



**Blake Field House
Indianola, Iowa
MARCH 12, 2016**

...where the path begins
**FOURTH ANNUAL IOWA AAU
FOLKSTYLE STATE DUALS**

WHO WILL BE THE 2016 #1 DISTRICT DUAL TEAM IN THE STATE?

DUALS TEAMS WILL BE SELECTED FROM EACH DISTRICT TO REPRESENT THAT DISTRICT AT THE STATE TOURNAMENT. WRESTLERS SELECTED FOR THESE TEAMS HAVE TO HAVE WRESTLED IN THE DISTRICT AAU TOURNAMENT. THREE DIVISIONS – A DIVISION, B DIVISION, C DIVISION

TIME: Doors open at 9:00 am. Wrestling begins at 10:30 am.

WHO: Members of Iowa AAU Wrestling who have competed at the district level for their respective districts. Wrestlers who did not compete at the district meet, can apply for a hardship waiver, to allow them to be on the team.

FORMAT: 4 - Duals guaranteed for all teams. Periods will be the same as the time used for the State Series. 12 Mats Provided. Eight Team Championship Brackets will be used. Seeding based on 2015 Dual Finish.

AWARDS: AAU Championship Medals for teams and individuals. Team Awards for 1st and 2nd place.

TEAMS: Weights Classes -- Weight classes are set by the state wrestling committee, and are consistent with the State Wrestling Series. Each Team allowed 3 Alternates, 3 Coaches, and 2 table Workers.

THERE IS A TWO POUND ALLOWANCE FOR THE DUALS!!!!

WRESTLERS CAN MOVE UP BUT NOT DOWN A WEIGHT FROM DISTRICT WEIGH IN WEIGHT.

WEIGH INS WILL COUNT FOR THE CORN COB NATIONALS. {Must make scratch weight for that tournament.}

WEIGHINS: Weigh-ins will be on Saturday March 12, 2016 at 9:00 a.m. – 10:00 a.m. Indianola Middle School.

A Division: 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 108, 118, 128, 140, 155, 175 (MAX)

B Division: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 130, 140, 150, 165, 185, 205 (MAX)

C Division: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 260 (Max)

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

COST: \$10 Per Wrestler entered in the tournament

OFFICIALS: HS Certified Officials Only

ADMISSION \$10.00 ADULTS/ \$5.00 KIDS (Age 5-16) / Under 5 Free

District Reps Are:

Spencer District 1- Joni Cody

Webster City District 2 – Marcus Bruns

Waverly District 3 – Roger Riggins

C.R. Prairie District 4 – Dustin Coufal

Bettendorf District 5 – Josh Liddle

Washington District 6 – Dan Roland

Indianola District 7 – Matt Young

Council Bluffs District 8 – Scott Porter

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THIS TOURNAMENT IS BEING USED AS A FUND RAISER FOR THE AAU ELEMENTARY TRAVELING TEAMS TO KINGSFORT, TENNESEE, AND FOR THE MIDDLE SCHOOL TEAMS THAT COMPETE IN THE NATIONAL DUAL TOURNAMENT.