



TWIN RIVERS GIRLS NATIONAL DUALS

APRIL 8th – 10th, 2022

MIDAMERICAN REC PLEX

WEST DES MOINES, IA

***LAST YEAR HOSTED 42 ALL GIRL TEAMS *LARGEST GIRLS DUAL IN THE NATION**

WHO WILL BE NUMBER 1?

TEAM BLACK MAMBAS AND TEAM OKLAHOMA WERE THE 2021 TWIN RIVERS GIRLS' NATIONAL CHAMPIONS. WILL YOUR TEAM STEP UP TO KNOCK THEM OFF AND BE **THE NEW 2022 NATIONAL CHAMPIONS?**

WHEN: APRIL 8TH – 10TH, 2022

Weigh-ins:

Friday April 8th, 2022

5:00 TO 8:00 PM MidAmerican Energy Company RecPlex

Wrestling: April 9th & April 10th, 2022

TIME: Event Starts 8am- **Dependent on number of teams may expand to multiple sessions

**Session assignments are TBA after completion of registrations

WHERE: MidAmerican Energy Company RecPlex, 6500 Grand Ave West Des Moines, IA 50266

WHO: Three divisions will be facilitated. The divisions are **YOUTH K-8TH**, **HIGH SCHOOL 9TH-12TH** (Middle School Substitutes Allowed), **HIGH SCHOOL DEVELOPMENT/COMMUNITY*** – *SEE PAGE 2 FOR DETAILS
Athletes must be in the designated grade. AAU Card, Current Report Card, and Copy of Birth Certificate Required at Weigh-ins upon request.

AAU CARDS CAN BE PURCHASED ONLINE @ www.aausports.org FOR \$14.00.

FORMAT: Modified Folkstyle: Neutral Restarts and Freestyle Step Out Point

Youth Matches 1 1/2- 1 1/2 - 1 1/2 minutes periods. High School Matches 2-2-2

Pool wrestling followed by team championship brackets.

AWARDS: Championship medals for teams and individuals.

Team Trophies/Plaques or Medals for 1st through 4th place and consolation bracket champions.

TEAMS: 12 Youth or 12 High School Weights, 3 Alternates, 2 Coaches, and 2 Workers.

Youth Girls WGTS 50, 58, 65, 73, 82, 91, 100, 112, 125, 140, 160, HWT (Not to exceed 200#)

High School Girls WGTS: 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, HWT (Not to exceed 285#)

2# Weight Allowance. All competitors have until the close of weigh-ins to make weight. All competitors must wear a singlet to weigh-ins.

COST: \$600.00/ Team. Open to 1ST 24 Teams per Division with intent to participate. Entry form filed & non-refundable deposit of \$200.00 to be received by February 23, 2022– Balance due March 15, 2022.

\$100.00 Late fee for any additional teams or deposits received after February 23rd or balance payments made after March 15, 2022.

OFFICIALS: HS Certified Officials Only

DAILY ADMISSION: \$15.00 2 DAY PASS: \$25.00 ADULTS/ \$15.00 KIDS (Age 5-16)/Under 5 Free

MORE INFORMATION: AAU Women's Director Jason Loyd ph#: 563-468-0317 Email: girlsinfo@iowaaaugirls.com

- All participants must have a current AAU membership.
- AAU membership is not 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. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

HOSTED & SANCTIONED BY: IOWA AAU WRESTLING





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NATIONAL DUALS
APRIL 8th – 10th, 2022
MIDAMERICAN ENERGY
RECPLEX
WEST DES MOINES, IA

COMPETITION: All Teams will be randomly placed in team pools. Size of pools will be subject to adjustment based on total number of teams entered. After pool wrestling, teams will be seeded into preliminary brackets based on pool performance and then placed on point differential seeding. Top pool winners will advance to championship bracket while consolation pool teams will find similar competition within consolation brackets based on pool performance.

Every effort will be made to make sure all alternates get as many exhibitions matches as possible. **Coaches may set alternate matches up prior to each dual.**

****NEW HIGH SCHOOL DEVELOPMENT/COMMUNITY DIVISION- WILL BE BASED ON DIRECTOR'S ASSIGNMENT. TEAMS WILL BE PLACED IN OVER ALL HIGH SCHOOL DIVISION IF DEVELOPMENT/COMMUNITY DIVISION IS NOT SUPPORTED**

****There will be an individual tournament on April 10th in the event there are not enough teams to fill both days with duals. If there is such an occurrence, All of your dual team members will be rolled over for free****

AWARDS: Top 4 teams will receive team awards. Consolation bracket champions will also receive team awards.

ELIGIBILITY: All youth wrestlers must be enrolled in K through 8th grades and not turn 16 in 2022 to be eligible to compete.

High School division must be enrolled in 9th-12th grade and not turn 20 in 2022. (Exception to this are middle school substitutes are permitted in high school division)

Coaches, please make sure you have the following information available for your team members at weigh ins.

Current AAU Card (Available online at: www.aausports.org) Copy of Birth Certificate, Copy of Report Card or School Grade Certification (On School Letterhead)

QUESTIONS: AAU Women's Director Jason Loyd ph#: 563-468-0317 Email: girlsinfo@iowaaugirls.com

TEAM NAME: _____

AAU DISTRICT OR STATE: _____

CONTACT: _____ PHONE#: _____

EMAIL: _____ FAX: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

MAIL TO:

TWIN RIVERS GIRLS NATIONAL DUALS
% JASON LOYD
P.O.BOX 1491
BETTENDORF, IA 52722

MAKE CHECKS PAYABLE TO: IOWA AAU