

# **Linn-Mar Wrestling Club 2025-26 Team Tournament Schedule**

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

*\*We will have coaches at the listed tournaments*

- *Transportation is the responsibility of the parent/ guardian*
- *Check flyer for registration details and deadlines*
- *Most tournaments register through Trackwrestling*
- *Walk-in Registration is allowed at some tournaments but not all (see flyers for details)*
- *Registration is the responsibility of the parent/ guardian*

**Nov. 23rd– Independence Mini Mustang**

*Independence Jr/Sr School, Independence*

**Nov. 30th– North Liberty**

*Liberty HS, North Liberty*

**Dec. 14th- Western Dubuque**

*Western Dubuque HS, Epworth*

**Jan. 11th– Linn-Mar**

*Linn-Mar HS, Marion*

**Jan. 25th- City High MatPac**

*Iowa City HS, Iowa City*

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**Feb. 8th- Iowa AAU Districts (3rd-8th)**

*CR Prairie HS, Cedar Rapids*

**Feb. 28th/ Mar. 1st- Iowa AAU State**

*Wells Fargo Arena, Des Moines*

**Mar. 7th/8th- Iowa AAU Super Pee Wee State (K-2nd)**

*Young Arena, Waterloo*



**53rd MINI-MUSTANG WRESTLING TOURNAMENT**  
**Sunday, November 23rd, 2025**

Independence Jr/Sr School, 700 20<sup>th</sup> Ave SW, Independence, Iowa 50644

<b>Bantam:</b>	PreK-K	<b>Weigh-ins:</b> 7:30am - 8am	<b>Wrestle:</b> 9am
<b>Super Peewee:</b>	Grades 1 and 2	<b>Weigh-ins:</b> 7:30am - 8am	<b>Wrestle:</b> 9am
<b>Peewee:</b>	Grades 3 and 4	<b>Weigh-ins:</b> 7:30am - 8am	<b>Wrestle:</b> 9am
<b>Junior:</b>	Grades 5 and 6	<b>Weigh-ins:</b> 7:30am - 8am	<b>Wrestle:</b> 9am
<b>Senior:</b>	Grades 7 and 8	<b>Weigh-ins:</b> 7:30am - 8am	<b>Wrestle:</b> 9am

**Separate Boys and Girls Divisions in each grade range. We will use up to 12 mats with Grades 5-8 using full mats as much as possible.**

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Breakfast, Lunch, and Snacks Available

**AWARDS:** All divisions will be **competitively wrestled** and scored in a 4, 5, or 8-man bracket. You could wrestle up to 5 times depending on the size of your bracket. Medals for the top 3 in all divisions. We will wrestle 7th and 8th place if you are in an 8-man bracket. Weight classes will be determined after all entries are received.

**ENTRY FEE:** \$20 per wrestler per division, WALK INS \$30 at the door

**PRE-REGISTRATION:** at [www.trackwrestling.com](http://www.trackwrestling.com) Search for "Independence Mini-Mustang"

**Please rate your wrestler's skills as follows:**

- 1. Excellent** (State qualifiers and placewinners)
- 2. Good** (More wins than losses last season)
- 3. Average** (50/50 or lower last season)
- 4. Beginner** (1<sup>st</sup> year or wrestled in few tournaments)

**When entering your team, make sure your team is not already listed!**

Separation Criteria is first by team, then by skill. It is YOUR responsibility to make sure you have the EXACT same team as your teammates. For example, "Indy Mat Club" and "Indee Mat Club" are not the same team. This will affect separation criteria in your bracket!

