

THE OWRTC DUALS

Women and Men's Freestyle Dual Wrestling Tournament

- LOCATION:** Oklahoma City University, Henry J Freede Center
1716 NW 27th Street, Oklahoma City, OK 73106
- DATES:** Women Saturday, May 30th, 2026 & Men Sunday May 31st, 2026
- WEIGHT CLASSES:** The WOMEN's weight classes: 95, 103, 110, 117, 124, 131, 138, 145, 160, 180, 207, 235 (maximum weight is 235 lbs.) No weight allowance will be given.
- The MEN's weight classes: 106, 113, 125, 133, 141, 149, 157, 165, 174, 184, 197, 285 (maximum weight is 285 lbs.) No weight allowance will be given.
- TEAM ENTRY:** LIMITED 16 teams per division. Each team will consist of up to 15 members (must have a minimum of 7 weight classes filled): 12-wrestlers, 3-alternates, 2-coaches, and 1-table worker. Wrestlers must be going into the 7th - 12th grade or graduated high school in 2026.
- INDIVIDUAL ENTRY:** Individuals may register for the tournament, and they will be placed on our FREE AGENT LIST. Teams with paid deposits will receive regular updates from the tournament director regarding wrestlers available on the free agent list.
- ENTRY DEADLINE:** Deposits for to reserve a team spot must be received by April 30th, 2026. After the 30th full payment is due to reserve a team spot in the event. Final team payment and individual entries are due by May 15th. ALL ENTRIES MUST BE RECEIVED BY THE DEADLINE DATE.
- ENTRY FEE:** Deposit is \$200 and the entry fee per team is \$600.00 total. These payments are non-refundable after April 30th zero exceptions.
- ENTRY STEPS:** STEP 1 – Visit www.owrtc.com/duals to register your team online and submit your deposit -- \$200.00 non-refundable or full entry payment to guarantee your team's spot. Final team payments are due by May 15, 2026.
- STEP 2 – After paying the entry fee you will be emailed a link and directions to submit your team roster form and a copy of individual waivers. The team roster will need to be submitted no later than May 20th, 2026.

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STEP 3 - Bring a COPY of the following documents. These will only need if eligibility is challenged:

1. USA Wrestling Card (coaches and wrestlers) *
2. School Attendance Documentation (for each wrestler) *
3. A governmental proof of age documentation (wrestler) *

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FREE AGENTS: To claim a wrestler off the free agent list email owrtccenter@gmail.com to receive their contact information. All wrestlers remaining on the free agent list after the coaches meeting will wrestle on the OWRTC host teams.

TABLE WORKER: Each team is required to provide one person to work at the scoring table during each of the team's dual meet.

RULES: Competition will be conducted per the freestyle rules as outlined by the USA Wrestling Handbook. This applies to wrestling techniques as well as conduct, attire and decorum on the mat. There will not be any video review. Uniformed team singlets are encouraged but not required. Bouts will be two 3-minute periods.

WEIGH-IN: Teams are strongly encouraged weigh-in together. A check scale will be available to competitors one (1) hour prior to the start of weigh-in.

- Women's Teams can weigh in Friday, May 29th, 7:00pm - 9:00pm or Saturday, May 30th, 7:00am – 8:00am.
- Men's teams can weigh in Saturday May 31st, 5:00pm – 7:00pm or Sunday May 31st, 7:00 – 8:00am

MEETING: Coaches are required to attend the coaches meeting at 8:15am. During the meeting coaches, will be give schedules and team rosters. Also, coaches will be able to fill in any empty roster spots.

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WOMEN'S SCHEDULE

Thursday, April 30 th	Team deposit payment deadline
Friday, May 15 th	Final team payment due
Wednesday, May 20 th	Team rosters must be submitted
Friday, May 29 th 7:00 pm – 9:00 pm	Women's weigh-ins
Saturday, May 30 th 7:00 am – 8:00 am	Women's weigh-ins
7:00 am	Doors open
8:15 am	Women's coaches meeting
9:00 am	Women's wrestling starts and continue until completion

MEN'S SCHEDULE

Thursday, April 30 th	Team deposit payment deadline
Friday, May 15 th	Final team payment due
Wednesday, May 20 th	Team rosters must be submitted
Saturday, May 30 th 5:00 pm – 7:00 pm	Men's weigh-ins
Sunday, May 31 st 7:00 am – 8:00 am	Men's weigh-ins
7:00 am	Doors open
8:15 am	Men's coaches meeting
9:00 am	Men's wrestling starts and continue until completion