

USA WRESTLING NEW JERSEY

SPRING 2010 JUNIOR OLYMPIC
FREESTYLE & GRECO-ROMAN SCHEDULE
Schedule and Road Trip Summary

The wrestling season does not end with the scholastic states.

The Olympic styles of Freestyle and Greco-Roman wrestling come alive. The opportunities begin for learning and refining those styles, applying them in various situations: clinics; developmental and in-state tournaments; traveling on NJ teams; or competing at national competitions.

www.usawnj.org or the USA Wrestling national website: www.themat.com

Getting good training and competition is vital to one's development in Freestyle wrestling and Greco-Roman wrestling. Training and competing in State and National events will greatly enhance one's skills and knowledge of the sport.

See you at the TOP!!!

Coaches are needed. If you can provide assistance, contact William Terrell at (732) 826-0303 or Rich Santoli at (201) 921-3275.

Age & Weight Level; Developmental; Qualifiers; and Championships

ALL NJ TOURNAMENTS* will contain the following age divisions for both Freestyle and Greco Wrestling: Midget, Novice, Schoolboy, Cadet, Junior, and Senior. Female freestyle will be offered also. Some tournaments will host a special NJ Tournament for certain age divisions and/or styles in place of the normal developmental tournament for that division.

The following program announces Freestyle and Greco-Roman wrestling schedules for these age divisions:

- Seniors Born 1990 or before: 110, 121, 132, 145.5, 163, 185, 211.5, 264.5
JUNIORS Born after 9/1/90 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 275
JUNIORS & WOMEN Born after 9/1/90 95, 102, 109, 116, 124, 132, 139, 146, 153, 165, 190, 220

KIDS DIVISIONS

- CADETS Born 1994-1995 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285
SCHOOLBOY/GIRL Born 1996-1997 70,77,84,91,98,105,112,120,128,136,144,152,160,175,190,210,265
NOVICE Born 1998-1999 60-105 by 5=s, 112, 120, 130, 140, 140+ * 25 lbs. Max difference
INTERMEDIATE Born 2000-2001 50-80 by 5=s, 87, 95, 103, 112, 120, 120+ * 20 lbs. max difference
BANTAM Born 2002-2003 40-75 by 5's, 75+ *15 lbs. max difference

*Hwt classes in Kids Division will be split if there is too much weight difference between wrestlers

2010 USAW/NJ FREESTYLE and GRECO Schedule

*** All Registrations and Weigh-ins 8 am – 9 am**

<u>Date</u>	<u>Place</u>	<u>Event, Styles/ages/weights, Director, Phone</u>
		MUST WEIGH IN WITH COMPETITIVE SINGLET at all tournaments
April 4, 2010, Voorhees HS		<u>Freestyle / Greco Developmental Tournament</u>
	Glen Gardner, NJ 08826	All age Divisions Madison Weight Classes Director: Eric Hall 201-600-5011
		MUST WEIGH IN WITH COMPETITIVE SINGLET at all tournaments
April 11, 2010, South Plainfield PAL		<u>Freestyle / Greco Developmental Tournament</u>
	South Plainfield, NJ 07080	All age divisions Madison Weight Classes Director: Bill Ashnault 908-296-2293
		MUST WEIGH IN WITH COMPETITIVE SINGLET at all tournaments
April 18, 2010, Toms River South HS		<u>Ranking Tournament</u> Schoolboy, Cadet, JR
	Toms River, NJ 08753	Schoolboy, Cadet & Junior Freestyle only USA weight classes Director: John Corrigan 732-286-9846
		MUST WEIGH IN WITH COMPETITIVE SINGLET at all tournaments
May 16, 2010, Moorestown HS		<u>Junior / Girls Freestyle & Greco State Tournaments</u>
	Moorestown, NJ 08057	USA Weight Classes <u>Kids / Cadets & Seniors</u> Madison weight Classes Director Bob Deutsch 856-296-6680
		MUST WEIGH IN WITH COMPETITIVE SINGLET at all tournaments
May 23, 2010, Bergen Catholic HS		<u>Kids / Cadets Freestyle & Greco State Tournaments</u>
	Oradell, NJ 07649	USA Weight classes <u>Juniors & Seniors</u> Madison Weight Classes Director: Rich Santoli 201-921-3275

- **No Weight allowance for State Championships and Ranking Tournaments**
MUST WEIGH IN WITH COMPETITIVE SINGLET
- **All other tournaments will be Madison Weight Pairing**
MUST WEIGH IN WITH COMPETITIVE SINGLET

2010 Road Trip Summary

For USA-Regional and USA-National event details, go to: www.themat.com

<u>April 2-4 ,2010</u>	Cedar Falls, IA	<u>Folkstyle Nationals</u>
<u>April 24-25, 2010</u>	Cleveland, OH	<u>Fila Cadet & University Nationals</u>
<u>May 1-2, 2010</u>	Brockport, NY	<u>Junior NE Regionals</u>
<u>June 5-6, 2010</u>	TBD, NY	<u>NE Kids / Cadets Regional Championships</u>
<u>June 9-13, 2010</u>	Indianapolis, IN	<u>Schoolboy National Team Duals-Greco/Freestyle</u>
<u>June 15-20, 2010</u>	Rochester, MN	<u>Cadet National Team Duals-Greco/Freestyle</u>
<u>June 24-28, 2010</u>	Oklahoma City, OK	<u>Junior National Team Duals-Greco/Freestyle</u>
<u>June 28-30, 2010</u>	Salt Lake City, UT	<u>Midget, Novice, SB National Championships-Greco/Freestyle</u>
<u>July 17-24, 2010</u>	Fargo, ND	<u>Cadet, Junior National Championships-Greco/Freestyle</u>