

## Linn-Mar Wrestling Club 2022-23 Team Tournament Schedule

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

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

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|  |                                      |
|--|--------------------------------------|
| <b>Feb. 5<sup>th</sup>- Iowa AAU Districts (3rd-8th)</b>                     | <i>CR Prairie HS</i>                 |
| <b>Feb 25<sup>th</sup>/26<sup>th</sup>- Iowa AAU State</b>                   | <i>Wells Fargo Arena, Des Moines</i> |
| <b>Mar 4<sup>th</sup>/5<sup>th</sup>- Iowa AAU SuperPeeWee State (K-2nd)</b> | <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 <sup>st</sup> -2 <sup>nd</sup> Grade) | 7- 8:00 am | 9:00 am                         |
| Bantam (3 <sup>rd</sup> -4 <sup>th</sup> Grade) | 9-10:00 am | 11:00 am                        |
| Junior (5 <sup>th</sup> -6 <sup>th</sup> Grade) | 9-10:00 am | 11:00 am                        |
| Senior (7 <sup>th</sup> -8 <sup>th</sup> 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 1<sup>st</sup> 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 **Maquoketa Wrestling Club** Contact: Daryl Schepers (563)212-3540 Cell  
AND ENTRY FEES TO: **1717 E Maple St.** or email: [dmservice1002@qwestoffice.net](mailto:dmservice1002@qwestoffice.net)  
**Maquoketa, IA 52060**

*Make checks payable to: Maquoketa Wrestling Club*

Please return the bottom portion of this sheet with your entry fee postmarked no later than December 6<sup>th</sup>. \*\*\*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](http://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](mailto:hammerinhawkswrestlingclub@gmail.com)

Lani Noska 319-330-2482

# LMWC WRESTLING TOURNAMENT

## Sunday - January 8<sup>th</sup>, 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 – 1<sup>st</sup> Place T-shirt      2<sup>nd</sup> – 8<sup>th</sup> Place Medals  
PM Session - 1<sup>st</sup> Place T-shirt      2<sup>nd</sup> – 8<sup>th</sup> 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 7<sup>th</sup>, 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](mailto:linnmarwrestling@gmail.com)

(This form is also available at: [www.linnmarwrestling.com](http://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!!

# **SOLON 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 10<sup>th</sup> St

Waukee, IA 50263

**When:** January 29<sup>th</sup>, 2023

Weigh-Ins 7:00-8:00 AM

Wrestling will begin at 9:00 AM

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

Pee-Wee (1<sup>st</sup>-2<sup>nd</sup> Grade)

Prep (3<sup>rd</sup>-4<sup>th</sup> Grade)

Junior (5<sup>th</sup>-6<sup>th</sup> Grade)

Senior (7<sup>th</sup>-8<sup>th</sup> Grade)

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

**Registration** on Trackwrestling.com through Saturday, January 28<sup>th</sup>.

**\$20 Pre-Registered**

**\$30 At The Door**

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

**Concessions available**

Contact Chad Vollmecke at [cvollmecke@waukeeschools.org](mailto:cvollmecke@waukeeschools.org)



# ***Iowa AAU Kids State Tournament***

***Feb. 25<sup>th</sup> & 26<sup>th</sup>, 2023***

***Wells Fargo Arena, Des Moines***

## ***State Qualifying District Tournaments***

***February 5<sup>th</sup>, 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 – 3<sup>RD</sup> & 4<sup>TH</sup> Grade:** 50, 54, 58, 62, 66, 70, 74, 78, 82, 86, 90, 94, 98, 105, 115, 130, 150, 175(MAX)

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

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

If your 14<sup>th</sup> birthday is in 2023 you must move up a division.

**C Division – 7<sup>TH</sup> & 8<sup>TH</sup> 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 16<sup>th</sup> birthday is in 2023 you are ineligible. **No 9<sup>th</sup> 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 5<sup>th</sup> place. No 2<sup>nd</sup> place wrestle back. Will wrestle to true 4<sup>th</sup>. **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 2<sup>nd</sup> 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](http://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](http://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](mailto:aauwrestlingiowa@gmail.com)

