

5th Annual Central Ironman Tournament



Dremiel Byers
2001 Greco-Roman
US Army
World Champion
Kings Mountain HS



Austin Trotman
2012 NCAA All-American
App State University
US Open Placer—Freestyle
Mt. Tabor HS



Raymond Jordan
3 Time NC State Champ, 2 Time NCAA All American
University of Missouri
US Open Placer—Freestyle
New Bern HS

North Carolina is producing wrestlers that are competitive Nationally in all the three main styles of wrestling!! See if you can be an IRONMAN and compete in all three styles in one day with success as other North Carolina greats!!

We will give medals for the top three wrestlers in each style as well as a larger more exciting medal for the top Ironmen(or women) in each weight (**You can win 4 awards in one day!**)!! Last year this tournament was a success with a lot of good wrestling (a combined entry of nearly 400 wrestlers—most people wrestled 10+ matches). We had several states represented with state placers/champs from different states. Wrestlers were able to get a real test by wrestling a large number of matches in one day.

Pre-registration is required!! —go trackwrestling.com

Wrestling Styles: Freestyle, Greco-Roman, Folk-style (**the real deal 2-1-1 matches—no modified junk**)

Location: RS Central High School 641 US Hwy 221 N. Rutherfordton, NC 28139

Contact: Coach Rich Cox e-mail: rcox@rcsnc.org or call: 828-606-7395

Date of Tournament: Saturday, April 9, 2016

WEIGH-INS for all styles: 7:30-8:00AM

FIRST ROUND OF Greco-Roman: 8:45 AM

ENTRY FEE: \$15 per entry or \$30 for all three styles (*show proof of All-American Status (USA Wrestling, NHSCA, or Flonationals only) in the last 2 years in one of the three styles and we will return your entry fee at the door. You must e-mail me as soon as you register so that I will know how to plan*). **USA Wrestling Cards are required (Make sure to get your card at <http://www.usawmembership.com> if you do not have one.)—**

AWARDS: Medals for 1-3 in each weight class and an Ironman Award based on how you do in each of the three styles. You will only qualify for an Ironman award if you compete in all three styles. Challenge yourself and give it a try! ***We plan to run 6-7 mats this year**, so the tournament should run pretty quickly even with as much wrestling as will occur.

****Photos courtesy of USA Wrestling (themat.com)**