



# MIDWEST MAT OF DREAMS

PRE-SEASON GIRLS YOUTH & HS DUALS  
WRESTLING TOURNAMENT 10.10.21

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Green State Family Fieldhouse  
Coralville, IA  
Weigh ins 7:00-7:30am  
Wrestling Starts 9:00am

Register & Pre-order shirts  
with athlete's names at  
[trackwrestling.com](http://trackwrestling.com)  
Find more details at  
[femaleelitewrestling.org](http://femaleelitewrestling.org)

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**Youth Weights** Born '06 or after No HS

46- 52- 58-65-73-82-91-100-110-120-135-146-155-170

**High School Weights**

100-106-112-118-124-130-136-142-148-155-170-190-235

**Registration**

USAW '21-'22 membership required

Team leaders receive an email link from trackwrestling for roster entry

**Weigh Ins**

Singlets required

No weight allowances

Conflict for Charity weigh ins on

10.9.21 count for duals

**Modifications to**

**Folkstyle Rules**

Out of bounds step out point

All neutral restarts

