

**2020 SDWCA District 9
AAU Wrestling Tournament
March 7, 2020
Lincoln High School – Sioux Falls, SD**



DATE: March 7, 2020

TIMES: 7:00-9:00 AM Weigh-ins (**All WRESTLERS MUST BE WEIGHED-IN BY 9:00 AM, NO EXCEPTIONS**)
9:30 AM Coaches Meeting
10:00 AM Wrestling Starts

Breakfast: 7:00-9:00 AM

LOCATION: Sioux Falls Lincoln High School
2900 S. Cliff Avenue
Sioux Falls SD, 57105

Pre-Register: Go to www.trackwrestling.com
Click on browse. Click on tournaments. Search for SDWCA District 9. Click on pre-register link.
All wrestlers MUST Pre-register by midnight February 28, 2019.

CONTACTS: Mark Ernster, Cell (605) 310-9371, Mark.ernster@k12.sd.us
Topher Cisar, Cell (605) 310-1559 topher.cisar@balanceprosinc.com

District 9 Teams: Garretson, Tea, West Central, Brandon Valley, O'Gorman, Sioux Falls Midwest, Sioux Falls Lincoln, Sioux Falls Washington, Sioux Falls Roosevelt

ENTRY INFO: **Entry Fees payable to: Lincoln Youth Wrestling**
\$10 PER Wrestler
\$5 Adults
\$3 Students
\$25 Coaches (\$10 for SDWCA stamp & \$15 for entry) Coaches need an AAU card

AGE and WEIGHTS: An AAU Card is required by all participants and will be checked.

GIRLS Division (Bring report card for proof of grade, if challenged)

GIRLS (PRE K- 2nd)	35-40-45-50-55-60-HWT
GIRLS (3RD-5TH)	58-65-73-82-91-100-HWT
GIRLS (6TH-8TH)	73-82-91-100-115-130-HWT

BOYS Division (Bring birth certificate for proof of age, if challenged)

TOTS (BORN in 2014 and AFTER)	37-40-43-46-49-53-57-HWT
BANTAM (BORN in 2012 & 2013)	40-44-47-50-53-57-61-65-70-76-83-91-HWT
MIDGETS (BORN in 2010 & 2011)	50-53-56-59-63-67-72-77-82-89-96-104-113-123-134-HWT
NOVICE (BORN in 2008 & 2009)	60-64-68-72-77-82-87-93-100-108-117-127-138-150-HWT
SCHOOLBOY BORN in 2006 & 2007)	70-75-80-85-90-95-100-105-110-115-120-125-130-140-150-160-180-HWT

CADETS (BORN in 2004 & 2005) will start wrestling at Regions and must PRE-REGISTER on Trackwrestling.com by Thursday March 12th.

Wrestlers placing in the TOP 8 in each weight class will qualify for the 2020 SDWCA Region 5 Tournament held March 14th in Brandon.

NO COOLERS ALLOWED

District T-shirts will be available for purchase with either cash or a check
Inclement weather announcements will be made on www.dakotagrappler.com.

This event is licensed by the Amateur Athletic Union of the U. S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.