**CONTACT: For Questions**

**TrackWrestling:** Matthew Shannon 563-608-2142 [mattindee1@gmail.com](mailto:mattindee1@gmail.com)

**Tournament:** Jon Carey 563-608-1023 [jcarey@indeek12.org](mailto:jcarey@indeek12.org)

**UPDATES:** **Facebook:** Independence Mustang Wrestling **Twitter:** @IndeeWrestling

## RULES:

1. Entries must be registered on TrackWrestling on or before **Friday, November 21st, 2025** before 10pm.
2. Weigh-ins will be held at the tournament site from 7:30AM-8:00AM for All Divisions. Anyone not arriving by the appropriate weigh-in time will be scratched.
3. Divisions will wrestle 4, 5, and 8-Man brackets. 8-Man brackets will be used when possible. You could wrestle 3-5 times depending on how your day goes.
4. Matches will be 3-one minute periods for all divisions, except for Senior division wrestlers who will wrestle 2-1-1. Overtime will be the same as I.H.S.A.A. overtime criteria. Decisions of the referee will be final. All matches will be conducted under I.H.S.A.A. rules. Use of headgear is optional. Participants will be disqualified for swearing, throwing headgear, and unsportsmanlike conduct.
5. We will use as many mats as we need in order to run the most smooth and efficient tournament as possible.
6. When a participant is not on deck to wrestle, or is wrestling, they are expected to be seated in the bleachers until called.
7. The Indee Mat Club will not be responsible for lost items or liable for accidents. All wrestlers are responsible for their own insurance.
8. No coolers in the school or gym.
9. Our goal is to run the most efficient tournament as possible. We will use up to 12 mats.
10. We will limit matside personnel to two coaches per wrestler. Everyone else must be in the bleachers.

# North Liberty Wrestling Club

## Youth Wrestling Tournament

**DATE:** November 30<sup>th</sup>, 2025

**Location:** Liberty High School, 1400 Dubuque St NE, North Liberty, IA 52317

**Schedule:**

Age	Division	Weigh-in Time	Approx. Wrestle Time
Pre-K & K Boys	Super PeeWee	7:00 AM – 8:00 AM	8:40 AM
1 <sup>st</sup> & 2 <sup>nd</sup> grade Boys	PeeWee	7:00 AM – 8:00 AM	8:40 AM
3 <sup>rd</sup> & 4 <sup>th</sup> grade Boys	Bantam	7:00 AM – 8:00 AM	8:40 AM
5 <sup>th</sup> & 6 <sup>th</sup> grade Boys	Novice	11:00 AM – 12:00 PM	12:40 PM
7 <sup>th</sup> & 8 <sup>th</sup> grade Boys	Junior	11:00 AM – 12:00 PM	12:40 PM
Girls Divisions	All Girls	11:00 AM – 12:00 PM	12:40 PM

**Entry Fee:** \$25, Pre-registration at [www.trackwrestling.com](http://www.trackwrestling.com) by noon on 11/29/25, capped at 400.

**Awards:** **Medals** for all participants, **wall chart** for individual champ, **team trophy** for top two teams.

**Admission:** \$5 adults, \$3 students, concessions available all day

**Format:** 4-person Round Robin, Team Tournament Scoring - \$10 entry fee

Please rate your wrestler's skill as follows:

1. Excellent (State qualifier)    2. Good (W>L)    3. Average (L>W)    4. Beginner (0-2 yrs experience)

**Tournament Contacts:** Ashley Jacobi [ajacobi30@gmail.com](mailto:ajacobi30@gmail.com)

For any updates please reach out or follow our Facebook page – **North Liberty Wrestling Club**

**Rules:** Matches will be 1-1-1 for all divisions except for Junior division who will wrestle 2-1-1. Decisions of the referee will be final. All matches will be conducted under I.H.S.A.A rules. Use of headgear is optional. Participants may be disqualified for unsportsmanlike conduct. When a participant is not on deck or wrestling, they are expected to be seated. The North Liberty Wrestling Club is not responsible for lost or stolen items or liable for accidents. All wrestlers are responsible for their own insurance. No coolers in the school or gym. Our goal is to run a fun and efficient tournament, please keep that in mind.





DAN GOTTO

## LITTLE BOBCAT

### Wrestling Tournament

**(In 2024 we had 343 wrestlers done wrestling in 2.5 hours)**

**DATE:** Sunday, December 14<sup>th</sup>, 2025  
**LOCATION:** Western Dubuque High School - 302 5<sup>th</sup> Ave. SW, Epworth, IA 52045  
**WEIGH-IN:** 8:00 am – 9:00 am (wrestling starts at 10:00 am or when brackets are complete)  
**CLINIC:** 9:00 am – 9:45 am (fundamental technique clinic performed before wrestling begins)

**DIVISIONS:** Pre-K & K 1<sup>st</sup> & 2<sup>nd</sup> 3<sup>rd</sup> & 4<sup>th</sup> 5<sup>th</sup> & 6<sup>th</sup> 7<sup>th</sup> & 8<sup>th</sup>  
*\* There will be a division for girls, and it will be bracketed as numbers/weights allow*

