



Greenwood Family YMCA

April 26-27, 2008

PALMETTO IRON-MAN IV



4th Annual Greco-Roman, Freestyle, & Folkstyle Wrestling Tournament

TOURNAMENT DIRECTOR Coach Shane Pirkle Cell: (864) 980-5507
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Greenwood Family YMCA
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DATES & TIMES:

Fri, April 25th Weigh-Ins: 6-9 PM

Sat, April 26th **Greco Roman and Freestyle Wrestling**
Weigh-Ins: 7-9 AM Matches Start: 10 AM

Sun, April 27th **Folkstyle Wrestling**
Weigh-Ins: 7-8 AM Matches Start: 9 AM

REGISTRATION: (Pre-Registration and Pre-Payment only)

Register at www.carolinawrestling.com Registration opens April 1.
Registrations and pre-payment must be received by midnight April 24.
Changes in weight and/or division may be made up until the registration deadline. **Limited to 500 wrestlers. \$10 per style wrestled.**

**All competitors/coaches must have a current AAU Wrestling Card, which may be purchased online at www.aausports.org
NO AAU CARDS WILL BE SOLD onsite.*

Spectators: \$3 per person or \$6 per Family (up to 6) at the door.

- 6-8 mats in 2 Adjoining Gyms based on total number of registrations received.
- Limited Bleacher Seating Available.
- Blankets & Lawn Chairs are highly recommended.
- Concessions will be available.

TEAM COMPETITION:

Team may submit list of 10 Wrestlers with 2 alternates.



Points based on placement:
3 pts Gold 2 pts Silver 1 pt Bronze

One additional point will be given for each Iron-Man Award the listed wrestlers earn, for a total possible score of 100 points.

Team with highest point total will win an Iron-Man Team trophy and 12 Semi-Custom sublimated singlets provided by Knockout Sportswear.

INDIVIDUAL AWARDS:

Top 3 Finishers in each weight class of each age division will be awarded a medal with spinning insert.



IRON-MAN AWARDS:

Wrestlers placing 1st in all 3 styles will be awarded with an Iron-Man Medal, Trophy, and T-shirt.



Winning team may select from the selection of pre-existing KO designs and apply their color scheme and team logo.

For More information on Knockout Sportswear, please visit their website at: www.knockoutsportswear.com

Team List must be submitted to Coach Pirkle by no later than midnight on April 24.

\$75 Team Fee paid at the door April 26.

FORMAT:

Round Robin, and 4/8/16-man brackets will be used. Weight Classes will be split into pools in the event that there are more than 16 wrestlers in any one weight class and wrestlers winning each pool will compete for a true winner.

If there are 3 or fewer wrestlers in a weight class, brackets may be combined with the next higher weight class.

AGES AND WEIGHT DIVISIONS

Tot (2002 and after)	35, 40, 45, 50, 55, HWT
Bantam (2000/2001)	40, 45, 50, 55, 60, 65, 70, 80, 90, HWT
Midget (1998/99)	50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 120, 130, HWT
Novice (1996/97)	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, HWT
Middle School (6 th -8 th)	70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 140, 150, 160, 180, HWT
High School (9 th -12 th)	103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, HWT
OPEN Division	125, 133, 141, 149, 157, 165, 174, 185, 197, 215, HWT



For additional rules and terms, please visit the Greenwood YMCA Wrestling website or contact Coach Pirkle.
www.greenwoodymca.org/wrestling