



USA Wrestling – New Jersey

Spring, 2019 Junior Olympic Info

<https://www.USAWNJ.org>

FREESTYLE & GRECO-ROMAN SCHEDULE AND ROAD TRIP SUMMARY



The wrestling season does not end with the Scholastic State Championships in early March. Right after the Scholastic Season, the **Freestyle** and **Greco-Roman** seasons come alive! The opportunities begin for learning and / or refining those styles and applying them in various situations: camps, clinics, developmental and in-state Olympic-style tournaments. Team NJ will also participate in regional and national tournaments to further hone these new-found skills.

This flyer provides dates and locations for local and national developmental clinics, camps and tournaments that are taking place this Spring and Summer. This schedule has been designed to introduce wrestlers to the international styles of wrestling seen at the Olympic games, encourage their interest in the styles and develop them into successful Freestyle and Greco-Roman wrestlers. Most any championships caliber Scholastic-style wrestler will agree that learning the international styles of wrestling helped them up their game in Grade School, High School and College. Local and national Event schedules are available on www.USAWNJ.org as well as the USAW national site, www.TheMat.com.

The availability of quality training and competitions are both vital to developing Freestyle (boys and girls) and Greco-Roman (boys) wrestlers. Subsequent participation in local, regional and national tournaments will further allow wrestlers to greatly improve their wrestling skills and knowledge of wrestling. No matter what level of wrestling you are currently at, no matter what skill set you possess, the key to success is constantly striving to learn more. You are either moving forward or backward, there is no staying the same. See you at the TOP!

OLYMPIC-STYLE MEN'S AGE GROUPS & WEIGHT CLASSES (FREESTYLE AND GRECO-ROMAN)

Divisions	Birth Years	Weight Classes	Match Times, 30 seconds between periods
Bantam (8U)	2011 – 2012	43-45-49-53-56-62-70-85	2 - 2
Intermediate (10U)	2009 – 2010	49-53-56-59-63-67-71-77-84-93-105-120	2 - 2
Novice (12U)	2007 – 2008	58-63-67-70-74-78-82-86-92-96-108-117-135-160	2 - 2
Schoolboy (14U)	2005 – 2006	71-77-83-87-90-97-102-106-110-114-119-125-130-136-149-165-187-250	2 - 2
USA Cadet (16U)	2003 – 2004	88-94-100-106-113-120-126-132-138-145-152-160-170-182-195-220-285	2 - 2
USA Junior (USA JUNIOR)	Born 9/1/1999 plus in grades 9-12	100-106-113-120-126-132-138-145-152-160-170-182-195-220-285	3 - 3

OLYMPIC-STYLE WOMEN'S AGE GROUPS & WEIGHT CLASSES (FREESTYLE)

Girls Intermediate (9U)	2010 – 2012	45-50-55-60-65-70-75-80-85-93-105	1 – 1 – 1
Girls Novice (12U)	2007 – 2009	60-65-70-75-80-85-90-95-102-110-118-127-145-160	1 – 1½ – 1½
Girls Schoolgirl (14U)	2005 – 2006	72-79-85-92-97-101-105-110-119-127-136-145-185	1 – 1½ – 1½
Girls USA Cadet (16U)	2003 – 2004	94-100-106-112-117-122-127-132-138-144-152-164-180-200	2 – 2 – 2
Girls USA Junior	Born 9/1/1999 plus in grades 9-12	100-106-112-117-122-127-132-138-144-152-164-180-200-225	2 – 2 – 2

2019 USAW-NJ Freestyle and Greco-Roman Schedule

All New Jersey Olympic-style tournaments feature one registration fee (\$40, CASH ONLY). Same price (\$40) whether you wrestle one or both styles. All tournaments **REQUIRE** a current USA Wrestling athlete card (season runs Sept 1 – the following Aug 31); cards must be purchased online at www.TheMat.com PRIOR TO TOURNAMENT. Out of state wrestlers are welcome to compete at Developmental events ONLY. Madison-style brackets will be used.