**FORMAT:** 4-person round robin format when possible (1-1-1 periods)  
Pre-K – 4<sup>th</sup> wrestle on ½ mats 7<sup>th</sup> & 8<sup>th</sup> wrestle on full mats (90-90-90)  
Pre-K & K no match score will be kept. Advanced K may move up if desired

**AWARDS:** Pre-K & K → Trophies 1<sup>st</sup> - 8<sup>th</sup> → 1<sup>st</sup> Medal & Stocking Hats 2<sup>nd</sup> - 4<sup>th</sup> Medal

**CONCESSIONS:** Breakfast & Lunch served (No coolers allowed)

**ADMISSION:** \$5 Adults \$3 Students

**INFORMATION:** For additional information, please feel free to contact WD youth coach Matt Davis at [rmdavis441@gmail.com](mailto:rmdavis441@gmail.com)

**PRE-REGISTRATION:** \$25 pre-registration must be done online at [trackwrestling.com](http://trackwrestling.com) by **December 13<sup>th</sup> at 12 pm.**

**NO WALK INS allowed.** Search “Dan Gotto Little Bobcat Wrestling Tournament”

Information is available on [iawrestle.com](http://iawrestle.com) and also on the IWCOA website - click on youth schedule.

Please rate your wrestler's skills as follows:

1. Excellent (state qualifier and/or place winner)
2. Good (more wins than losses last season)
3. Average (50/50 or lower last season)
4. Beginner (Beginning wrestler that has been in a few tournaments)

When entering your team, make sure your team is not already listed!

Separation Criteria first by team, then by skill. It is YOUR responsibility to make sure you have the EXACT same team as your teammates. For example, “Western Dubuque” and “Little Bobcats” are not the same team. This will affect the separation criteria in your bracket. Contact: For Tournament Questions

Mike McKenna  
(563) 542 3064  
[mikedmckenna@msn.com](mailto:mikedmckenna@msn.com)

Matt Davis  
(563) 543 4840  
[rmdavis441@gmail.com](mailto:rmdavis441@gmail.com)

Paul Cleary  
[paul.cleary@wdbqschools.org](mailto:paul.cleary@wdbqschools.org)

Updates: For tournament updates and weather delays, visit:

Facebook: Western Dubuque Wrestling  
Twitter: @WD\_Wrestling



# ***LMWC WRESTLING TOURNAMENT***

**Sunday, January 11<sup>th</sup>, 2026**

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

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

\*\*\* **All Girls Divisions 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:      11:00am - Noon      \* Wrestling starts approx. 12:30pm to 4:30pm  
Girls Division:      11:00am - Noon      \* Wrestling starts approx. 12:30pm to 4:30pm

\* **ENTRY FEE: \$25.00**      Registration will be on Trackwrestling ONLY!

\* Trackwrestling entries MUST be SUBMITTED by Saturday– January 11<sup>th</sup>, 2025 by Noon!

TOURNAMENT WILL BE LIMITED TO 600 ENTRIES

\* **Tournament Cancellation Policy is Outlined in Trackwrestling**

\* **NO WALK – INS, 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](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 LMWC 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 Linn-Mar 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!!**



# CITY HIGH MATPAC WRESTLING CLASSIC

Sunday January 25<sup>th</sup>, 2026



**Location:** Iowa City High School  
1900 Morningside Dr.  
Iowa City, IA 52245

**Tournament Director:** Cory Connell 319-321-9097 [connell.cory@iowacityschools.org](mailto:connell.cory@iowacityschools.org)

**\*\*LIMITED TO THE FIRST 500 WRESTLERS\*\***

**\*\*BOYS & GIRLS DIVISIONS\*\***

<u>Grade/Division</u>	<u>Weigh-Ins</u>	<u>Wrestling Time (approx.)</u>
PreK-K Super Peewee	7:00-8:00am	8:45-12:00
1-2 Peewee	7:00-8:00 am	8:45-12:00
3-4 Bantam	7:00-8:00 am	8:45-12:00
5-6 Junior	11:00-11:45 am	12:30-3:30pm
7-8 Senior	11:00-11:45 am	12:30-3:30pm

**Cost:** Pre-Registration: \$20

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

**Pre-Register:** Online on [www.trackwrestling.com](http://www.trackwrestling.com) till full or Saturday, January 24<sup>th</sup>. We usually fill up so register early! Once full no exceptions.

