



FOLKSTLYE — FREESTYLE — GRECO

Legends of Gold (L.O.G.) teams up with Simmons Academy of Wrestling (S.A.W.) to bring you the 3rd Annual IRONMAN DUALS.

JUNE 2ND - 5TH

LOCATIONS: Legends of Gold & Beresford High School

COST: \$1500 all 3 styles or \$700 individual style per team
((\$500 deposit due to hold spots and is non refundable))

THURSDAY, JUNE 2ND:

at LOG
Elementary and Middle School Folkstyle

FRIDAY, JUNE 3RD:

at LOG - HS Boys Folkstyle
at Beresford HS - Elementary and
Middle School Freestyle

SATURDAY, JUNE 4TH:

at LOG - HS Boys Freestyle
at Beresford HS - Greco for Elementary
and Middle School AND Girls Freestyle

SUNDAY, JUNE 5TH:

at LOG - High School Boys Greco

BOY'S DIVISION

ELEMENTARY

(5TH GRADE AND UNDER)

55, 60, 65, 70, 75, 80, 85, 90,
95, 105, 120, 160 max
(5 alternates)

MIDDLE SCHOOL

(6TH-8TH GRADES)

75, 82, 89, 95, 102, 110, 118,
125, 132, 140, 148, 158, 170,
185, 210, 285 (5 alternates)

HIGH SCHOOL

(9TH-12TH GRADES)

106, 113, 120, 126, 132, 138,
145, 152, 160, 170, 182, 195,
220, 285 (5 alternates)

GIRLS FREESTYLE DIVISION

(7TH-12TH GRADES)

88, 94, 100, 106, 112, 117, 122, 127, 132, 138, 144, 152, 164, 180, 200, 225 (5 alternates)

Weigh-ins will be the night before the style you wrestle OR 1 weigh-in will count for all styles you are wrestling

Grades are based on what grade your athlete was in Spring 2022 | Graduating Seniors are eligible to participate | Trophies for the top 3 teams per division.

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 and Nick Simmons at info@saw121.com
Phone Terry Pack 530-305-3186