON GIRLS DUAL TOURNAMENT



**2020 MIDWEST  
MAT OF DREAMS  
GIRLS PRESEASON DUALS**



**Preseason Girls Dual Weights**

**YOUTH Born 2006 or later ▪ No HS**

**58-65-73-82-91-100-110-120-135-155**

**HIGH SCHOOL Grades 9-12**

**100-106-113-120-126-132-138-148-160-191**

**Modified Folkstyle Rules**

**Neutral Restarts**

**Out of Bounds Step-out Point**

**Weigh Ins October 10th**

**Final Weigh-in Times TBD**

**Youth Teams Saturday AM**

**HS Teams Saturday PM**

**Singlet required**

**No WT Allowance**

**Updated Health/Safety**

**processes for 2020---**

**Team Leaders please review**

**USA Wrestling Return to**

**Events Procedures; plan for**

**masks, social distancing and**

**hand hygiene.**

**USAW Membership Required**

**Team Leaders need link to enter rosters on TRACKWRESTLING**

**QUESTIONS? VISIT [FEMALEELITEWRESTLING.ORG](https://femaleelitewrestling.org)  
OR EMAIL [COACH@FEMALEELITEWRESTLING.ORG](mailto:COACH@FEMALEELITEWRESTLING.ORG)**