



2024 USA Wrestling National 16U Duals

Freestyle & Greco Roman

June 11-15, 2024

Zions Bank RSL Training Facility
14787 Academy Pkwy
Herriman, Utah 84096

Contact: Jeff Newby (801-358-4933 / Jeffreynewby@hotmail.com)

Make checks payable to:
USA Wrestling Utah
3041 South Lori Lane
Saratoga Springs, Utah 84045

This packet includes the following:

1. 16U National Dual Championships team and hotel registration information
2. 16U National Dual Championships tournament schedule
3. USA Wrestling Nationals policies and procedures.

All information and rules regarding this event are available online at www.usawrestlingevents.com

Reminder: Due at registration – May 1st, 2024

1. Name of official(s) from your state or \$1,000 per team per style

Note: Each state association entered in the National Duals must supply a minimum of **one mat official** for each style in which the state association is competing. If a state association does not provide one mat official per team, a fee of **\$1,000** will be assessed at registration for each official that is not provided, this fee is due before a team will be allowed to register (Dual rules available on-line).

Table Worker Notice: Each state association entered in the National Duals **MUST** supply one volunteer for each style in which the state association is competing. Volunteers will be asked to either score dual on computer bracketing system or video tape respective teams' duals. Please contact; Zach Colvin at Zach.Utahwrestling@gmail.com with the name(s) of volunteer(s) by **June 1, 2024**. All Volunteers will receive free entry, meals and tournament volunteer shirt. We welcome your participation in this quality event.

Registration: Athlete information should be entered prior to June 1, 2024

- **Roster verification Greco-Roman: Tuesday June 11 at 3:00 PM onsite**
- **Roster verification Freestyle: Thursday June 13 at 3:00 PM onsite**
- **Teams will be entered and verified through USAWmembership.com.**
- All teams participating in the Duals must register at USAWmembership.com.
- Draw numbers for each team will be pulled at the time of roster verification for each event.
- Coaches' Passes: Maximum of three per team.
 - Coaches must have a current USA Wrestling Card and a Bronze-Level Coaching Certification (must be presented at registration). Coaches must be entered in USAW Membership system
 - Team Leader Passes: One Team Leader pass will be issued per state. Team Leader must have a current background check and SafeSport completed. Team Leaders must be entered USAW Membership system.
- All State teams must provide one official.

Weigh-in/Eligibility: 16U Men's Freestyle and Greco

- Wrestlers able to compete in the 16U National Duals are Born 2008-2009
- Weight Classes: 88 lbs, 94 lbs, 100 lbs, 106 lbs, 113 lbs, 120 lbs, 126 lbs, 132 lbs, 138 lbs, 144 lbs, 150 lbs, 157 lbs, 165 lbs, 175 lbs, 190 lbs, 215 lbs, 285 lbs

Registration procedure: It is mandatory for teams to register online at www.usawmembership.com. Below is the process:

1. Team registration form and entry fee (\$1,375 per team per style) are due to the host by the stated date May 1st, 2024.
2. Team registration form must include a team leader contact and email address
3. Upon receipt of your team entry form and fee you will be emailed a packet of policies
4. Teams will be seeded according to the aggregate PIN ratings for wrestlers on participating teams.
5. Upon arrival at the event, you will be given your roster for verification. You will need to sign off on team members and seeding points.

USAW membership system directions:

1. State leaders click on your State Leader tab under the admin section of your profile
2. Click on National Teams and start a new team under the 2024 year. Please refer to item 18 on policies and procedures for proper team naming.
3. Add a Team Leader to your National Team. This will give them access to add/delete wrestlers to the roster.
4. All athletes must have a current membership to be added to a team roster. If the athlete turns 18 during the membership year, they will need to complete a SafeSport.
5. Team Leaders and coaches must have current Wrestling Leader membership.

16U Duals Hotel List

All hotels can be found at www.usawrestlingevents.com/event/2400141502/accommodations

Note: additional rooms and/or properties may be added

Please check the event website for updated hotel option



Team Registration Form

Please mail this form in with your entry fee

State: _____

State Team Contact Name _____

Phone number _____ Email _____

Men's 16U Freestyle Dual Team(s)

Name of team Freestyle _____

Table help volunteer _____ Email _____

16U Freestyle Official Name _____ Phone _____

Name of team (2) Freestyle _____

Table help volunteer _____ Email _____

16U Freestyle Official Name _____ Phone _____

Men's 16U Greco Roman Dual Team(s)

Name of team Greco-Roman _____

Table help volunteer _____ Email _____

16U Greco-Roman Official Name _____ Phone _____

Name of team (2) Greco _____

Table help volunteer _____ Email _____

16U Greco-Roman Official Name _____ Phone _____

16U Duals 2024 Event Schedule

This schedule is subject to change based on the number of teams entered in each tournament.

Note: Tournament will be run in rounds by match numbers. Teams must be ready to wrestle at first available mat.

*Start times are subject to change based on number of teams competing

Tuesday, June 11

- 1:00 PM to 5:00 PM – mats open for team workout
- 1:00 PM to 2:00 PM – Greco Roman pairing clinic
- 3:00 PM to 4:00 PM – Greco Roman Team Registration
- 4:30 PM to 5:00 PM – Greco Roman coaches meeting
- 5:00 PM to 6:00 PM – Greco Roman weigh ins and medical check (see weigh in procedures)

Wednesday, June 12 (GR 32 Teams EST)

- 7:30 AM to 8:30 AM – Greco Roman official's assignment meeting
- 9:00 AM to 12:30 PM – Greco Roman session 1 (Rounds 1 & 2 Preliminary Championship Match, Championship semifinals and consolation quarterfinals)
- 12:30 PM to 1:30 PM – Lunch break
- 1:30 PM to 7:00 PM – Rounds 3,4 & 5 – consolation semifinals, placement matches and true 2nd match

Thursday, June 13

- 6:30 AM to 7:30 AM – Greco Roman officials assignment meeting
- 8:00 AM to 12:00 PM – Pool rounds 1 & 2
- 12:00 PM to 1:00 PM – lunch break
- 1:00 PM to 5:00 PM – Pool rounds 3 & 4 and finals placement match
- 4:00 PM to 5:30 PM – Freestyle registration
- 5:30 PM to 6:30 PM – Freestyle medical check and weigh ins

Friday, June 14 (EST 36 Freestyle Teams)

- 6:30 AM to 7:30 AM – Freestyle officials assignment meeting
- 7:30 AM to 8:00 AM – Freestyle coaches meeting
- 8:00 AM to 12:30 PM - Freestyle session 1 – Rounds 1, 2 & 3 – prelims, consolations & semifinals
- 12:30 PM to 1:30 PM – Lunch break
- 1:30 PM to 8:00 PM – Freestyle rounds 4, 5 & 6 – Consolations, placements & true 2nd & round 1 of pool matches

Saturday, June 15

- 8:00 AM to 8:30 AM – Freestyle officials assignment meeting
- 9:00 AM to 2:00 PM – Freestyle pool matches round 2 & 3 and finals placement matches