

# **Gable Gold** Dual Team Tournament presented by Silver Star Nutrition

November 13th-15<sup>th</sup> 4625 Tower Terrace RD, Cedar Rapids, IA 52411

All matches will be streamed on TrackWrestling.

All tournament questions email: [mindywashburn@yahoo.com](mailto:mindywashburn@yahoo.com)

## **Girls Division 4th-8th grade** (weigh in 2-3pm and wrestle Friday night 4-9pm)

8 -12 teams, \$500 per team. \$200 deposit is due by Nov 1<sup>st</sup> to be guaranteed a spot.

Weights: 58, 64, 72, 78, 82, 88, 94, 101,109, 116, 123, 130, 145, 160, HWT (max 180)

## **School Division K-4<sup>th</sup> grade** (early weigh in Friday night 4-4:30pm or 7-8am Saturday and wrestle Saturday 9-2pm.)

8-12 teams \$500 per team. \$200 deposit is due by Nov 1<sup>st</sup> to be guaranteed a spot.

Weights: 40, 43, 46, 49, 52, 56, 60, 63, 66, 70,75, 80, 85, 92, HWT

## **School Division 5th-8th grade** (early weigh in Friday night 4-4:30pm or Saturday 1-2pm. Start wrestling 3pm-9pm.)

8-12 teams \$500 per team. \$200 deposit is due by Nov 1<sup>st</sup> to be guaranteed a spot.

Weights: 58, 62, 66, 70, 74, 78, 81, 85, 91, 96, 101, 112, 122, 130, 140, 165, HWT (max 235)

## **Elite Club Division** (early weigh in 2-3pm Saturday or Sunday 7-8am. Wrestle 9am.

8-12 teams \$600. \$300 deposit is due by Nov 1<sup>st</sup> to be guaranteed a spot

Weights: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 130, 140, 150, 170, HWT

## **High School Division** (early weigh in 2-3pm Saturday or Sunday 7-8am. Wrestle 9am.

8-12 teams \$600. \$300 deposit is due by Nov 1<sup>st</sup> to be guaranteed a spot.

Weights: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 197, 220, HWT