

Linn-Mar Wrestling Club 2022-23 Team Tournament Schedule

**When registering for tournaments, Team Name: LMWC*

**We will have coaches at the listed tournaments*

Dec. 11th- Maquoketa	<i>Maquoketa HS</i>
Dec. 18th- CR Prairie Hammerin' Hawks	<i>CR Prairie HS</i>
Jan. 8th- Linn-Mar	<i>Linn-Mar HS</i>
Jan. 15th- Solon	<i>Solon HS</i>
Jan. 30th- Waukee NW	<i>Northwest HS</i>

Feb. 5th- Iowa AAU Districts (3rd-8th)	<i>CR Prairie HS</i>
Feb 25th/26th- Iowa AAU State	<i>Wells Fargo Arena, Des Moines</i>
Mar 4th/5th- Iowa AAU SuperPeeWee State (K-2nd)	<i>Young Arena, Waterloo</i>



MAQUOKETA WRESTLING CLUB

2022 Little Cards Tournament

Sunday, December 11th, 2022

Maquoketa High School, 600 Washington St., Maquoketa, Iowa

Divisions	Weigh In:	Wrestling Starts (Approximate):
Super PeeWee (K & Under)	7- 8:00 am	9:00 am
PeeWee (1 st -2 nd Grade)	7- 8:00 am	9:00 am
Bantam (3 rd -4 th Grade)	9-10:00 am	11:00 am
Junior (5 th -6 th Grade)	9-10:00 am	11:00 am
Senior (7 th -8 th Grade)	9-10:00 am	11:00 am

Entry Fees: Pre-Registered \$15 (No refunds) Pre Registered Deadline: Postmarked by Tuesday, Dec. 6, 2022.
*** Walk-ins Accepted: \$20 ***

Awards: 3 ¼" Medals will be given to all places – Awards will be announced in North Gym.

Rules: Wrestlers will be grouped in 4 MAN ROUND ROBIN brackets. IHSAA rules apply with modifications. Matches will be 1-1-1 with 1 minute OT & 30 second tiebreaker. **IHSAA OFFICIALS will be used.**
7-8 will wrestle on full mat and matches will be 2-1-1 with 1 minute OT & 30 second tiebreaker. Super PeeWee & PeeWee will wrestle 2 periods minimum if pinned in 1st 2 periods. The pin wins.

Concessions: Food will be available before & throughout the tournament in the cafeteria. ****No Coolers Allowed****

Admission: \$5 Adults, \$3 Students, Pre-School Free

NO COACHES PASSES REQUIRED

SEND REGISTRATIONS
AND ENTRY FEES TO:

Maquoketa Wrestling Club
1717 E Maple St.
Maquoketa, IA 52060

Contact: Daryl Schepers (563)212-3540 Cell
or email: dmservice1002@qwestoffice.net

Make checks payable to: Maquoketa Wrestling Club

Please return the bottom portion of this sheet with your entry fee postmarked no later than December 6th. ***Walk ins will be accepted***

NAME: _____ BIRTHDATE: ____/____/____

ADDRESS: _____

CITY/STATE: _____ PHONE: (____) _____ - _____

SCHOOL/CLUB: _____ WEIGHT: _____ GRADE: _____ DIVISION _____

LAST YEAR'S RECORD: _____ - _____

Be honest; we try to match wrestlers by age, weight, & ability. If we believe you are not truthful about your record, we reserve the right to pair the wrestler as if he has a 30-0 record.

I certify that the above information concerning the participant is correct. The above participant has my permission to compete in this tournament and I have the authority to grant that permission. I agree not to hold the Maquoketa Community School, the Maquoketa Wrestling Club, or individual members, associates, employees or other persons in any way affiliated with these entities or this tournament responsible or liable for any accidents or injuries that may occur at this tournament. I hereby accept full responsibility for the above participant's behavior, participation and insurance coverage during this event.

Parent/Guardian Signature: _____ Date: _____

2022 Hammerin' Hawks Christmas Classic

Wrestling with a Competitive Spirit and in the Spirit of the Holidays

Where: Cedar Rapids Prairie High School 401 76th Ave, SW Cedar Rapids, IA

When: Sunday December 18, 2022

Divisions: PreK-K (Super Pee-Wee)
1st-2nd (Pee-Wee)
3rd-4th (Bantam)
5th-6th (Novice)
7th-8th (Junior)
Girls Only All Divisions (New for 2022)



Weigh-In: PreK-4th Divisions 7:00 AM- 7:45 AM
5th-8th & Girls Only Divisions 11:00 AM- 11:45 AM

