



SUMMER

IOWA GAMES

PRESENTED BY



GRINNELL
MUTUAL.

WRESTLING



DATE Saturday, July 24, 2021

TIME

Competition will begin at 10:00 AM
Weigh-ins from 7:00 - 9:00 AM

SITE

Lied Recreation Center
1900 Osborn Drive
Ames, IA 50010

COMPETITION FORMAT

Folkstyle tournament only.

Modified high school rules will be used. Wrestlers must still wear headgear. For safety reasons, a mouth piece must be worn if wrestlers have braces.

Overtime is 1 minute. If still tied, it's 30 seconds for 8th grade and under. For high school level, overtime is 1-30-30 and then the last 30 seconds if needed.

REGISTRATION DEADLINE

Early: May 10 (\$25), Mid: May 11-June 14 (\$30), Final: June 15- July 21 (\$35)

T-SHIRTS

Athletes will receive a colored T-shirt for their entry fee. Pre-registered athletes may upgrade their cotton shirt for a dri-fit for an additional \$12 through June 23.



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COMING SUMMER 2022
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