

# 2021 PONCE TRAINED MN/USA Freestyle Open Tournament



**Sunday April 18th, 2021  
MN/USA TRAINING CENTER**

11521 Eagle Street NW.  
Coon Rapids, MN 55448

**Enter through Entrance door on the West End of Building**

100 wrestler limit per session  
Up to 5-Man Round Robins when possible

**Session times:**

**Wrestling scheduled to start approximately 30-min after session start time listed below. Please arrive on time and ready to wrestle.**

**Session 1: 8:00am – 11:00am Starts at 8:30** (JUNIORS), 9<sup>th</sup> thru 12<sup>th</sup> grade and born after 9/1/01

**Session 2: 10:30am – 1:30pm Starts at 11:00** (CADETS 16U), Birth year 2005-2006

**Session 3: 1:00pm – 4:00pm Starts at 1:30** (PEEWEE 6U) Birth year 2015-2016, (BANTAM 8U) Birth year 2013-2014, (INTERMEDIATE 10U) Birth year 2011-2012

**Session 4: 3:30pm – 6:30pm Starts at 4:00** (NOVICE 12U), Birth year 2009-2010 & (SCHOOL BOY/SCHOOL GIRL – 14U), Birth year 2007-2008

## **Registration details**

- A current MN/USA card needed to register and participate at the tournament
- Pre-register only on [Trackwrestling.com](http://Trackwrestling.com) No day of on-site registration permitted.
- Pre-Registration closes Friday, April 16<sup>th</sup> at 11:59pm. **No refunds** if you do not compete at the tournament for any reason.
- Registration is \$21.00 and covers wrestler plus one spectator admission both must be pre-registered on Trackwrestling. Trackcast will also be available

- Only the wrestler and one spectator are allowed entrance during the designated session time. If parents have children wrestling in other sessions those wrestlers will not be admitted entrance until their designated session time begins.
- Clubs have an option to purchase club coaches passes if they choose for \$75.00 which will include all open tournaments held at The Training Center as well as all sessions of the State tournament. Coaches must be assigned by each club for each session and only that coach will be allowed in. Clubs may purchase as many of these passes as they would like. Please contact Angie Bizal at [abizal@mnusawrestling.org](mailto:abizal@mnusawrestling.org)

### **Weigh-ins**

- No on-site weigh-in. Honor system during pre-registering on Trackwrestling.
- Random weight audits will be conducted and wrestlers must be within 3% of their registered weight. If a wrestler fails a weight audit you will have to weigh-in at all subsequent events and may be removed from the tournament.
- Parents, please make sure to register the weight your wrestler will be at for his or her session. Choose the higher weight to alleviate any issues.

### **Venue details**

- No athlete, spectator, or coach should be present with signs or symptoms of COVID-19 within the last 14 days
- Anyone with a documented case of COVID-19 must be cleared by his or her physician to participate in competition
- Social distancing is encouraged and masks are to be worn at all times following MNUSA face covering requirements, below.
- Wrestlers do not have to wear masks during competition but should be masked at all other times
- Medals will be given once wrestlers have completed wrestling at the awards table. Upon receiving medals, we ask you promptly exit the building.
- No concessions will be available.
- For questions, please contact Ponce Trained at  
Brad Asplund 651-325-6351 [Bmasplund@gmail.com](mailto:Bmasplund@gmail.com)

### **Seating at Tournament**

There will be no seating available for spectators at the tournament. If you would like to have a seat available please feel free to bring in your own chair to sit in. We just ask that no chairs are set up mat side there is plenty of room away from the mats and also there are multiple mezzanine areas for standing and seating if you choose.

### **MNUSA Face covering requirements**

All individuals at the tournament will be required to wear a face covering, except for individuals warming-up prior to the competition and those actually competing will not need a mask while they participate in the physical activity of this sport, but as soon as they are done warming-up or their match is over a face covering is required to be put on. All individuals attending the tournament are expected to provide their own face covering. There are no exceptions to the face covering requirement, if you are unwilling or unable to wear a face covering you will not be allowed in remain in the premises.