Start: PreK-4th approximately 8:45 AM
5th-8th & Girls Only Divisions approximately 1:00 PM

Format:

	Period Length		Mat
PreK-6th	1-1-1	PreK-2nd	Half
7th-8th	2-1-1	3rd-8th	Full

Awards: 1st-8th Place Receive Custom Medals
Wall Brackets to Champions

Certified Iowa High School Athletic Association Officials

Registration Fee: \$25.00 **NO WALK-INS, NO CALL-INS, NO REFUNDS**

Registration limited to the first 625 wrestlers, 8-man brackets when possible

Register on www.trackwrestling.com

Honesty and accuracy must be exercised in ranking your wrestler for best competition.
Weights will be determined at weigh-ins. Please select N/A for weight on track.

Deadline: December 17, 2022 at 8:00pm.
No additional registrations will be accepted after this time.

Admission: Cash Only - \$5 Per Person

Coaching Wristband: Cash Only - \$5 Per Person

Concessions: Available all day - No outside coolers allowed

Contact information: hammerinhawkswrestlingclub@gmail.com

Lani Noska 319-330-2482

LMWC WRESTLING TOURNAMENT

Sunday - January 8th, 2023



LINN-MAR HIGH SCHOOL
3111 N. 10th Street - Marion, IA

* **8 - Man Bracketing**, True 3rd – (When Possible)

All Girls Division During the Afternoon Session

*Divisions: PK & K (MM) 1 & 2 (NOVICE) 3 & 4 (INTERMEDIATE) 5 & 6 (JR) 7 & 8 (SR)

Senior Division will wrestle 2-1-1 periods, all certified referees

* Awards: AM Session – 1st Place T-shirt 2nd – 8th Place Medals
PM Session - 1st Place T-shirt 2nd – 8th Place Medals

* All Girls Division –The all-girls division will compete in the PM Session

* **WEIGH IN:** Grades P K – 4; 7:00am - 8:00am sharp * Wrestling starts at 8:30am, done by 12:15pm
Grades 5 – 8: 10:30am - 11:30am * Wrestling starts approx. 12:30pm to 4:00pm
Girls Division: 10:30am - 11:30am * Wrestling starts approx. 12:30pm to 4:00pm

* **ENTRY FEE: \$24.00** Registration will be on TrackWrestling **ONLY!**

* Track Wrestling entries **MUST** be **SUBMITTED** by Saturday– January 7th, 2022 by Noon!

* Tournament Cancellation Policy is Outlined in TrackWrestling

* **NO WALK – IN, NO CALL-IN, NO E-MAIL REGISTRATIONS ACCEPTED!!**

For tournament info: E-mail: linnmarwrestling@gmail.com

(This form is also available at: www.linnmarwrestling.com)

----- **Please Register & Enter the following Information through the TrackWrestling System**-----

Name: _____ Age: _____ Grade: _____ *Weight: _____

Phone #: (_____) _____ Wrestling Club: _____ Record: Won____ / Loss____
Be honest on your record!!

Address: _____ City: _____ State: _____ ZIP: _____

E-mail Address: _____

The child named above has my permission to compete in the Little Lion Wrestling Tournament. I hereby accept full responsibility for his / her participation & behavior. I waive all claims for injury, loss, or damages against the Linn-Mar Schools, the Lion Wrestling Club, Tournament Organizers & Officials.

Parent or Guardian Signature: _____ Date: _____

* Anyone exceeding weight by more than 3 lbs. may be disqualified from tournament with no refund of entry fee given!!

OLON LITTLE SPARTAN WRESTLING TOURNAMENT



Sunday, Jan 15th

COST: \$20 pre-entry; \$40 walk-in

LOCATION: 600 W. 5th St. Solon, IA

BOYS DIVISIONS: Weigh-Ins 7:00 - 8:00 am

Pre K- K (Super peewee)

Grades 1-2 (Peewee)

Grades 3-4 (Bantam)

*Grades 5-6 (Novice) *weigh-ins between 11:00-12:00am

*Grades 7-8 (Juniors)*weigh-ins between 11:00-12:00am

GIRLS DIVISIONS: Weigh-Ins: 11:00 - 12:00 pm

Pre K- K (Super peewee)

Grades 1-2 (Peewee)

Grades 3-4 (Bantam)

Grades 5-6 (Novice)

Grades 7-8 (Juniors)

Additional Info:

Registration limited to 400 (tourney filled last year) (*86 girls registered last year)

Spectators: Adults \$5; Children \$3

Girls Divisions and Boys Novice/Junior Divisions will start wrestling with the conclusion of younger boys divisions.

