

THE OW DUALS
Sponsored by the OWRTC
Women's Freestyle Team Dual Wrestling Tournament

- LOCATION:** Oklahoma City University, Henry J Freede Center
2501 Blackwelder Ave. Oklahoma City, OK 73106
- DATES:** Saturday, May 24th, 2025
- 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.
- TEAM ENTRY:** 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 2025.
- INDIVIDUAL ENTRY:** Individuals may register for the tournament, and they will be placed on our FREE AGENT LIST. Teams will have the option to pick up wrestlers off the list to fill any empty spots in their roster.
- ENTRY DEADLINE:** Team entries with deposit must be received by May 2nd, 2025. Final team payment and individual entries are due by May 15th. ALL ENTRIES MUST BE RECEIVED BY THE DEADLINE DATE.
- ENTRY FEE:** The entry fee per team is \$600.00 is non-refundable or prorated.
- 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 2nd, 2025.
- STEP 2 – After paying the entry fee in full, you will be emailed a link by May 15th with directions to submit your team roster and a copy of individual waivers. The team roster will need to be filled out and submitted on trackwrestling no later than May 20th, 2025. Individual waivers must and submitted before an athlete can weigh in.
- STEP 3 - Bring a COPY of the following documents to team check in:
1. Completed Team Roster and Individual Waivers
 2. USA Wrestling Card (coaches and wrestlers)
 - *3. School Attendance Documentation (for each wrestler)
 - *4. A governmental proof of age documentation (wrestler) *
- * only need if eligibility is challenged

For additional questions contact the tournament Director Will McKinney email www.owrtccenter@gmail.com.

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FREE AGENTS: To claim a wrestler off the free agent list email owrtcenter@gmail.com to receive their contact information. All wrestlers remaining on the free agent list after May 20th will be notified with of their options.

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. Individual waivers must and submitted before an athlete can weigh-in. Teams can weigh in on Friday, May 23rd, 2025 from 7:00pm — 9:00pm or Saturday, May 25th from 6:45am – 7:45am.

COACHES MEETING: All coaches are required to attend the meeting. During the meeting coaches, will be given schedules and team rosters. Also, coaches will be able to fill in any empty roster spots.

IMPORTANT DATES: Wednesday, May 15th Final Team Payment Due
 Wednesday, May 20th Team Rosters Must be Submitted
 on Trackwrestling

SCHEDULE:

Friday, May 23rd	7:00 pm – 9:00 pm	Weigh-ins
Saturday, May 24th	6:45 am – 7:45 am	Weigh-ins
	6:45 am	Doors Open
	8:15 am	Coaches Meeting
	9:00 am	Wrestling starts and continue until completion.

HOSPITALITY: A coach's room will be available with food and drinks throughout the day.

CONSESSIONS: A concession stand will be open with coffee, drinks, breakfast food, lunch, and snacks available for purchase.

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