



AAU WRESTLING

PROGRAM OVERVIEW

www.aauwrestling.net



#WeAreAAU

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

Senior: 19-29
 Master: 30 & up

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 18th-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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