



AAU WRESTLING 2022-2023

NATIONAL EVENTS

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

2022 - 2023 EVENTS



Winter Youth Nationals

January 7th-8th, 2023 | Ralston, NE



Music City Brawl

January 7th, 2023 | Franklin, TN



Spring Youth Nationals

March 17th-18th, 2023 | Kingsport, TN



Black Hills Folkstyle World Championship

March 17th-18th, 2023 | Spearfish, SD



Middle School Duals

April 1st-2nd, 2023 | Des Moines, IA



Frosh/Soph National Duals

April 1st-2nd, 2023 | Des Moines, IA



Elementary School Duals

March 31st- April 2nd, 2023 | Kingsport, TN



Scholastic Duals

June 20th-25th, 2023 | Orlando, FL



AAU Junior Olympic Games

July 28th-30th, 2023 | Des Moines, IA

SPORT CONTACTS

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