ALL COACHES MUST be at least 18 years old AND have a CURRENT USA Coach's Card AND picture ID in order to coach at the Freestyle States and/or ranking tournament. **ALL COMPETITORS MUST** have a **CURRENT USAW** wrestler's card (for the season of Sept 1, 2018 – Aug 31, 2019, and MUST weigh-in wearing a competition singlet at all tournaments. No weight-allowance for State Championships and Ranking tournament. All other events will be Madison-style weight groupings.

TOURNAMENT TYPE AND LOCATION	DATE	DIRECTOR'S NAME / EMAIL
Freestyle & Greco-Roman Developmental, Voorhees HS, Glen Gardner, NJ 08826 Walk-In Registration and Payment ONLY	Sat, March 16	Steve Barkman, Email...
Freestyle & Greco-Roman Developmental, Washington Twp HS, Sewell, NJ 08080 Walk-In Registration and Payment ONLY	Sun, March 24	Al Lucia, 856-745-3721
Greco-Roman States, Freestyle Developmental, Toms River HS East, Toms River, NJ 08753; Walk-In Registration and Payment ONLY	Sun, March 31	Brian Lawrence, 848-224-3310
Freestyle & Greco-Roman Developmental, Fair Lawn HS, Fair Lawn, NJ 08826 Walk-In Registration and Payment ONLY	Sun, April 7	Rick Puerto, 201-575-9705
Freestyle Ranking Tournament, West Orange HS, West Orange, NJ 07052 Register On-Line or Walk-In, all payments made ON-SITE ONLY	Sun, April 14	Gerard Eatman, 973-558-9496
Freestyle States, Greco-Roman Developmental, Union HS, Union, NJ 07083 Register On-Line or Walk-In, all payments made ON-SITE ONLY	Sun, April 28	Angelo Zuena, 908-851-9289 NO CALLS AFTER 9 PM

[LINK TO REGISTER ON-LINE FOR FREESTYLE STATES...](#)

If a wrestler cannot participate in an event for any reason, or wants to petition for any reason, to be on either the Schoolboy or Cadet teams, you must notify Rick Puerto, the **Kids Chairman**, in advance, via phone: 201-575-9705 or via email, along with a petition form at rickpuerto@yahoo.com. For **Juniors Chairman**, contact Bill Guida at billguida58@gmail.com; cell 973-855-3158. Petitions will be considered by the appropriate chairperson on a case-by-case basis. Any medical petition must be accompanied by a note from a physician. In the event of any dispute, the USAW-NJ committee may require a wrestle-off to determine the member of the team.

Any similar issues with the Girls Division, contact **Girls Director** Mike Harris via email at jerseygirlswrestling@gmail.com, or phone 973-699-4941.

USAW Folkstyle Nationals, Cedar Falls, IA; Event Website...	March 29 - 31	8U, 10U, 12U, 14U, 16U, JUNIOR, MASTERS, FOLKSTYLE
UWW Marine Junior Nationals, Las Vegas, NV; Event Website...	April 25 - 27	UWW Junior: FS
USAW Northeast Regional Championships, East Stroudsburg, PA; Event Website TBD	May 3 – 5	8U, 10U, 12U, 14U: GR/FS/16U, JUNIOR
UWW Cadet & U23 Nationals, Akron, OH; Event Website TBD	May 31 – Jun 2	UWW Cadet, U23: GR/FS
16U (Cadet) National Duals, Spokane, WA; Event Website...	Jun 11 - 15	16U: GR/FS
14U (Schoolboy/Girls) National Duals, Indianapolis, IN; Event Website...	Jun 12 - 16	14U: GR/FS
Junior National Duals, Tulsa, OK; Event Website...	Jun 18 – 22	Junior: GR/FS/WFS
US Marine Corps / USAW Junior & Cadet National Championships; Event Website...	Jul 12 - 19	16U (Cadet) Junior: GR/FS/WFS
Kids Scholastic State Director: Rick Puerto	201-575-9705	FairLawnQualifier@gmail.com



[Email Us](mailto:Us)



On the Web at: <https://USAWNJ.org>