



2026 Iowa USA Wrestling Freestyle & Greco State Championships

May 2nd - 3rd

ImOn Ice Arena

1100 Rockford Rd SW, Cedar Rapids, IA 52404

Registration will be done through the USA Wrestling Membership system - usawmembership.com

ONLINE REGISTRATION ONLY - Registration closes on Thursday 4/30/26 at 11:59PM

16U & Junior Entry Fees: \$50 per style / \$70 if registering for both Freestyle and Greco

14U & below Entry Fees: \$30 per style / \$50 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

https://www.usawmembership.com/age_group_weight_chart will be used for this event

Schedule of Events:

Weigh-in Times:

Friday - May 1st - 7:00 pm - 8:00 pm - Men's Freestyle (14U, 16U & Juniors)

Saturday - May 2nd - 7:00 pm - 8:00 pm - 8U, 10U, 12U Freestyle Boys & Womens Freestyle-all Divisions

Saturday - May 2nd - 7:00 pm - 8:00 pm - Greco (All Age Groups) & 8U, 10U, 12U Boys

Sunday - May 3rd - 7:00 am - 7:15 am (All Age Groups and Styles)

*** 14U, 16U and JUNIOR BOY'S FREESTYLE WEIGH-INS COUNT FOR GRECO WEIGH-INS ***

Wrestling Times:

5/2/2026 - 8:00 AM to Completion - 14U, 16U and Juniors Freestyle

5/3/2026 - 8:00 AM to Completion - 8U, 10U, 12U Freestyle Boys & Womens Freestyle - all Divisions

5/3/2026 - 11:00 AM to Completion - Mens Greco - all Divisions

Schedule is subject to change

Gate Admissions:

\$12 per day

USA Wrestling Leaders (Coaches & Officials) with current membership - Free (Credential Shown)

COACHES:

All coaches must have a coaches' pass (Copper/Bronze/Silver required) to be on the floor or in the corner. Coaching Credentials are \$15 for the weekend. Use the link in registration to get your coaching credentials.

Note: On site coaches passes will be sold for \$50. Please make the online deadline for the lower cost.

Note: You must have a Photo ID uploaded in the membership and a minimum of Copper level before purchasing your card.

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 up WITH ID at the following times ONLY:

Friday - May 1st - 6:30 pm - 8:30 pm / Saturday - May 2nd - 7:00 am - 8:30 am

Saturday - May 2nd - 6:30 pm - 8:30 pm / Sunday - May 3rd - 7:00 am - 11:00 am

Additional Information:

The Iowa/USA Freestyle & Greco State Championships are a qualifier for the age group Iowa National Dual Teams and 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: Wesley Chapel, Florida - June 8 - 12, 2026.

Men's 16U National Duals: Farmington, UT - June 9 - 13, 2026.

Men's Junior National Duals: Milwaukee, WI - June 16 - 20, 2026.

Women's 14U/16U/Jr National Duals: Westfield, IN - June 16 - 20, 2026.

2026 Junior & 16U Nationals

July 9 - 18, 2026 at the Fargodome in Fargo, ND

To reserve your spot on the specific team, a \$200 deposit is required by May 4, 2026

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:

Boy's Kids Director - Brett Haas - kidsdirector@iowausawrestling.org

16U Men's Director – Thatcher Goodale - 16UDirector@iowausawrestling.org

Junior Men's Director – Brett Wheelan - JuniorDirector@iowausawrestling.org

Girl's Kids Director – Jake Phillips - kidswomendirector@iowausawrestling.org

16U Women's Director – Dustin Roland - 16Uwomensdirector@iowausawrestling.org

Junior Women's Director – Alexis Slade - juniorwomensdirector@iowausawrestling.org