



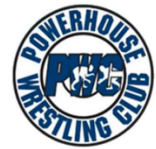
# Glenwood Freestyle/Greco Tournament

Kids, 16U, & Junior Divisions Boys and Girls

Saturday, April 25th, 2026

Glenwood High School

504 E Sharp St, Glenwood, IA 51534



## Registration

- Pre-Registration by Friday, April 24th at 10:00 P.M at [USA Bracketing](#)
- \$20 for one style, \$30.00 to wrestle in both if pre-registered
- Register at the door April 25th, for \$30 for one style / \$40.00 for both.
- Admission is \$5.00 for spectators – Cash Only.
  - USA Coaches Card enters free.
- NO CONCESSIONS – COOLERS ALLOWED

## Format

Freestyle will begin at the conclusion of Greco matches.

Four to Six Man Round Robin

## Weigh-Ins

8:00A.M.- 8:30A.M. for Greco and 9:00 A.M. - 9:30 A.M. for Freestyle (Greco weigh-in counts for Freestyle).

- You must weigh in with a Singlet.
- You must have a valid “Full Athlete” USA Wrestling Card – ‘Limited Folkstyle’ is not valid.

## Awards

Medals to the top 3 place winners in each bracket

AGE DIVISIONS	BIRTH DATES	PERIODS & TIME	MENS WEIGHT CLASSES (lbs)	WOMENS WEIGHT CLASSES (lbs)
8U	2017-2018	Two 2:00 periods, 30 sec rest between	40,43,45,49,53,56,62,70,85,85+	40, 43, 46, 50, 55, 62, 68, 74, 85, 85+
10U	2015-2016		49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120, 120+	45, 49, 53, 57, 62, 67, 73, 80, 90,100,113, 113+
12U	2013-2014		58, 63, 67, 70, 74, 78, 82, 86, 92, 98,108, 117, 135, 160, 160+	55, 59, 64, 69, 75, 81, 87, 94, 102, 112,126, 140, 140+
14U	2011-2012		75, 80, 84, 88, 92, 96, 100, 105, 110, 115, 120, 126, 132, 140, 155, 175, 225, 225+	75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 150, 165, 180, 180+
16U	2009-2010		88, 94, 100, 106, 113, 120, 126, 132,138, 144, 150, 157, 165, 175, 190, 215,285	95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 207, 235
JUNIOR (18U)	Born 9/1/2005 & After + Enrolled in Grades 9-11		Two 3:00 periods w/ 30 sec rest	100, 106, 113, 120, 126, 132, 138, 144,150, 157, 165, 175, 190, 215, 285

Questions – [matt@powerhousewrestlingclub.com](mailto:matt@powerhousewrestlingclub.com)