

28th Annual IWCOA Championships

Freshman/Sophomore State & Girls Championship Series

Bank of Springfield Center, March 9-10, 2024

Weigh-in

The BOS Center, Saturday 8am to 9am

Registration/weigh-in on the Main Hall floor - wrestlers only. \$25 fee (CASH ONLY) 4 lb. allowance in singlet

Coaches Passes

BOS Lobby - \$25/day [CASH ONLY] or proof of IWCOA membership

*IWCOA membership must be purchased at regional events or online.
Not available at Sectionals or the state championships.*

Coaches meeting and breakfast 10am. Enter at South end of the BOS Lobby

Spectator Admission

Adults \$15 per session – Students \$10 per session

[CASH ONLY]

Box office will be open during weigh in.

[CASH ONLY]

*****NO FOOD OR BEVERAGE MAY BE BROUGHT INTO THE FACILITY*****

SATURDAY SESSION I

Doors open	9:00 am
Opening Ceremonies – National Anthem	10:15 am
Round of 32	10:30 am
Round of 16 & Cons	1:30 pm
Cons Rd 2	4:45 pm

SUNDAY SESSION II

Doors open	8:00 am
Quarterfinal & Consolation Rd 3	9:00 am
Consolation Rd 4	11:30 am
Semifinal & Quarterfinal Cons	12:30 pm
Semifinal Consolation	1:30 pm
Finals	2:30 pm

(All times are approximate)

*****NO FOOD OR BEVERAGE MAY BE BROUGHT INTO THE FACILITY*****

28th Annual Freshman Sophomore State & Girls Championship Series

Eligibility Freshman Sophomore - IHSA freshman or sophomore during the 2023-2024 high school season.
 No 17-year-olds or IHSA individual state qualifiers. (Open entry not limited to one per weight.)
Girls – IHSA Grade 9, 10, 11, 12 Student during the 2023-2024 high school season.
 No IHSA state qualifiers. (Open entry not limited to one per weight.)

State Championships Sat. & Sun., 3/9 & 10, 2024, **Bank of Springfield Center**
 1 Convention Center Plaza, Springfield, IL Weigh-in Saturday 8am to 9am

Sectional Tournaments (Freshman Sophomore Qualifiers & High School Girls) March 2 or 3, 2024– Weigh-ins 8am to 8:30am - see site assignments below (Girls begin the series with Sectional competition and must preregister.)
 Top (4) Qualify for Championships at the BOS Center in Springfield.

Regional Tournaments (Frosh/Soph only) Feb 24 or 25, 2024 – Weigh-ins 8 to 8:30am - (4) Qualify for sectional

Weight Classes Freshman Sophomore - 101, 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285
 Girls – 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235
 (+4-pound allowance Entire Series) *Weigh-in with singlet*

Accommodations Double Tree, Springfield, IL 866-788-800 [IWCOA Freshman/Sophomore State Championship \(hilton.com\)](http://IWCOA Freshman/Sophomore State Championship (hilton.com))
 Wyndham, Springfield, IL 217-789-1530 <https://bit.ly/40LTlgl>

Room blocks fill up early but may open following Sectional competition.
If you have overbooked rooms, please cancel as soon as possible to open rooms for others. Deadline is 3/4/2024.

Freshman Sophomore State Series begins at the Regional Competition.
Girls Championship Series begins at the Sectional Competition.

Coaching \$15 floor pass at Regional or Sectional. \$25 floor pass **PER DAY** at State Championship
 Or \$35 IWCOA membership which includes a coach’s floor pass for entire series.
 IWCOA membership available **only** at regional sites and online at iwcoa.net (Includes liability ins.)
Championship Coaches meeting/breakfast at BOS lower level 9am.

Entry Fees \$50 to start series (Regional or Sectional) sectional or state qualifiers \$25 per event.
All fees will be paid at the event. No Checks accepted.

Registration All wrestlers will preregister once for the series at www.trackwrestling.com (no fee paid to preregister).
 Deadline 10pm prior to the tournament. Qualifiers will automatically advance to sectional or state.

QUALIFIERS ADVANCE TO SECTIONAL OR STATE WITHOUT FURTHER PREREGISTRATION.

Regional assignments are based on the high school attended. Download flier for assignments at www.trackwrestling.com

WRESTLERS FROM A HIGH SCHOOL PARTICIPATING IN THE IHSA DUAL MEET FINALS AT BLOOMINGTON MAY ENTER AT THE SECTIONAL. PREREG THROUGH www.trackwrestling.com. **A \$50 FEE WILL BE PAID AT THE SECTIONAL (no preregistration fee)**

REGIONAL SITES		SECTIONAL SITES	
Aithoff Catholic HS	Feb 25	Granite City HS Annex	March 2
Springfield Southeast HS	Feb 24		
Normal HS	Feb 25	Heyworth HS	March 3
Clinton HS	Feb 24		
Morrison HS	Feb 25	Sterling HS	March 3
DeKalb HS	Feb 25		
Lake Zurich HS	Feb 25	Lake Zurich HS	March 3
Lakes HS	Feb 25		
Joliet West HS	Feb 25	Thornton HS	March 3
Joliet Central HS	Feb 24		
Richards HS	Feb 24	Shepard HS	March 3
Sarah Goode HS	Feb 25		
Oswego East HS	Feb 25	Naperville Central HS	March 3
Glenbard South HS	Feb 24		
Notre Dame Niles HS	Feb 25	Evanston HS	March 3
Glenbrook South HS	Feb 24		

CHAMPIONSHIPS !
Bank of Springfield Center
Springfield Illinois
 March 9-10, 2024

NFHS folkstyle rules except for weight classes, bout length & weigh-in procedures.
Headgear is required – All bouts are 1min – 2min – 2min – (Regional bout length may vary with unexpected turnout) Overtime per NFHS
 (Not affiliated with the IHSA, USAW or AAU. - Multiple entries at a weight class may enter who are from the same school. This is an open competition.)

