

CEDAR VALLEY **WRESTLING**

NATIONALS **TOURNAMENT**

WHEN: SUNDAY, MARCH 23, 2025

WHERE: FIT COURTS, 924 VIKING RD, CEDAR FALLS, IA 50613

WRESTLING BEGINS AT 9 A.M.

ENTRY FEES

Online entry: \$40 plus processing fees

Online entry ends March 22nd at 4pm No Refunds! Register online only at:
www.trackwrestling.com and search: "Cedar Valley Nationals 2025"

Your registration is not complete until payment is received.

ADMISSION: \$10 cash only

(3 years old or younger FREE) No Refunds!

COACHES PASS: \$20 cash only. No Refunds!

- **No wrestling card needed for this tournament!**
- **We will have a Concession and Apparel Stand Open! No Refunds!**
- **You can bring a small cooler! No big coolers!**
- **Fit Courts has small 3 row bleachers against the walls that cannot be moved.**
- **You can bring folding chairs with rubber legs or rubber covers!**
- **No metal legged chairs on the gym court!**

AWARDS

- Custom Medals 1st-6th Place. Individual Champs will receive a **Custom Belt Buckle!**
 - Top 3 teams will receive a banner for the overall Boys & Girls Teams!
- Most valuable wrestlers for the Boys and Girls Divisions will receive a plaque!

WEIGH-IN SCHEDULE - No scale allowance!

Optional Saturday, March 22 (\$10 per person) weigh-in: 5:30-7:00 p.m.

Sunday, March 23 Free Weigh-in 7:00-8:00am For for All Divisions (doors open at 7 a.m.)

All wrestlers must wear singlets or 2-piece at weigh-ins!

INFORMATION CONTACT:

Question: Email farrellpromotions@gmail.com

Join Group for updates: Cedar Valley Wrestling Tournaments on Facebook

Concession Stand and Apparel Sales all day!

No Card Needed for this tournament! Not responsible for lost items or liable for accidents/ injuries. For each wrestler only 2 coaches are in the corner for matches!

- This is a GRADE tournament. You must register your wrestler for the grade they are in during the 2024-25 school year.

We reserve the right to combine weight classes!

We will have Certified Wrestling Officials. We will follow the New N.F.H.S Rules for all Divisions with headgear optional. For all divisions first overtime will be 1 min. neutral position and second overtime will be :30 second ultimate tiebreaker. No reviews! Decisions of the referee will be final. Good sportsmanship is a must for spectators, coaches and wrestlers! Weigh-ins will be held at the tournament site. We will have skin/nail checks! If you have a skin condition, bring a note from the doctor that it is not contagious or you will be scratched!



NATIONALS TOURNAMENT

SUNDAY, MARCH 23, 2025

Girls & Boys Individual Divisions & Weight Classes below

Girls Grades (K-2nd grade- Folkstyle) Match Time will be 1-1-1

Wrestling start time: 9am / Weight Classes: 35,40,45,50,55,60,65,70,HWT

Girls Grades 3rd-5th – Match Times (1-1-1)

Wrestling start time: 9am / Weight Classes: 45,50,55,60,65,70,75,80,85,90,95,100,105,115,HWT

Girls Grades 6th-8th Match Times (2-1-1)

Wrestling start time: 9am / Weight Classes: 65,70,75,80,85,90,95,100,105,110,120,130,140,150,160,180,HWT

Girls High School (9-12) – Folkstyle) Match Times (1:30-1:30-1:30)

Wrestling start time: 9am / Weight Classes: 100,105,110,115,120,125,130,135,140,145,155,170,190,HWT

Women's Open 18+ – Folkstyle) Match Time will be (1-1-1)

Wrestling start time: 9am / Weight Classes: 101,109,116,123,130,136,143,155,170,191, HWT

*Mom's Division – Folkstyle) Match Time will be (1-1-1)

Wrestling start time: 9am / Weight Classes: 101,109,116,123,130,136,143,155,170,191, HWT

***Participants MUST be a biological female to compete in Girls/Women's Division**

Boys Grades (Prek-K - Folkstyle) Match Time will be (1-1-1)

Wrestling start time: 9am / Weight Classes: 35,40,45,50,55,60,70,HWT

Boys Open Grades 1st-2nd – Match Times (1-1-1)

Wrestling start time: 9am / Weight Classes: 40,45,50,55,60,65,70,75,80,HWT

Boys Open Grades 3rd-4th – Match Times (1-1-1)

Wrestling start time: 9am / Weight Classes: 50,55,60,65,70,75,80,85,90,95,100,HWT

Boys Open Grades 5th & 6th – Match Times (1-1-1)

Wrestling start time: 9am / Weight Classes: 60,65,70,75,80,85,90,95,100,105,110,120,HWT

Boys Open Grades 7th-8th Match Times (2-1-1)

Wrestling start time: 9am / Weight Classes: 70,75,80,85,90,95,100,105,110,120,130,140,150,160,180,HWT

Boys High School (9-12) – Folkstyle) Match Time will be (1:30-1:30-1:30)

Wrestling start time: 9am / Weight Classes: 106,113,120,126,132,138,144,150,157,165,175,190,215,HWT

Men's Open 18+ – Folkstyle) Match Time will be (1-1-1)

Wrestling start time: 9am / Weight Classes: 125,133,141,149,157,165,174,184,197,HWT

*Dad's Division – Folkstyle) Match Time will be (1-1-1)

Wrestling start time: 9am / Weight Classes: 125,133,141,149,157,165,174,184,197,HWT

***FOR DAD'S & MOM'S DIVISIONS *PARENTS MUST HAVE A SON OR DAUGHTER WRESTLING IN THE TOURNAMENT TO ENTER**