

Linn-Mar Wrestling Freestyle Calendar 2023

March 2023						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20 Freestyle Practice Cornell College 6:15-8 pm	21	22 Freestyle Practice Cornell College 6:15-8 pm	23	24	25
26 Freco Tourney @ City Hlgh	27 Freestyle Practice Cornell College 6:15-8 pm	28	29 Freestyle Practice Cornell College 6:15-8 pm	30	31	

April 2023						
◀ March						May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Freestyle Practice Cornell College 6:15-8 pm	4	5 Freestyle Practice Cornell College 6:15-8 pm	6	7	8
9 Easter	10 Freestyle Practice Cornell College 6:15-8 pm	11	12 Freestyle Practice Cornell College 6:15-8 pm	13	14	15 Freco Tourney @ West Delaware
16	17 Freestyle Practice Cornell College 6:15-8 pm	18	19 Freestyle Practice Cornell College 6:15-8 pm	20	21	22 Freco Tourney @ Independence
23	24 Freestyle Practice Cornell College 6:15-8 pm	25	26 Freestyle Practice Cornell College 6:15-8 pm	27	28	29
30 Freco Tourney @ Lisbon HS						

May 2023						
◀ April						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Freestyle Practice Cornell College 6:15-8 pm	2	3 Freestyle Practice Cornell College 6:15-8 pm	4	5 Cinco De Mayo	6 State Freestyle @ SEP
7 State Greco @ SEP	8	9	10	11	12	13

2023 Freestyle Locations and Dates

March 26	City High	Kids/Cadet/ Jr. Freestyle & Greco
April 15	West Delaware	Kids/ Cadet/Jr. Freestyle & Greco
April 22	Independence	Kids/Cadet/ Jr. Freestyle & Greco
April 30	Lisbon	Kids/Cadet/ Jr. Freestyle & Greco
May 6	SEP High School	Kids/Cadet/ Jr. State Freestyle
May 7	SEP High School	Kids/Cadet/ Jr. State Greco

Freestyle/ Greco age divisions:

8U (Born in 2015-16)

10U (Born in 2013-14)

12U (Born in 2011-12)

14U (Born in 2009-10)

16U (Born in 2007-08)

USA Junior (Born 9/1/2003 & after, plus enrolled in grades 9-12)

*** Please register under LMWC so our wrestlers do not have to wrestle each other until absolutely necessary!**

***We will discuss who is going to tournaments at the Cornell practices the week before the tournament. We will attempt to organize a car pool for local tournaments if possible.**

Freestyle Tournament Costs

- Pre-Register = \$15 for freestyle or \$25 for both freestyle and greco**
- Register at the door = \$20 for freestyle or \$40 for both freestyle and greco**
- Cornell College freestyle practices cost \$\$\$\$. The LMWC will pay this fee!**
- Rides to Cornell for practices- meet behind wrestling room at 5:45pm**
- USA freestyle cards cost \$50**
- cards cost \$40 and need to be bought on-line @ www.iowawrestling.org**
- you must have a freestyle card to practice at Cornell and enter tournaments**

Poster Requirements – Any wrestler that ended the season in good standing is eligible to be on the poster next year. Any wrestler logging at least 15 hours of off-season mat time can be on the poster. Any wrestler logging 30+ hours of mat time in the off-season will be placed farther up or more prominently in the poster formation. Wrestlers are responsible for logging their own hours.

#ProcessB4Results