

2025 Iowa/USA Wrestling Freestyle / Greco State

Championships



May 3rd - 4th
Southeast Polk H.S.
7945 North East University Avenue
Pleasant Hill, IA

Registration

- Registration will be done through the USA Wrestling Membership system - usawmembership.com
- ONLINE REGISTRATION ONLY - Registration closes on Wednesday 4/30/25 at 11:59PM
- Entry Fees: \$40 per style / \$60 if registering for both Freestyle and Greco
- Athletes must be an Iowa resident
- Athletes must have a current USA Athlete Full or High Performance Membership and a profile picture uploaded
- USA Wrestling Divisions and Weights as stated on themat.com will be used for this event

Coaches

- All coaches must have a coaches' pass to be in corner.
- Coaching Bands are \$10 for the weekend. Use link in registration to get coaching band.
- All USAW coaches' passes must be purchased in advance. They will not be sold on site.
- **PLEASE NOTE:** Background checks can take up to 10 days. If you do not have an up-to-date background check and Safe Sport training, you will NOT be eligible for a Coaches' Pass
- Coaches' Passes may be picked WITH ID up at the following times ONLY:
 - Friday from 6:30-8:30 PM (30 min before and after weigh-ins)
 - Saturday from 7:30 - 9:00 AM and Noon to 1 PM
 - Saturday from 6:30-8:30 PM (30 min before and after weigh-ins)
 - Sunday from 8:30 - 9:30 AM and Noon to 1:00 PM

Gate Admissions

- \$10 per day / \$15 for both days
- USA Wrestling Leaders (Coaches & Officials) with current membership - Free

Schedule of Events:

Weigh-in Times:

- Friday - May 2nd - 7:00 pm - 8:00 pm - Men's Freestyle (All Age Groups)
- Saturday - May 3rd - 7:00 pm - 8:00 pm - Women's Freestyle (All Age Groups)
- Saturday - May 3rd - 7:00 pm - 8:00 pm - Greco (All Age Groups)
- Sunday - May 4th - 8:00 am - 8:15 am - Last Chance - Prom activities
 - *****FREESTYLE WEIGH-INS COUNT FOR GRECO WEIGH-INS*****

Wrestling Times:

- 5/3/2025 - 8:00 AM to Completion - 8U and Juniors Freestyle
- 5/3/2025 - 12:30 PM to Completion - 10U and 16U Freestyle
- 5/3/2025 - 4:00 PM to Completion - 12U and 14U Freestyle
- 5/4/2025 - 9:00 AM to Completion - Mens Greco - all Divisions & Womens Freestyle - all Divisions
 - ***Schedule is subject to change***

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Additional Information:

Seeding / Bracketing

- All brackets will be separated based on USA Wrestling PIN for top seeds
- Random draw following top seeds
- Awards: Top 6 place winners in each bracket

For additional State Tournament information and/or National team qualification guidelines, contact the appropriate Age Group Director:

Kids Director - Brett Haas - Kidsdirector@iowausawrestling.org
16U Director - Dustin Roland - 16UDirector@iowausawrestling.org
Junior Director - Brent Jennings - JuniorDirector@iowausawrestling.org
Women's Director - Charlotte Bailey - womensdirector@iowausawrestling.org

- The Iowa/USA Wrestling Freestyle & Greco State Championships are a qualifier for the age group Iowa National Dual teams as well as the Iowa National Team which will participate in the following events:
 - **Men's & Women's 14U, 16U and JR National Duals**
 - Men's 14U National Duals: Oaks, PA - June 10 - 14, 2025.
 - Men's 16U National Duals: Herriman, UT - June 10 - 14, 2025.
 - Men's Junior National Duals: Milwaukee, WI - June 17-21, 2025.
 - Women's 14U/16U/Jr National Duals: Westfield, IN - June 18 - 21, 2025.
 - **2025 Junior & 16U Nationals**
 - July 10-19, 2025 at the Fargodome in Fargo, ND
- To reserve your spot on the specific team, a \$200 deposit is required by May 4, 2025