



2019 Ano Kato FSGR: The “Shamrock Shake” Tournament Information

Tournament Notes:	Freestyle and Greco Developmental
Date:	Saturday, March 16, 2019
Location:	Plainfield South High School – Main Gym 7800 Caton Farm Rd, Plainfield, IL 60586
Spectator Information:	Adults \$5 entrance fee at the door, children under the age of 10 free admission Concessions available
Coaches Information:	All coaches are REQUIRED to hold a current USA Wrestling coaches membership, click HERE to purchase a membership online
Wrestler Eligibility:	Wrestlers must hold a current USA Wrestling athlete membership, click HERE to purchase a membership online
Wrestler Age Groups:	Bantam (Born 2010-2011), Intermediate (Born 2008-2009), Novice (Born 2006-2007), Schoolboy/girl (Born 2004-2005) Cadet (Born 2001-2003) <i>Men/Women</i> , Junior (Born 1998-2000) <i>Men/Women</i> Open (17 yrs. old OR older AND no longer attending High School)
Wrestler Uniform:	All wrestlers are REQUIRED to compete with a RED and a BLUE singlet
Wrestler Registration:	REGISTRATION AT THE DOOR Registration fee for one style is \$20 Registration fee for both styles is \$30
Weigh-in Information:	ONE WEIGH-IN FOR BOTH STYLES Freestyle and Greco weigh-ins 7-8 a.m. on Saturday, March 16th, 2019 Plainfield South High School – Wrestling Room
Tournament Timetable & Format:	<u>Greco Roman</u> 8:30 a.m. Greco Roman Rules Clinic 9-11 a.m. tentatively Greco Roman Tournament 4-man round robin, 3 matches <u>Freestyle</u> 11:30 a.m. tentatively Freestyle Rules Clinic 12-3 p.m. tentatively Freestyle Tournament 4-man round robin, 3 matches
Tournament Contact Information:	Miguel Silva, Sr. Ano Kato FSGR Assistant Head Coach AnoKato.FS.GR@GMail.com 815-474-6624