



WRESTLING



San Diego-Imperial Kids Wrestling Association

SDIKWA FS/GR Tournament #1

Saturday, March 28, 2026

Location: Poway Regional Training Center, 15500 Espola Road, Poway, CA 92064

SDIKWA FS/GR Tournament #2

Saturday, April 4, 2026

Location: Poway Regional Training Center, 15500 Espola Road, Poway, CA 92064

SDIKWA FS/GR Tournament #3

Saturday, April 11, 2026

Location: Poway Regional Training Center, 15500 Espola Road, Poway, CA 92064

SDIKWA FS/GR Tournament #4

Saturday, April 18, 2026

Location: Poway Regional Training Center, 15500 Espola Road, Poway, CA 92064

SDIKWA FS/GR Tournament #5

Saturday, May 2, 2026

Location: Poway Regional Training Center, 15500 Espola Road, Poway, CA 92064



**2026 Freestyle and Greco Season Tournament Schedule
TOURNAMENT REGISTRATION**

www.usabacketing.com (Search events under "SDIKWA")

- Athletes must register by 8pm Friday evening prior to the tournament
- Athletes must have a valid USA Wrestling Card to compete
- All athletes must weigh in on Saturday morning tournament day

REGISTRATION FEES

Pre-Registration on USA Bracketing: \$40 for 1 style, \$50 for 2 styles
 Late Registration/Walk-Ups: \$50 for 1 style, \$60 for 2 styles

ADMISSION FOR SPECTATORS

\$5 Cash/\$6 Credit Card (Adults)
 \$5 Cash/\$6 Credit Card (Children Ages 6-17)
 Free Admission (Children Ages 5 & Under)

TOURNAMENT SCHEDULE

10:00am - 11:00am: Check-in, Weigh-ins, Skin Check for All Divisions
 12:00pm: Wrestling Starts for All Divisions

WRESTLING STYLES

For All Divisions: Freestyle & Greco Roman

"Once you've wrestled, everything else is easy."
 -Dan Gable,
 Olympic Gold Medalist
 and two-time NCAA Champion



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WEIGHT CLASSES

USA Wrestling Age & Weight Divisions

MEDALS

Top 3 per weight class for Freestyle Only

DIVISIONS

6 & Under (6U) Birth Year: 2020 - 2021
 8 & Under (8U) Birth Year: 2018 - 2019
 10 & Under (10U) Birth Year: 2016 - 2017
 12 & Under (12U) Year: 2014 - 2015
 14 & Under (14U) Birth Year: 2012 - 2013
 16 & Under (16U) Birth Year: 2010 - 2011
 USA Junior (JR) Birth Year: 2006 - 2009

Any questions, please contact:

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