

DELAWARE USAW

Delaware USA Wrestling - State association for USA Wrestling

2023 DE USAW FS/GR Open

www.deusaw.org

Date: Saturday, April 29th, 2023
Location: Smyrna High School 500 Duck Creek Pkwy Smyrna, DE 19977 *Park & enter in the rear lot
All Questions: Jeff Stevenson, jeff.stevenson@deusaw.org 301-385-9055
Weigh-ins: Saturday, April 29th 7:00 am - 8:30am ~ Greco Roman Wrestling will begin promptly at 9:30 a.m, Freestyle will start at approximately 11 AM EST or 30 minutes after Greco Roman Competition
Entry Fee: Mail-in: \$25.00 One Style / \$35 Both Styles
Online: \$30.00 One Style / \$40 Both Styles – Registration Link:
https://www.usawmembership.com/usaw_events/2300210902?section=registration

Mail-in registrations must be received NO LATER than Wednesday, April 26th
Online Entries will be accepted until Friday April 28th at 7 PM EST

- Rules:**
1. Singlets or very tight-fitting t-shirts are required
 2. Wrestlers must weigh-in wearing singlets and/or t-shirts/shorts
 3. Madison System: Wrestlers will be grouped in 4-5 person brackets to wrestle in a round robin bracket.
 4. Wrestlers that are in the 8U, 10U, 12U, & 14U divisions are required to wear headgear.
 5. Tournaments are open to wrestlers of all ages provided they have the correct USAW Membership.

AGE DIVISIONS	BIRTH DATES	FREESTLE/GRECO MATCH TIME LIMITS	WEIGHT CLASSES (Pounds)
8U	Born 2015-2016	Two two-minute periods with 30 second rest between periods	Boys: 43, 45, 49, 53, 56, 62, 70, 85 Girls: 45, 50, 55, 60, 70, 85
10U	Born 2013-2014	Two two-minute periods with 30 second rest between periods	Boys: 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120 Girls: 50, 55, 60, 65, 70, 75, 80, 90, 100, 110
12U	Born 2011-2012	Two two-minute periods with 30 second rest between periods	Boys: 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160 Girls: 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 130, 145
14U	Born 2009-2010	Two two-minute periods with 30 second rest between periods	Boys: 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250 Girls: 72, 79, 85, 92, 97, 101, 105, 110, 119, 127, 136, 145, 185
16U	Born 2007-2008	Two two-minute periods with 30 second rest between periods	Boys: 88, 94, 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 Girls: 94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200
USA Junior	* Born 9/1/2003 & after, plus enrolled in grades 9-12	Two three-minute periods with 30 second rest between periods	Boys: 100, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 Girls: 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225

Awards: Awards to top 3 finishers in each weight class

Make checks payable: Team Smyrna Wrestling

Mail fee & registration to: Jody Wilson

396 N School Lane
Smyrna, DE 19977

Admission: \$5.00 – Per Spectator / Children 10 & Under are free

Visit our website: www.deusaw.org

Questions? jeff.stevenson@deusaw.org

DIVISION _____ **WEIGHT CLASS** _____

Name _____ Age _____ Birthdate _____ Grade _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Team _____ 2022-2023 Record -- W _____ L _____

Honors _____

In consideration of your acceptance of my entry, I hereby release DE USAW, Team Smyrna Wrestling Club, Smyrna High School, and all sponsoring bodies, their officers, and tournament officials from all liabilities, claims, or rights to damage for injuries suffered by my child directly or indirectly in training for, traveling to and from, and participating in the DE USAW FR / GR Open Tournament.

Parent Signature _____ Wrestler's Signature _____ Date _____