



"Once you've wrestled, everything else is easy."

-Dan Gable,
Olympic Gold Medalist
and two-time NCAA Champion



Sacramento Area Wrestling Association

@calusawrestling
Follow us & Tag us

Covers Elk Grove, Grass Valley, Loomis, Rocklin, Woodland, and surrounding areas.

Association Contacts: Don Martinez, 916-807-4496, or sawaprez@hotmail.com

Sat. March 14, 2026
Rhinos Spring Tournament
Twelve Bridges High School
2360 Fieldstone Dr.
Lincoln, CA 95648
sawaprez@hotmail.com
Freestyle, Greco, Folkstyle

Sat. March 21, 2026
Maverick Spring Tournament
Mesa Verde High School
7501 Carriage Dr
Citrus Heights, CA 95621
sawaprez@hotmail.com
Freestyle, Greco, Folkstyle

Sat. March 28, 2026
Miners Spring Tournament
Nevada Union High School
11761 Ridge Rd.
Grass Valley, CA 95945
sawaprez@hotmail.com
Freestyle, Greco, Folkstyle

Sat. April 04, 2026
SAWA Club Championships
Cordova High School
2239 Chase Dr.
Rancho Cordova, CA 95670
sawaprez@hotmail.com
You don't have to belong
To a club to participate

Sat. April 11, 2026
National Foundation Tournament
Bella Vista High School
8301 Madison Ave.
Fair Oaks, CA 95628
sawaprez@hotmail.com
Freestyle, Greco, Folkstyle

Sat. April 18, 2026
Mustang Spring Tournament
Foothill High School
5000 McCloud Dr.
Sacramento, CA 95842
sawaprez@hotmail.com
Freestyle, Greco, Folkstyle

REGISTRATION - We are HIGHLY ENCOURAGING YOU TO REGISTER YOUR ATHLETES EARLY. There will now be a late fee added to all registrations after 8pm on Thursday. An increase of \$5 dollars per style will be added for anyone who has not SUBMITTED AND PAID for registration. All Registration is done on USABracketing.com You can also find tournament links on sawawrestling.org SPRING PRE-REGISTRATION COSTS (MAR-MAY) SAWA Tournament Costs vary by style and by event. If you miss the deadline on Friday at 8:00pm you may email sawaprez@hotmail.com to see if you can get into the tournament but it will be double the cost of the Late Pre-registration.

NO CHANGES WILL NOT BE MADE AFTER 8:45AM day of tournament. Some events do not allow any walk-up registration so please register early.
START TIMES WILL BE SENT BY 9:00pm Friday after pre-registration closes and will be listed under the EVENT SCHEDULE

Sat. April 25, 2026
SAWA Championships
Sierra College
5100 Sierra College Blvd.
Rocklin, CA 95677
sawaprez@hotmail.com
Freestyle, Greco, Folkstyle
Anyone with USA Card can wrestle
Win 3 of the 4 styles, and receive
a SAWA triple crown plaque

Sun. April 26, 2026
SAWA Beach Championships
Sierra College
5100 Sierra College Blvd.
Rocklin, CA 95677
sawaprez@hotmail.com
Beach Wrestling
Anyone with USA Card can wrestle
Win 3 of the 4 styles, and receive
a SAWA triple crown plaque

Sat. May 02, 2026
Rams Spring Tournament
Casa Roble High School
9151 Oak Ave.
Orangevale, CA 95662
sawaprez@hotmail.com
Freestyle, Greco, Folkstyle

PRE-REGISTRATION CLOSSES FRIDAYS AT 8:00 PM SHARP.
YOU WILL NEED CURRENT 2025-2026 USA WRESTLING CARD TO WRESTLE.
ALL COACHES MUST DISPLAY THEIR USA WRESTLING COACHES CARD IF YOU WANT TO GO TO THE MAT TABLE.

REGISTRATION
Regular Tournaments: \$20.00 Freestyle, \$10 Greco, \$20 Folkstyle
Foundation Tournament: \$25.00 Freestyle, \$15 Greco, \$25 Folkstyle
Club Championships: \$25.00 Freestyle, \$15 Greco, \$25 Folkstyle
SAWA Championships****: \$30.00 Freestyle, \$15 Greco, \$25 Folkstyle
Any wrestler with a USA wrestling card can compete at our SAWA and Club Championships; you do not have to qualify. You do not have to belong to a club to wrestle at Club Championships.
AWARDS:
Top 3 custom medals each age group, each (pool) weight class, each style.
SAWA Club Championships trophies top 3 clubs in each age group.
SAWA Championships top 3 Plaques in Freestyle, Top 3 custom medals Greco and freestyle.
SAWA Championships win Freestyle, Greco, Folkstyle, Beach Win 3 of the 4 Styles receive a Triple Crown Plaque

All info will be on sawawrestling.org

Sun. Oct. 04, 2026
WILD WEST FOLKSTYLE TOURNAMENT
Sierra College
5100 Sierra College Blvd.
Rocklin, CA 95677
Don Martinez: 916-807-4496
sawaprez@hotmail.com
Registration will be on sawawrestling.org
Bantam, Intermediate, Novice, Boys and Girls

WEIGH INS - All SAWA Events (Except Wild West Triple Crown Event) utilize at-home weigh-ins. Coaches, please verify your athletes' weights during the week and confirm that they are correctly entered after registration closes on Friday Night at 8pm. Please let us know ASAP if any athletes are not the weight that was entered. You still have an opportunity to challenge an athlete's weight but it is a \$50 charge. If they are within a reasonable range, you will not get your money back. If you are correct and they are significantly out of a reasonable weight range, you will get your money back and that athlete will not be allowed to do home weigh-ins for a full calendar year. (SIGNIFICANT IS DETERMINED BY DON MARTINEZ). Each tournament we will randomly draw a few weight pools to be weighed in.

