

**ONLY OPEN HS IRON MAN DUALS IN THE US!**  
Clubs and Schools welcomed, as well as All-Star teams  
**ARE YOU TOUGH ENOUGH?**



## **FOLKSTLYE — FREESTYLE — GRECO**

Legends of Gold (L.O.G.) teams up with Simmons Academy of Wrestling (S.A.W.) to bring you the 2nd Annual MIDWEST IRONMAN DUALS.  
*(Largest HS Open Boys and Girls Duals in the US last season!)*

LOCATION: Legends of Gold 47256 SD Hwy 46 Beresford, SD 57004

**COST: \$1500 all styles or \$700 individual style per team**  
**(\$500 deposit due to hold spots and is non refundable).**

**APRIL 15, 2021**  
**HS BOYS FOLKSTYLE**

**APRIL 16, 2021**  
**HS BOYS FREESTYLE**

**APRIL 17, 2021**  
**HS BOYS GRECO**

(9TH-12TH GRADES)

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285 (3 alternates)

**APRIL 18, 2021**  
**HS GIRLS FREESTYLE**  
\$700 per style  
\$1200 if doing both styles

**APRIL 19, 2021**  
**HS GIRLS FOLKSTYLE**  
\$700 per style  
\$1200 if doing both styles



INTERNATIONAL DEVELOPMENT ACADEMY

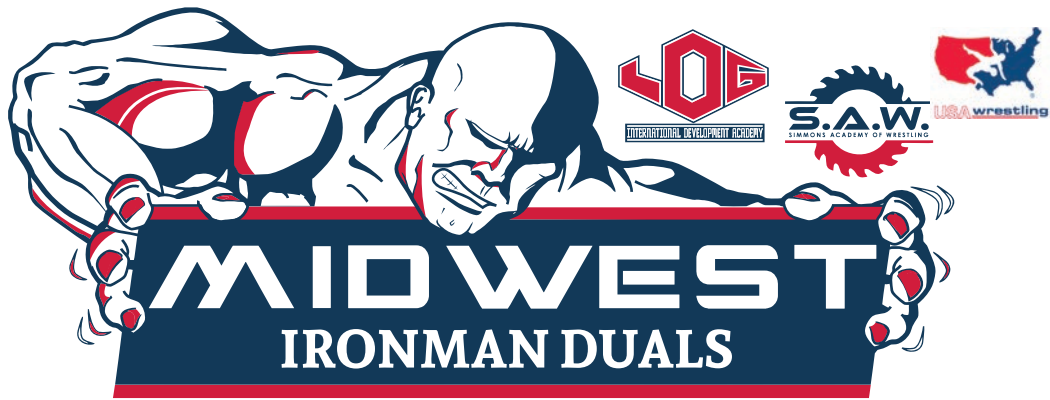
(7TH-12TH GRADES)

88, 94, 100, 106, 112, 117, 122, 127,  
132, 138, 144, 152, 164, 180, 200, 225  
(3 alternates)



Contact Kim Smit about rooms for teams at: [kim@thetraveladvantage.com](mailto:kim@thetraveladvantage.com)

Grades are based on what grade your athlete was in Spring 2021.



## FOLKSTLYE — FREESTYLE — GRECO

### FORMAT

*Teams and pools will be seeded based on state, regional and national placings.*

**WHITE CHAMPION JACKETS TO EACH MEMBER OF WINNING TEAM,  
2ND-4TH PLACE TEAMS GET BLACK FINALIST JACKETS**

*Due to Covid-19 we will not have open housing, but suggest Beresford or Sioux Falls for housing.  
Will follow current Covid Protocols for the state and county  
Currently that is: No mask mandate, no spectator limit.*

#### OTHER INFORMATION:

We suggest that spectators use social distancing and masks are encouraged but not mandated. Athletes won't shake coaches hand after matches and no team hand shakes after.

Adults over the age of 60 and people with any flu like symptoms should avoid attendance.

All athletes and spectators will be temp checked and anyone over 100.4 will not be allowed to the building.

Medical grade foam will be used prior to matches and available to each team.

WE will follow the local guidelines at the time of the event.

These rules are subject to change. Freestyle and Greco may not use 3 man mechanics, but will have 3 for placing rounds.

#### CONCESSIONS:

Available all-day including breakfast. No outside coolers or drinks are allowed in the arena.

#### TO SIGN UP:

All teams and sign up will be through Terry Pack at:  
tpack@lognationaltraining.com or Nick Simmons at: info@saw121.com  
Phone: Terry Pack 530-305-3186 | Rosters due and final by April 10th

