

# **Linn-Mar Wrestling Club 2023-24 Team Tournament Schedule**

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

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

**Dec. 10th- Western Dubuque**

*Western Dubuque HS, Epworth*

**Dec. 17th- CR Prairie Hammerin' Hawks**

*CR Prairie HS, Cedar Rapids*

**Jan. 7th- Linn-Mar**

*Linn-Mar HS, Marion*

**Jan. 14th- Solon**

*Solon HS, Solon*

**Jan. 28th- Dyersville-Beckman**

*Beckman Catholic HS, Dyersville*

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**Feb. 4th- Iowa AAU Districts (3rd-8th)**

*CR Prairie HS, Cedar Rapids*

**Feb. 24th/25th- Iowa AAU State**

*Wells Fargo Arena, Des Moines*

**Mar. 2nd/3rd- Iowa AAU SuperPeeWee State (K-2nd)**

*Young Arena, Waterloo*



**DAN GOTTO**

**LITTLE BOBCAT**

## **Wrestling Tournament**

(In 2022 we had 320 wrestlers done wrestling in under 3.5 hours)

**DATE:** Sunday, December 10<sup>th</sup>, 2023  
**LOCATION:** Western Dubuque High School - 302 5<sup>th</sup> Ave. SW, Epworth, IA 52045  
**WEIGH-IN:** 8:00am – 9:00 am (Wrestling starts at 10:00 am or when brackets are complete)  
**CLINIC:** 9:00am – 9:45am (Advanced and Fundamental Technique clinic performed by an NCAA All-American & former college wrestlers 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 – 6<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 Aaron Burds at [aaronburds@gmail.com](mailto:aaronburds@gmail.com)

**PRE-REGISTRATION:** \$20 pre-registration must be done online at [trackwrestling.com](http://trackwrestling.com) by December 9<sup>th</sup> at 10 pm or \$25 at the door for walk-ins. No phone or email entries. 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 separation criteria in your bracket. Contact: For Tournament Questions

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

Aaron Burds  
(563) 543 2500  
[aaronburds@gmail.com](mailto:aaronburds@gmail.com)

Updates: For tournament updates and weather delays, visit:

Facebook: Western Dubuque Wrestling  
Twitter: @WD\_Wrestling

# 2023 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 17, 2023

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



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

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

**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 and Santa Hat 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 16, 2023 at 8:00pm.  
No additional registrations will be accepted after this time.

**Admission:** Cash Only - \$5 Per Person

**Coaching Wristband:** Cash Only - \$10 Per Person (Includes Admission)

**Concessions:** Available all day - No outside coolers allowed

**Contact information:** [hammerinhawkswrestlingclub@gmail.com](mailto:hammerinhawkswrestlingclub@gmail.com)

Teresa Kness 319-651-3694

# LMWC WRESTLING TOURNAMENT

## Sunday - January 7<sup>th</sup>, 2024



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: \$25.00      Registration will be on TrackWrestling ONLY!

\* Track Wrestling entries MUST be SUBMITTED by Saturday– January 6<sup>th</sup>, 2024 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, January 14th, 2024**

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

**\*\*Will post updated flyer at later date\*\***



# LITTLE BLAZER WRESTLING

## BATTLE FOR THE BLADES



**WHERE:** Beckman High School, 1325 9<sup>th</sup> St. SE, Dyersville, IA  
**WHEN:** Sunday January 28, 2024  
**TIME:** **WEIGH IN** → 8:30AM-9:00AM      **WRESTLING START TIME** → 10:00AM  
**WHO:** Boys & Girls Grades **PreK - 8<sup>th</sup> grade**

DIVISIONS	PERIOD LENGTHS
PreK & K	1 – 1 – 1
1 <sup>st</sup> – 2 <sup>nd</sup>	1 – 1 – 1
3 <sup>rd</sup> & 4 <sup>th</sup>	1 – 1 – 1
5 <sup>th</sup> & 6 <sup>th</sup>	1 – 1 – 1
7 <sup>th</sup> & 8 <sup>th</sup>	2 – 1 – 1

