



Bill Smith Wrestling Tournament

Hosted by SWIFT/Abraham Lincoln Wrestling/COBRA

Abraham Lincoln High School
1205 Bonham Street
Council Bluffs, IA 51503
April 5, 2025



Registration:

Pre-Registration by Friday, April 4th by 11:59pm at www.trackwrestling.com. \$20 freestyle only or \$30 for **both styles** if pre-registered. Walk-in registration fee of \$40 for both styles. Admission \$5 for spectators. **Concession stands will be available.** Coaches free with USA Wrestling Coaches Card.

Weigh-Ins:

7:30-8:30 for Greco- All Divisions (weigh-ins apply to Freestyle).
10:00am-10:30am for Freestyle only- All Divisions.

You must weigh in with a singlet and have a current USA Card.

Awards:

TBD



Membership:

Must have a valid USA Wrestling Membership card (<https://www.usawmembership.com/login>). Limited folkstyle USA membership will not be accepted.

Format:

Age Divisions: Boys/Girls 8U, 10U, 12U, 14U, 16U, and Junior (USA). Wrestlers may be asked to move up/down a division but will not mix genders unless it's greco. Brackets will be lined bracketing. A short rules clinic for athletes and coaches will be held prior to each styles tournament.

Competition:

Greco will start as soon as brackets are made (approximately 9:30am). **Freestyle** will begin after the conclusion of Greco. USA Wrestling Rules/Modifications will be utilized. Three man mechanics will be utilized and points will be reported to Iowa USA Wrestling Directors.

4-6 competition mats will be utilized based on participation numbers.

Questions:

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