



Bill Smith Wrestling Tournament

Hosted by Abraham Lincoln Wrestling/COBRA



Abraham Lincoln High School
1205 Bonham Street
Council Bluffs, IA 51503
April 11, 2026

Registration:

Pre-Registration by Friday, April 10th by 11:59pm at www.trackwrestling.com. \$20 for **Greco** and \$20 for **Freestyle**. Admission \$5 for spectators. Coaches free with USA Wrestling Coaches Card.

Weigh-Ins:

8:00-8:30am for Greco- All Divisions (weigh-ins apply to Freestyle).
10:00am-10:30am for Freestyle only- All Divisions.

You must weigh in with a singlet and have a current USA Card.

Awards:

No Awards. Just experience and competition.



Concessions: Will be available

Membership:

Must have a valid USA Wrestling Membership card (<https://www.usawmembership.com/login>). Limited folkstyle USA membership will not be accepted.

Format:

Age Divisions: Boys/Girls 8U, 10U, 12U, 14U, 16U, and Junior (USA). Wrestlers may be asked to move up/down a weight and/or division but will not mix genders unless it's greco. A short rules clinic for athletes and coaches will be held prior to each styles tournament.

Competition:

Greco will start as soon as brackets are made (approximately 9:00-9:15am). **Freestyle** will begin after the conclusion of Greco. USA Wrestling Rules/Modifications will be utilized. We will need area coaches to help work the tournament for three man mechanics and points will be reported to Iowa USA Wrestling Directors. **4 competition mats** will be utilized based on participation numbers. **Results will be submitted to US Bracketing for PIN Ratings.**

Questions:

Adam Manz 712-310-9950, amanz2@cbcsd.org
Trackwrestling questions #####