**IMPORTANT INFO:** Separate boy’s and girl’s classes for each division  
 Girls can wrestle in boy’s division, but **CANNOT** wrestle in both!  
**Tournament will be capped at 450 wrestlers. NO EXCEPTIONS**  
**PRE-REGISTRATION ONLY! NO WALK-INS!**

**AWARDS:**                    **ALL** champions will receive a custom SAW BLADE and printed 11x17 wall chart  
 PreK-6<sup>th</sup> grade **ONLY** will receive medals for 2<sup>nd</sup>-4<sup>th</sup> place.  
**7<sup>th</sup>- 8<sup>th</sup> grade will receive 1<sup>st</sup> place Saw Blade \*\*NO OTHER MEDALS WILL BE GIVEN\*\***

**REGISTRATION:**        \$25 Entry Fee  
 Track Wrestling Registration: [REGISTRATION LINK](#)  
**Registration deadline is Friday, January 26<sup>th</sup> @ 6:00 pm**

**General Info:**            Separation Criteria is based on Team name, then by skill – Please verify team name during registration  
 Wrestlers exceeding their weight by 3 lbs. or more risk disqualification with no refund  
 Tournament Cancellation/Refund policy is outlined on TrackWrestling Lunch on Grounds, No Carry-Ins  
 \$5 admission, Kids 10 and under are free

***Any tournament updates will be posted on Facebook “Beckman Little Blazers”***  
 Any questions contact: [Littleblazerswrestling@gmail.com](mailto:Littleblazerswrestling@gmail.com) (319-251-3403)



# Iowa AAU Kids State Tournament

Feb. 24<sup>th</sup> & 25<sup>th</sup>, 2024

Wells Fargo Arena, Des Moines

## State Qualifying District Tournaments

February 4<sup>th</sup>, 2024

### 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 2024 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 2024 you must move up a division. **You can only wrestle in this division for 2 total years.**

**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 2024 you are ineligible. **No 9<sup>th</sup> Graders.** **You can only wrestle in this division for 2 total years.**

### 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 Singlet**

### Entry Information

- Must **bring 2024 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: \$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. .

### 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 and will be available online at [www.iowaauwrestling.com](http://www.iowaauwrestling.com)
- **Saturday Feb. 24th:** A & B Divisions start at 8 AM C Division starts at approximately 3 PM (Doors open 7AM)
- **Sunday Feb. 25th:** 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.**
- No Wrestlers below 2<sup>nd</sup> grade at Districts. **You can wrestle 3 years in the grades 3-4 division if you wrestle as a 2nd grader. An athlete can only wrestle 2 years in the Grades 5-6 division and only 2 years in the Grades 7-8 division.**
- 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](http://www.trackwrestling.com)
- **Deadline to Register on Trackwrestling:** Saturday, February 3rd 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>  <b>Long Lines Rec Center</b>  <b>Weight in time:</b> All Grades from 8:30-9:30 AM            401 Gordon Dr.            Sioux City, IA 51102</p> <p><b>Contact:</b> Clint Koedam            Phone: 712-870-3099  <a href="mailto:koedacli@sbschools.com">koedacli@sbschools.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>  <b>Bettendorf HS</b>  <b>Weight in time:</b> Grades 3-6 from 7-8 AM            3333 18th St            Grades 7-8 from 1:00 - 2:00 PM            Bettendorf, IA 52722</p> <p><b>Contact:</b> Mark or Kathy Trizzino            Phone: 563-349-4245  <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>  <b>Humboldt High School</b>  <b>Weight in time:</b> All Grades from 7-8 AM            1500 Wildcat Rd            Humboldt, IA 50548</p> <p><b>Contact:</b> Chad Beaman            Phone: 515-368-3511  <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>  <b>Washington High School</b>  <b>Weight in time:</b> Grades 3-6 from 7-8 AM            1111 South B Ave.            Grades 7-8 from 1:00-1:30 PM            Washington, IA 52353</p> <p><b>Contact:</b> Mike Bowlin            Cell#: 319-471-2832  <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>  <b>Waverly-Shell Rock HS</b>  <b>Weight in time:</b> All Grades from 7-8 AM            1405 4th Ave SW            Waverly, IA 50677</p> <p><b>Contact:</b> Jordan Alborn            Phone: 319-230-7154  <a href="mailto:jordan.alborn@gmail.com">jordan.alborn@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>  <b>Indianola Middle School</b>  <b>Weight in time:</b> All Grades 7-8 AM            Blake Fieldhouse            403 South 15th St</p> <p><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></p> <p>Includes these counties: Clarke, Dallas, Decatur, Lucas, Madison, Polk, Warren, and Wayne</p>
<p><b>District 4 – Mid East</b>  <b>Cedar Rapids Prairie High School</b>  <b>Weight in time:</b> All Grades from 7-8 AM            401 76th Ave SW            Cedar Rapids, IA 52404</p> <p><b>Contact:</b> Derrick Ball            Phone: 563-299-3933  <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>  <b>Glenwood High School</b>  <b>Weight in time:</b> Grades 3-6 from 7-8 AM            504 E Sharp St.            Grades 7-8 from 11 AM - 12 PM            Glenwood, IA 51534</p> <p><b>Contact:</b> Matt Fletcher            Phone: 402-960-6840  <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>