Medals will be awarded to all wrestlers, trophies to champions.

Concessions will be available throughout the day

NO COOLERS IN GYM.

Registration Link: Closes January 14th (6:00 pm)

[Track Link](#)

Questions:

Matt Kroul; mdkroul@gmail.com

Wolf Pack Youth Wrestling Tournament

Sunday January 29th, 2023



Where: Northwest High School

655 N 10th St

Waukee, IA 50263

When: January 29th, 2023

Weigh-Ins 7:00-8:00 AM

Wrestling will begin at 9:00 AM

Who: Super Pee-Wee (Pre-K – Kindergarten)

Pee-Wee (1st-2nd Grade)

Prep (3rd-4th Grade)

Junior (5th-6th Grade)

Senior (7th-8th Grade)

*Separate divisions for boys/girls when possible, otherwise mixed

Registration on Trackwrestling.com through Saturday, January 28th

\$20 Pre-Registered

\$30 At The Door

Admission: \$5 for adults \$3 for children

Concessions available

Contact Chad Vollmecke at cvollmecke@waukeeschools.org



Iowa AAU Kids State Tournament

Feb. 25th & 26th, 2023

Wells Fargo Arena, Des Moines

State Qualifying District Tournaments

February 5th, 2023

Divisions and Weight Classes (All Wrestlers Weigh in Singlet at Districts & State)

- You must make the same weight at state as the weight class in which you qualified at Districts.
- Wrestlers are allowed to enter only one age division and weight class. Wrestlers can move up one grade division or weight class with parent consent. Grade in school is the primary determinant of division. Age can move a wrestler up a division but not down.
- Match Times: A & B Divisions: 1-1-1 C Division: 1.5-1.5-1.5

A Division – 3RD & 4TH Grade: 50, 54, 58, 62, 66, 70, 74, 78, 82, 86, 90, 94, 98, 105, 115, 130, 150, 175(MAX)

If your 12th birthday is in 2023 you must move up a division. 2nd graders may enter with parent consent. NO 1st graders

B Division – 5TH & 6TH Grade: 60, 65, 70, 74, 78, 82, 86, 90, 94, 98, 103, 108, 114, 120, 128, 138, 148, 160, 180, 215(MAX)

If your 14th birthday is in 2023 you must move up a division.

C Division – 7TH & 8TH Grade: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 260 (MAX)

If your 16th birthday is in 2023 you are ineligible. **No 9th Graders.**

Brackets & Match Times

Districts: 6 or less wrestlers: Round Robin. Above six wrestlers brackets will be 8, 16, or 32 man cross bracket. Wrestlers will be assigned by random draw and wrestlers from same club will be separated as much as possible. We wrestle out to 5th place. No 2nd place wrestle back. Will wrestle to true 4th. **Top 4 finishers at each weight qualify for state.** If any of the top 4 do not sign up, next in order of finish become eligible.

State: Wrestlers are placed in a bracket according to a rotating formula using district finishes. Wrestle through 8 places. No 2nd place wrestle back.

Awards

Top 4 medal at Districts. Top 8 medal at State. **State Champions Earn Customized Gear**
AAU Club awards at state based on club size.

Entry Information

- Must **bring 2023 AAU card to District** Tournament.
- All AAU cards must be purchased prior to Districts—NOT sold at door. Purchase online at: www.aausports.org.
- You must **bring a copy of your Birth Certificate to districts** to be allowed to wrestle. AAU card is not proof of age.
- Team you register to wrestle for at Districts is same team you will wrestle for at State. You **cannot change after Districts.**

Districts

- \$20.00 entry fee if register in advance at: www.trackwrestling.com
- \$30.00 to enter at door. **NO Mail In Entries**
- District Admission: \$5.00 adults. Free for kids 5 & under.
- Coaches: AAU (adult) card will get you free admission to districts. Coaches band is \$10.

State

- \$35.00 Entry Fee for State Qualifiers
- Must enter for State ONLINE on the day you qualify. State info will be given at districts once you qualify.
- **Saturday Feb. 25th:** A & B Divisions start at 8 AM C Division starts at approximately 3 PM (Doors open 7AM)
- **Sunday Feb. 26th:** All Divisions: Grand March at 8:30 AM and Wrestling Starts at 9:00 AM (Doors open 7:30 AM)

