



Indianola Middle School
403 South 15th St. Indianola, IA
MARCH 6, 2021

...where the path begins
NINTH ANNUAL IOWA AAU
FOLKSTYLE STATE DUALS

WHO WILL BE THE 2021 #1 DISTRICT DUAL TEAM IN THE STATE?

Duals teams will be selected from each district to represent that district at the state dual tournament. Wrestlers selected for these teams must have wrestled in their district AAU tournament.

- TIME:** Doors open at 7:30 AM. Wrestling begins at 9:30 AM. in the Indianola Middle School Blake Fieldhouse.
- WHO:** Members of Iowa AAU Wrestling who have competed at the district level for their respective district.
- FORMAT:** 4 duals guaranteed for all teams. Periods will be 1-1-1 minute in length.
4 Mats provided. Eight team championship brackets will be used. Seeding criteria set by AAU committee.
- AWARDS:** AAU Championship Medals for teams and individuals.
Team Awards for 1st and 2nd place.

Team Members and Weights Classes --50, 54, 58, 62, 66, 70, 74, 78, 82, 86, 90, 96, 102, 108, 114, 120, 130, 140, 150, 160, 171, 189, 215, 260 and 5 alternates, 3 Coaches, and 2 Workers

- WEIGHINS:** There will be a 2-lb scale allowance. Wrestlers can weigh-in Friday OR Saturday.
Friday March 5th From 7:00 PM to 8:00 PM at the Indianola Middle School.
Saturday March 6th from 8:00 to 8:30 AM at the Indianola Middle School.

***Your roster can consist of any mix of divisions, HOWEVER, you may only wrestle a maximum of 10 wrestlers from the C division in each dual. * All bouts will be 1-1-1 minutes in length. * Certified Officials will be used for all matches * A coin flip before each dual will determine who sends out their wrestler first * All duals will start at the 50-pound division and continue in weight class order. *There will be an extra mat available for exhibition matches throughout the day.**

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.

OFFICIALS: HS Certified Officials Only

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

District Reps Are:

Northwest District 1- Scott Wirtz

North Central District 2 – Chad Beaman

Northeast District 3 – Zach Zimmerman

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zimmerz@gmail.com

For More Information Contact Wes Creason:

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This tournament is being used as a fundraiser for the AAU elementary traveling teams to Kingsport, Tennessee and for the middle school teams that compete in the national dual tournament.