**2024 IOWA AAU STATE CHAMPIONSHIP**  
**Feb. 24<sup>th</sup> & Feb. 25<sup>th</sup> , 2024**  
**Wells Fargo Arena, Des Moines**

**Qualifying**

**You must place in the top 4 at your district on Feb. 4th to qualify for the State Tournament.** Entry fee is \$35.00. Information for registering for state will be given at districts to state qualifiers.

**State Weigh-ins**

**Location:** HyVee Hall at Iowa Events Center on Level one: 730 3<sup>rd</sup> St. Des Moines, IA 50309

**Date: Friday Feb. 23<sup>rd</sup> between 5 PM and 7:30 PM.** You must make the same weight class in which you qualified. You are required to weigh in with your singlet on.

**Schedule**

**Saturday, February 24<sup>th</sup>**

Grades 3-6: Doors open at 7:00 AM & Wrestling begins at 8AM on 15 mats

Grades 7-8: Wrestling begins at conclusion of Grades 3-6: Approximately 3:00 PM on 15 Mats

**Sunday, February 25<sup>th</sup>:** Doors open at 7:30 AM. Grand March at 8:30 AM  
Wrestling will begin at 9 AM on 10 Mats

**Brackets**

Brackets will be released on TrackWrestling by Monday, Feb 19th at 7:00pm. Wrestlers are NOT allowed to change school/club between districts and state. Brackets with 8 wrestlers or less will wrestle to completion on Saturday in all divisions. Any brackets larger than 8 wrestlers will wrestle until 8 wrestlers remain on Saturday and will be completed on Sunday.

**Admission**

**Adult 1 Day Admission: \$18**

Sold at Arena: No re-entry

**Adult 2 Day Admission: \$30**

Sold at Weigh Ins & Arena: Allows re-entry

**Youth 1 Day Admission: \$12**

Sold at Arena: No re-entry

**Youth 2 Day Admission: \$20**

Sold at Weigh Ins & Arena: Allows re-entry

**Floor Access & 2 Day Admission: \$55** Gets you on the floor but not on the mat to coach.

**Coach's Band: \$45** Includes admission both days. **Must purchase AAU Card prior to event.**

**Trainers**

Certified trainers will be available. Make sure any skin conditions are controlled and covered by a doctor's note.

**Questions**

Information will be posted at: [www.iowaaauwrestling.com](http://www.iowaaauwrestling.com) . For other questions and **press passes** please email Wes Creason, head of Iowa AAU Wrestling at: [aauwrestlingiowa@gmail.com](mailto:aauwrestlingiowa@gmail.com)