The AAU Wrestling program offers opportunities for athletes of all ages, in all skill levels to compete in Folkstyle, Freestyle, and Greco Roman. Events are held throughout the country, including District Championships, Regional Events, and National Championships.

**BENEFITS OF COMPETING IN AAU EVENTS**

1. **Insurance.** AAU members receive coverage from a multi-million dollar insurance program.
2. **National Championships.** AAU members have an opportunity to compete in national championship events at world-class facilities across the country.
3. **Safety.** All non-athletes (coaches) must pass a background screening before competing in AAU events.
4. **Freedom.** Freedom and flexibility in conducting programs and hosting events.

**AGE DIVISIONS**

- Tot: 6-Under
- Bantam: 7-8
- Midget: 9-10
- Novice: 11-12
- Schoolboy: 13-14
- Cadet: 15-16
- Elite: 17-19 Still in High School/must provide proof

**2018-2019 EVENTS**

- **Winter Youth Nationals**
  January 5th-6th, 2019 | Ralston, NE
- **Spring Youth Nationals**
  March 22nd-23rd, 2019 | Kingsport, TN
- **Black Hills Folkstyle World Championship**
  March 29th-30th, 2019 | Spearfish, SD
- **Middle School Duals**
  March 29th-30th, 2019 | Des Moines, IA
- **Frosh/Soph National Duals**
  March 29th-30th, 2019 | Des Moines, IA
- **Elementary School Duals**
  April 12th-14th, 2019 | Kingsport, TN
- **Western Grand Nationals**
  TBD 2019 | Pocatello, ID
- **Scholastic Duals**
  June 16th-24th, 2019 | Orlando, FL
- **Eastern Grand Nationals**
  TBD 2019 | Fraser, MI
- **AAU Junior Olympic Games**
  July 24th-August 3rd, 2018 | Des Moines, IA

**SPORT CONTACTS**

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