



## ANCHORAGE FREESTYLE WRESTLING CLUB

“BUILDING CHAMPIONS FOR LIFE”

Folkstyle Wrestling – February 21, 2020

Freestyle Wrestling – February 22, 2020

### Location

Goldenview Middle School, 15800 Golden View Drive, Anchorage, Alaska 99516

### Friday, February 21, 2020 - Folkstyle Wrestling (Middle School Only)

3:00 - 3:30PM	Weigh-ins for wrestlers that did not do satellite weigh-in must wear singlet. Folkstyle weights will be valid for Freestyle & Women's. No folkstyle weigh-ins will be taken after 3:30PM.
3:30 - 4:00PM	Weigh-ins for Freestyle & Women's wrestlers that did not do satellite weigh-in must wear singlet.
4:00 - 4:30PM	Coaches & Officials Meeting
5:00PM	Wrestling begins

### Saturday, February 22, 2020 - Freestyle & Women's Wrestling

7:00 - 8:00AM	Weigh-ins for Freestyle & Women's wrestlers that did not do satellite weigh-in must wear singlet.
9:00AM	Coaches & Officials Meeting
10:00AM	Wrestling begins for Pre-Bantam (6U), Bantam (8U), and Intermediate (10U)
1:00PM	Wrestling begins for Novice (12U), Schoolboy/girl (14U), Cadet (16U), USA Junior, and Open

**\*Headgear required for Schoolboy/girl (14U) and younger. Mouth guards are required for wrestlers with braces\***

**\*All wrestlers should arrive at least one (1) hour prior to start time to check brackets\***

**\*No changes will be made to the brackets after 9:40AM for morning wrestling and 12:40PM for afternoon wrestling\***

### Registration

Pre-registration must be completed by midnight on Wednesday, February 19, 2020 via [www.trackwrestling.com](http://www.trackwrestling.com). Weights must be entered by midnight on Thursday, February 20, 2020. Email team weigh-in sheet to [ausawpairings@gmail.com](mailto:ausawpairings@gmail.com) by 12:00PM on Friday, February 21, 2020. Wrestler must have a valid USAW membership card.

### Entry Fee

\$20 per wrestler per entry. Please make each team check payable to Anchorage Freestyle Wrestling Club or AFWC. Independent wrestlers are welcome and can pay individually. All wrestlers must have a valid USAW membership card. Cards will not be available for purchase at the tournament. **Women's**: brackets will run simultaneously throughout the day. It is your responsibility to monitor each bracket if you elect to enter multiple tournaments.

### Coaches/Officials

Wristbands will be issued to coaches with a USAW Wrestling Leader Card, Copper/Bronze Certification, Concussion Certification, and SafeSport Trained Certificate. Officials must have a USAW Wrestling Leader Card.

### Spectators

The Mat Area is for wrestling only. One (1) parent for Pre-Bantams and Bantams will be allowed to accompany a wrestler to the Mat Area. Videographer bands will be available for purchase at the Concession Area for \$10. One (1) videographer per wrestler will be allowed in the Mat Area. Wrestler, Parent, and Videographer must leave the Mat Area once the match is finished. Security will be strictly enforced.

### Concessions

Concessions will be available Friday and Saturday in the Commons Area.

### Hospitality

The Hospitality Room will be available for Coaches with wristbands and Tournament Officials on duty. Additional guests will not be admitted. Please be courteous and cordial.

### Awards

Medals will be given to the top three wrestlers in each bracket. See the Awards Table in the Commons Area after the bracket closes to obtain the medal. Unclaimed medals will be provided to each club at the next tournament.

### Questions

Contact Rod Rodriguez, AFWC President at [afwcpresident@hotmail.com](mailto:afwcpresident@hotmail.com).