



# Nebraska USA Wrestling State Folkstyle Tournament



## Grand Island High School Grand Island, Nebraska

### Schedule of Events

**Saturday, March 14, 2009**

<b>Registration:</b>	<b>5:30 p.m.</b>	<b>Must present USA card at registration.</b>
<b>Weigh Ins:</b>	<b>6:00-7:00 p.m.</b>	<b>All wrestlers must weigh in with a singlet on.</b>
<b>Club Directors Meeting:</b>	<b>8:00 p.m.</b>	

**Sunday, March 15, 2009**

<b>Start Time:</b>	<b>9:00 a.m.</b>	<b>All Grade Divisions</b>
<b>Cost:</b>	<b>\$15.00</b>	<b>Online Entry Only</b> <b>Register at: <a href="http://www.nebraskausawrestling.org">www.nebraskausawrestling.org</a></b> <b>Late Registration \$25.00 (No Sunday walk ins)</b> <b>Entry deadline March 13, 2009</b>

**\*\*\* Qualifier for the Middle School National Dual Team \*\*\***

**\*\*\* Qualifier for the Elementary National Dual Team \*\*\***

**\*\*\* First leg of the Triple Crown \*\*\***

**\*\*\* Team Awards \*\*\***

**(Must be a USA Chartered Club to be eligible for team awards)**

**Questions contact Alan Pokorny at (402) 496-9456 or [pokorny1@cox.net](mailto:pokorny1@cox.net)**

## 2009 Age Divisions and Weight Classes

### Grade

### Weight Classes

PreK-K	Submit actual weight (weight classes will be determined)
1-2	40, 45, 50, 55, 60, 65, 70, 75, 75+
3-4	50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 120+
5-6	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+
7-8	75, 80, 85, 90, 95, 102, 110, 117, 125, 132, 140, 150, 160, 175, 195, 220, 275
9-10	103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285
11-12	103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 (9-10 graders may move up, but can only enter one grade division)