

2025 Freestyle Locations and Dates

April 12	West Delaware	Kids/ Cadet/Jr. Freestyle & Greco
April 19	Iowa City West	Kids/ Cadet/Jr. Freestyle & Greco
April 26	Independence	Kids/Cadet/ Jr. Freestyle & Greco
April 27	Lisbon	Kids/Cadet/ Jr. Freestyle & Greco
May 3	SEP High School	Kids/Cadet/ Jr. State Freestyle
May 4	SEP High School	Kids/Cadet/ Jr. State Greco

Freestyle/ Greco age divisions:

8U (Born in 2017-18)

10U (Born in 2015-16)

12U (Born in 2013-14)

14U (Born in 2011-12)

16U (Born in 2009-10)

USA Junior (Born 9/1/2005 & 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 Coe practices the week before the tournament. We will attempt to organize a carpool for local tournaments if possible.

Freestyle Tournament Costs

-Pre-Register = \$15 for freestyle or \$30 for both freestyle and greco

- Register at the door = \$25 for freestyle or \$50 for both freestyle and greco

-Coe College freestyle practices cost \$\$\$\$. The LMWC will pay this fee!

-Rides to Coe for practices- meet behind wrestling room at 5:30pm

-USA freestyle cards cost \$50 and need to be bought on-line @ www.iowawrestling.org

-you must have a freestyle card to practice at Coe 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.

2025 Linn-Mar Wrestling Freestyle Calendar

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	Banquet 12	13	14	15
16	17 Spring Break	18 Spring Break Practice @ Coe <i>Optional</i>	19 Spring Break	20 Spring Break Practice @ Coe <i>Optional</i>	21 Spring Break	22
23	24	25 Practice @ Coe College 6:00-7:30 PM	26	27 Practice @ Coe College 6:00-7:30 PM	28	29
30	31					

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Practice @ Coe College 6:00-7:30 PM	2	3 Practice @ Coe College 6:00-7:30 PM	4	5
6	7	8 Practice @ Coe College 6:00-7:30 PM	9	10 Practice @ Coe College 6:00-7:30 PM	11	12 FR/GR Tournament @ West Delaware
13	14	15 Practice @ Coe College 6:00-7:30 PM	16	17 Practice @ Coe College 6:00-7:30 PM	18	19 FR/GR Tournament @ Iowa City West
20	21	22 Practice @ Coe College 6:00-7:30 PM	23	24 Practice @ Coe College 6:00-7:30 PM	25	26 FR/GR Tournament @ Independence
27 FR/GR Tournament @ Lisbon	28	29 Practice @ Coe College 6:00-7:30 PM	30			

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice @ Coe College 6:00-7:30 PM	2	3 State Freestyle Tournament @ SE Polk
4 State Greco Tournament @ SE Polk	5	6	7	8	9	10