**Awards:** Champions will receive a wall chart, gold medal & t-shirt. Medals will be awarded for the remaining place finishers.

**Rules:** 4-person round robin. Super Pee Wee, Pee Wee and Bantam divisions will wrestle 1-1-1. Junior and Senior divisions will wrestle 2-1-1. 1 minute overtime, then 30 second ultimate ride out coinflip will be used if necessary. IHSAA rules, headgear is optional.

**Officials:** Registered officials will be used for all wrestling

**Food:** There will be a concession stand with drinks, breakfast and lunch available.



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

***Feb. 28th & March 1st, 2026***

***Casey's Center, Des Moines***

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

***February 8<sup>th</sup>, 2026***

***See Qualifying Locations on Next Page***

### **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, 57, 60, 63, 66, 69, 72, 75, 78, 82, 86, 90, 95, 100, 110, 125, 145, 170(MAX)

If your 12<sup>th</sup> birthday is in 2026 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, 77, 80, 83, 86, 89, 93, 98, 103, 108, 114, 120, 128, 138, 148, 160, 180, 215(MAX)

If your 14<sup>th</sup> birthday is in 2026 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 2026 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 State Champ Customized Apparel

### **Entry Information**

- All Participants Must **bring 2026 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**.
- **Girls CANNOT wrestle at Boys Districts.** The Girls State Tournament is March 6-8 in Cedar Rapids.

### **Districts**

- \$25.00 entry fee if register in advance at: [www.trackwrestling.com](http://www.trackwrestling.com)
- \$35.00 to enter at door. **NO Mail In Entries**
- District Admission: \$8.00 ages 6 and up. Free for kids 5 & under.
- Coaches: **AAU Non Athlete Card required** and will get FREE Admission and FREE Coaches Band at districts. **This Card Must Be Purchased PRIOR to Districts—Not Sold at Districts—Due to background screenings, please allow up to 10 days for adult memberships to be processed.**

### **State**

- \$40.00 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 and will be available online at [www.iowaauwrestling.com](http://www.iowaauwrestling.com)
- **Saturday Feb. 28th:** A & B Divisions start at 8 AM C Division starts at approximately 3 PM (Doors open 7AM)
- **Sunday March 1st:** All Divisions: Grand March at 8:30 AM and Wrestling Starts at 9:00 AM (Doors open 7:30 AM)

**Questions:** Email Wes Creason at: [auwrestlingiowa@gmail.com](mailto:auwrestlingiowa@gmail.com)



## Guidelines

- Wrestlers **must provide copy of AAU Card and Birth Certificate at Districts.**
- I. I'kis c:c't' is licc'iscd bQ t'kc Amat'c'í At'klct'ic U'io'io' or t'kc U.S., I'c.2. All pa'iticipa't's m'st' ka:c a c''ífc't' AAU mcmbskip. AAU Yo'tk At'klct'c mcmbskip m'st' bc obt'ai'cd bcróic t'kc compctit'io' b'cg'i's.4. No'í-At'klct'c mcmbskips ca'í'ot' bc applicd roí at' a'í c:c't'.5. K'c t'o backg'io'nd scícc'í'gs, plasc allow "p t'o 10 daQs roí ad''l' mcmbskips t'o bc píocsscd.6. Pa'iticipa't's aíc c'co''íagcd t'o :isií t'kc AAU websit'c [www.aauspoits.oig](http://www.aauspoits.oig) t'o obt'ai'í t'kcíí mcmbskip.
- No Wrestlers below 2<sup>nd</sup> grade at Districts. This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- 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 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 7th at NOON
- Do **NOT** mail entry. \$25.00 online entry; \$35.00 walk in
- Pay Attention to the Weigh In Times For Your District**

