

2011 Down Under Sports Wrestling Tournament

Sunday, July 10th

Weigh-in. 7:00am. All wrestlers are to be in attendance at this time! A team may weigh in more than one wrestler at the same weight. Teams who have two or more wrestlers at every weight (or almost every weight) may enter two teams. Teams who have extra wrestlers at only a few weights may combine these wrestlers to form another team.

USA Junior weights: 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285. Please note that there will be one weigh-in, with a 4-pound weight allowance. Scales will be available starting at 6:00am.

Freestyle Clinic by Coach Scot Davis. 10:00am: Owatonna, Minnesota. USA High School Wrestling Coach of the Year. Current record holder for the most wins in USA Wrestling History. Published numerous DVD's, Books and Video' on Coaching and Training.

Beach Wrestling. NOON Wrestlers are divided into groups from the weigh in cards. They wrestle on the sand, until one wrestler is either pushed out of the ring, or brought to their knees. This is more of a fun rather than competitive event.

Monday, July 11th:

Individual Tournament. 9:00 a.m. Begin wrestling. Order of weights will be posted, as larger weight classes will wrestle first. Wrestle to conclusion.

Tuesday, July 12th:

No competition/Coaches Draw at 6:00 pm: Body rest – ISSI scheduled activities. Coaches will draw for team position in the dual team tournament and draft their teams. Teams who have extra wrestlers at every weight may enter two teams. Teams who have extra wrestlers at only a few weights may combine these athletes to form another team.

Wednesday, July 13th:

Dual Team Tournament begins at 9:00 a.m. and will wrestle to completion. Pool sizes will be determined by the number of teams entered.

Awards Banquet Dinner at 6:00 p.m.