**Guidelines**

- Wrestlers **must provide copy of AAU Card and Birth Certificate at Districts.**
- No Wrestlers below 2<sup>nd</sup> grade at Districts
- No individual petition to change district or wrestle outside your district will 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](http://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**

|  |  |
|--|--|
| <p><b>District 1 – Northwest</b><br/> <b>Weigh in time:</b> All Grades from 8:30-9:30 AM<br/> <b>Contact:</b> Clint Koedam<br/>           Phone: 712-870-3099<br/> <a href="mailto:koedacli@sblschools.com">koedacli@sblschools.com</a></p> <p>Includes counties of: Buena Vista, Cherokee, Clay, Dickinson, Emmet, Ida, Lyon, O’Brien, Osceola, Palo Alto, Plymouth, Pocahontas, Sac Sioux, and Woodbury.</p>       | <p><b>District 5 – East</b><br/> <b>Weigh in time:</b> Grades 3-6 from 7-8 AM<br/>           Grades 7-8 from Noon - 1:00 PM<br/> <b>Contact:</b> Mark or Kathy Trizzino<br/>           Phone: 563-349-4245<br/> <a href="mailto:trizzihawks@aol.com">trizzihawks@aol.com</a></p> <p>Includes counties of: Cedar, Clinton, Dubuque, Jackson, Louisa, Muscatine, and Scott</p>   |
| <p><b>District 2 – North Central</b><br/> <b>Weigh in time:</b> All Grades from 7-8 AM<br/> <b>Contact:</b> Chad Beaman<br/>           Phone: 515-368-3511<br/> <a href="mailto:cbeaman@humboldt.k12.ia.us">cbeaman@humboldt.k12.ia.us</a></p> <p>Includes these counties: Boone, Calhoun, Franklin, Greene, Hamilton, Hancock, Hardin, Humboldt, Kossuth, Marshall, Story, Webster, Winnebago, Worth and Wright</p> | <p><b>District 6 – Southeast</b><br/> <b>Weigh in time:</b> Grades 3-6 from 7-8 AM<br/>           Grades 7-8 from 1:00-1:30 PM<br/> <b>Contact:</b> Mike Bowlin<br/>           Cell#: 319-471-2832<br/> <a href="mailto:Southeastdistrict6@aol.com">Southeastdistrict6@aol.com</a></p> <p>Includes these counties: Appanoose, Davis, Des Moines, Henry, Jasper, Jefferson, Keokuk, Lee, Mahaska, Marion, Monroe, Poweshiek, Van Buren, Wapello, and Washington</p>                                   |
| <p><b>District 3 – Northeast</b><br/> <b>Weigh in time:</b> All Grades from 7-8 AM<br/> <b>Contact:</b> Zach Zimmerman<br/>           Phone: 319-230-8789<br/> <a href="mailto:zimmerfz@gmail.com">zimmerfz@gmail.com</a></p> <p>Includes these counties: Allamakee, Blackhawk, Bremer, Butler, Cerro Gordo, Chickasaw, Clayton, Floyd, Fayette, Grundy, Howard, Mitchell, and Winneshiek</p>                        | <p><b>District 7 – South Central</b><br/> <b>Weigh in time:</b> All Grades 7-8 AM<br/> <b>Contact:</b> Matt Young<br/>           Phone 515-681-3262<br/> <a href="mailto:matt.young@indianola.k12.ia.us">matt.young@indianola.k12.ia.us</a></p> <p>Includes these counties: Clarke, Dallas, Decatur, Lucas, Madison, Polk, Warren, and Wayne</p>   |
| <p><b>District 4 – Mid East</b><br/> <b>Weigh in time:</b> All Grades from 7-8 AM<br/> <b>Contact:</b> Derrick Ball<br/>           Phone: 563-299-3933<br/> <a href="mailto:dball@crprairie.org">dball@crprairie.org</a></p> <p>Includes these counties: Benton, Buchanan, Delaware, Iowa, Johnson, Jones, Linn, and Tama</p>  | <p><b>District 8 – Southwest</b><br/> <b>Weigh in time:</b> Grades 3-6 from 7-8 AM<br/>           Grades 7-8 from 11 AM - 12 PM<br/> <b>Contact:</b> Matt Fletcher<br/>           Phone: 402-960-6840<br/> <a href="mailto:matt@powerhousewrestlingclub.com">matt@powerhousewrestlingclub.com</a></p> <p>Includes these counties: Adair, Adams, Audubon, Carroll Cass, Crawford, Fremont, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Pottawattomie, Ringgold, Union, Shelby, and Taylor</p> |