

# LEWIE MASSEY MEMORIAL FREESTYLE/GRECO TOURNAMENT



APRIL 29TH, 2023

LEWIS CENTRAL HIGH SCHOOL  
3504 HARRY LANGDON BLVD COUNCIL BLUFFS

**REGISTRATION:** Pre-Register by Friday, April 28th at 10:00PM at [www.trackwrestling.com](http://www.trackwrestling.com).  
\$20.00 for one style, \$30.00 to wrestle in both if pre-registered or register at the door, \$30.00 per style or \$40.00 for both. Admission is \$5.00 for spectators.

**WEIGH-INS:** 8-8:30 for Greco and 10-10:30AM for Freestyle (Greco weigh-in counts for Freestyle). You must weigh in with a singlet and must bring your USA card with you.

**AWARDS:** Lewie Massey Memorial Freestyle/Greco champion t-shirt awarded to the winner of each bracket. One t-shirt per participant. Medals for top three in each bracket.

**MEMBERSHIP:** Must have a USA Wrestling Card. [www.usawmembership.com](http://www.usawmembership.com) Limited Folkstyle membership not valid. Coaches with USA membership will be admitted free.

**FORMAT:** Four to six man round robin

**COMPETITION:** Greco starts when bracketing is completed between 9:30am and 10am. Freestyle for men & women will follow the conclusion of Greco. UWW Rules with USA modifications and age groups will be used. 8U, 10U, 12U, 14U, 16U, Junior. No 8th graders in the Junior Division. There will be a women's division.

**FOR CLUB SATELLITE WEIGH INS, CONTACT ASHLEY LUNDVALL 402-290-9866**

**CLICK HERE TO REGISTER ONLINE**

QUESTIONS:

Ashley Lundvall 402-290-9866 [ashley@powerhousewrestlingclub.com](mailto:ashley@powerhousewrestlingclub.com)

Keith Massey 402-203-1610 [keith@powerhousewrestlingclub.com](mailto:keith@powerhousewrestlingclub.com)