*******AAU card required to coach at State & Districts**

Questions: Email Wes Creason at: aauwrestlingiowa@gmail.com

Guidelines

- Wrestlers **must provide copy of AAU Card and Birth Certificate at Districts.**
- No Wrestlers below 2nd grade at Districts
- No individual petition to change district or wrestle outside your district will be granted for any reason.
- AAU clubs must be on file by districts to be eligible for team awards at state.
- You must enter district qualifier for your county of residence unless your school is in another district in which case you may enter district tournament that your school is in. In this case you must have copy of your report card as proof of your school.
- You must be an Iowa resident or be enrolled in an Iowa school to be eligible. Bring proof of enrollment if not an Iowa resident.
- Siblings from the same household must wrestle in the same district.
- All AAU club members must register at districts to represent your club at state.
- All wrestlers must weigh in **wearing a singlet.** If you weigh more or less than the weight class you registered for via TrackWrestling for districts, you can change weight classes at the tournament during weigh ins.
- Any violation of age, grade, or residence requirement will result in disqualification for the state tournament.

District Qualifying Sites

- Sites are listed below: **Pay attention to which county your district is in.**
- You can only attempt to qualify at your district (county where you live or you go to school) not the county in which your club is located
- Find your district and register at: www.trackwrestling.com
- **Deadline to Register on Trackwrestling:** Saturday, February 4th at NOON
- Do **NOT** mail entry. \$20.00 online entry; \$30.00 walk in
- **Pay Attention to the Weigh In Times For Your District**

District 1 – Northwest Weigh in time: All Grades from 8:30-9:30 AM Contact: Clint Koedam Phone: 712-870-3099 koedacli@sblschools.com Includes counties of: Buena Vista, Cherokee, Clay, Dickinson, Emmet, Ida, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Pocahontas, Sac Sioux, and Woodbury.	Long Lines Rec Center 401 Gordon Dr. Sioux City, IA 51102	District 5 – East Weigh in time: Grades 3-6 from 7-8 AM Grades 7-8 from Noon - 1:00 PM Contact: Mark or Kathy Trizzino Phone: 563-349-4245 trizzihawks@aol.com Includes counties of: Cedar, Clinton, Dubuque, Jackson, Louisa, Muscatine, and Scott	Bettendorf HS 3333 18th St Bettendorf, IA 52722
District 2 – North Central Weigh in time: All Grades from 7-8 AM Contact: Chad Beaman Phone: 515-368-3511 cbeaman@humboldt.k12.ia.us Includes these counties: Boone, Calhoun, Franklin, Greene, Hamilton, Hancock, Hardin, Humboldt, Kossuth, Marshall, Story, Webster, Winnebago, Worth and Wright	Humboldt High School 1500 Wildcat Rd Humboldt, IA 50548	District 6 – Southeast Weigh in time: Grades 3-6 from 7-8 AM Grades 7-8 from 1:00-1:30 PM Contact: Mike Bowlin Cell#: 319-471-2832 Southeastdistrict6@aol.com Includes these counties: Appanoose, Davis, Des Moines, Henry, Jasper, Jefferson, Keokuk, Lee, Mahaska, Marion, Monroe, Poweshiek, Van Buren, Wapello, and Washington	Washington High School 1111 South B Ave. Washington, IA 52353
District 3 – Northeast Weigh in time: All Grades from 7-8 AM Contact: Zach Zimmerman Phone: 319-230-8789 zimmerfz@gmail.com Includes these counties: Allamakee, Blackhawk, Bremer, Butler, Cerro Gordo, Chickasaw, Clayton, Floyd, Fayette, Grundy, Howard, Mitchell, and Winneshiek	Waverly-Shell Rock HS 1405 4th Ave SW Waverly, IA 50677	District 7 – South Central Weigh in time: All Grades 7-8 AM Contact: Matt Young Phone 515-681-3262 matt.young@indianola.k12.ia.us Includes these counties: Clarke, Dallas, Decatur, Lucas, Madison, Polk, Warren, and Wayne	Indianola Middle School Blake Fieldhouse 403 South 15th St
District 4 – Mid East Weigh in time: All Grades from 7-8 AM Contact: Derrick Ball Phone: 563-299-3933 dball@crprairie.org Includes these counties: Benton, Buchanan, Delaware, Iowa, Johnson, Jones, Linn, and Tama	Cedar Rapids Prairie High School 401 76th Ave SW Cedar Rapids, IA 52404	District 8 – Southwest Weigh in time: Grades 3-6 from 7-8 AM Grades 7-8 from 11 AM - 12 PM Contact: Matt Fletcher Phone: 402-960-6840 matt@powerhousewrestlingclub.com Includes these counties: Adair, Adams, Audubon, Carroll, Cass, Crawford, Fremont, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Pottawattomie, Ringgold, Union, Shelby, and Taylor	Glenwood High School 504 E Sharp St. Glenwood, IA 51534