<b>District 1 – Northwest</b> <b>Weigh in time:</b> All Grades from 7-8 AM <b>Contact:</b> Clint Koedam Phone: 712-870-3099 <a href="mailto:koedacli@sblschools.com">koedacli@sblschools.com</a> Includes counties of: Buena Vista, Cherokee, Clay, Dickinson, Emmet, Ida, Lyon, O'Brien, Osceola, Palo Alto, Plymouth, Pocahontas, Sac Sioux, and Woodbury.	<b>Long Lines Rec Center</b> 401 Gordon Dr. Sioux City, IA 51102	<b>District 5 – East</b> <b>Weigh in time:</b> Grades 3-6 from 7-8 AM Grades 7-8 from 1:00 - 2:00 PM <b>Contact:</b> Mark or Kathy Trizzino Phone: 563-349-4245 <a href="mailto:trizzihawks@aol.com">trizzihawks@aol.com</a> Includes counties of: Cedar, Clinton, Dubuque, Jackson, Louisa, Muscatine, and Scott	<b>Bettendorf HS</b> 3333 18th St Bettendorf, IA 52722
<b>District 2 – North Central</b> <b>Weigh in time:</b> All Grades from 7-8 AM <b>Contact:</b> Chad Beaman Phone: 515-368-3511 <a href="mailto:cbeaman@humboldt.k12.ia.us">cbeaman@humboldt.k12.ia.us</a> Includes these counties: Boone, Calhoun, Franklin, Greene, Hamilton, Hancock, Hardin, Humboldt, Kossuth, Marshall, Story, Webster, Winnebago, Worth and Wright	<b>Humboldt High School</b> 1500 Wildcat Rd Humboldt, IA 50548	<b>District 6 – Southeast</b> <b>Weigh in time:</b> Grades 3-6 from 7-8 AM Grades 7-8 from 1:00-1:30 PM <b>Contact:</b> Mike Bowlin Cell#: 319-471-2832 <a href="mailto:Southeastdistrict6@aol.com">Southeastdistrict6@aol.com</a> Includes these counties: Appanoose, Davis, Des Moines, Henry, Jasper, Jefferson, Keokuk, Lee, Mahaska, Marion, Monroe, Poweshiek, Van Buren, Wapello, and Washington	<b>Washington High School</b> 1111 South B Ave. Washington, IA 52353
<b>District 3 – Northeast</b> <b>Weigh in time:</b> All Grades from 7-8 AM <b>Contact:</b> Jordan Albom Phone: 319-230-7154 <a href="mailto:jordan.albom@gmail.com">jordan.albom@gmail.com</a> Includes these counties: Allamakee, Blackhawk, Bremer, Butler, Cerro Gordo, Chickasaw, Clayton, Floyd, Fayette, Grundy, Howard, Mitchell, and Winnesiek	<b>Waverly-Shell Rock HS</b> 1405 4th Ave SW Waverly, IA 50677	<b>District 7 – South Central</b> <b>Weigh in time:</b> All Grades 7-8 AM <b>Contact:</b> Matt Young Phone 515-681-3262 <a href="mailto:matt.young@indianola.k12.ia.us">matt.young@indianola.k12.ia.us</a> Includes these counties: Clarke, Dallas, Decatur, Lucas, Madison, Polk, Warren, and Wayne	<b>Indianola Middle School</b> Blake Fieldhouse 403 South 15th St
<b>District 4 – Mid East</b> <b>Weigh in time:</b> All Grades from 7-8 AM <b>Contact:</b> Derrick Ball Phone: 563-299-3933 <a href="mailto:dball@crprairie.org">dball@crprairie.org</a> Includes these counties: Benton, Buchanan, Delaware, Iowa, Johnson, Jones, Linn, and Tama	<b>Cedar Rapids Prairie High School</b> 401 76th Ave SW Cedar Rapids, IA 52404	<b>District 8 – Southwest</b> <b>Weigh in time:</b> Grades 3-6 from 7-8 AM Grades 7-8 from 11 AM - 12 PM <b>Contact:</b> Matt Fletcher Phone: 402-960-6840 <a href="mailto:matt@powerhousewrestlingclub.com">matt@powerhousewrestlingclub.com</a> Includes these counties: Adair, Adams, Audubon, Carroll Cass, Crawford, Fremont, Guthrie, Harrison, Mills, Monona, Montgomery, Page, Pottawattomie, Ringgold, Union, Shelby, and Taylor	<b>Glenwood High School</b> 504 E Sharp St. Glenwood, IA 51534