IWCOA FOLKSTYLE STATE CHAMPIONSHIP SERIES REGIONAL ASSIGNMENTS

Please email debn4690@aol.com

GRANITE CITY ANNEX SECTIONAL	HEYWORTH SECTIONAL	STERLING SECTIONAL	LAKE ZURICH SECTIONAL	THORNTON SECTIONAL	SHEPARD SECTIONAL	NAPERVILLE CENTRAL SECTIONAL	EVANSTON SECTIONAL
ALTHOFF CATHOLIC REGIONAL	NORMAL REGIONAL	MORRISON REGIONAL	LAKE ZURICH REGIONAL	JOLIET WEST REGIONAL	SARAH GOODE REGIONAL	OSWEGO EAST REGIONAL	NOTRE DAME REGIONAL
ALTHOFF CATHOLIC ALTON-MARQUETTE ALTON SR. ANNA-JONESBORO BELLEVILLE EAST BELLEVILLE WEST BENTON CAHOKIA CARLYLE CARBONDALE CARM-WHITE COUNTY CARTERVILLE CENTRALIA CIVIC MEMORIAL COLLINSVILLE EAST ALTON WOOD ELVERADO EAST ST. LOUIS SR. EDWARDSVILLE EFFINGHAM FAIRFIELD FAIRWOOD FRANKFORT FRANKLIN CENTER GOREVILLE GRANITE CITY HARRISBURG HERRIN HIGHLAND HILLSBORO JERSEY JOHNSTON CITY LITCHFIELD MARION MARQUETTE MASCOUTAH MERIDIAN MOUNT CARMEL MOUNT OLIVE MOUNT VERNON MURPHYSBORO OBLONG O'FALLON TSHIP OLNEY PINCKNEYVILLE ROXANA SPARTA ST. ANTHONY TRICO TRIAD VANDALIA WALTHAM WATERLOO	BLOOMINGTON CANTON DEER CREEK- MACKINAW DUNLAP EAST PEORIA EL PASO EUREKA FARMINGTON GALESBURG HAVANA ILLINOIS BLUFFS ILLINOS VALLEY CENTRAL ILINI WEST JUDA CHRISTIAN KNOXVILLE LIMESTONE LINCOLN MANUAL MARQUETTE ACAD METAMORA TOWNSHIP MIDLAND MIDWEST CENTRAL MORTON NORMAL NORMAL WEST NOTRE DAME PEORIA OLYMPIA OTTAWA TSHIP PEKIN PEORIA PEORIA HEIGHTS RICHWOODS ROWVA STREATOR TREMONT UNIVERSITY WARSAW WASHINGTON WOODRUFF	ALEDO ALLEMAN AMBOY A. FRANKLIN CENTER DARNALL DIXON EASTLAND ERIE FREEPORT FULTON GENESEO KEWANEE LASALLE PERU LENA WINSLOW MACOMB JR/SR MENDOTA MOLINE MONMOUTH MORRISON MOUNT CARROLL NEWMAN CENTRAL ORION PRINCETON PROPHETSTOWN PUTNAM COUNTY RIVERDALE SR ROCHELLE ROCK FALLS ROCK ISLAND ROCK RIDGE ST. BEDE SAVANNA SHERRARD STERLING STOCKTON UNITED WEST CARROLL	ALGONQUIN-JACOBS BARRINGTON BARTLETT CARY-GROVE CONANT CRYSTAL LAKE CENTRAL CRYSTAL LAKE SOUTH DUNDEE-CROWN FREM'D HOFFMAN ESTATES HEBRON HUNTLEY HERSEY LAKE ZURICH LAKE PARK MCHENRY PALATINE PRAIRIE RIDGE PROSPECT REZIN ORR SCHAUMBURG STREAMWOOD ST. VIATOR	BOLINGBROOK CENTRAL (CLIFTON) COAL CITY DWIGHT JOLIET CATHOLIC JOLIET WEST LEMONT TSHIP LINCOLN-WAY CENT LOCKPORT MINOOKA MORRIS PLAINFIELD EAST PLAINFIELD CENTRAL PLAINFIELD NORTH PLAINFIELD SOUTH PROVIDENCE CATH. REED CUSTER ROMEUVILLE SENECA TOWNSHIP WILMINGTON	BOGAN BOWEN BRONZEVILLE BROOKS CURIE CHGO-AG SCIENCE CHGO HOPE ACAD. CHGO-WASHINGTON CORLISS DUNBAR DUSABLE DYETT DE LA SALLE ENGLWOOD FENGER FARRAGUT GAGE PARK GOLDEN HARLAN HARPER HIRSH METRO HUBBARD HYDE PARK JUAREZ JULIAN KELLY KENNEDY KENWOOD KING LINDBLOM TECH LITTLE VILLAGE LONGWOOD CHARTER MORGAN PARK NEAL F SIMEON NOBLE/COMER NOBLE/UIC PHILLIPS PHOENIX MILITARY ACADEMY ROBERSON SARAH GOODE SOUTH SHORE ST FRANCIS DE SALLES ST IGNATIUS ST RITA TILDEN TECH UNIVERSAL URBAN PREP	DOWNERS GROVE NORTH DOWNERS GROVE SOUTH GLENBARD EAST HINSDALE CENTRAL HINSDALE SOUTH LISLE SR LYONS TSHIP MONTINI NAZARETH NAPERVILLE CENTRAL NAPERVILLE NORTH OSWEGO OSWEGO EAST RIVERSIDE BROOKFIELD ST JOSEPH WESTMONT WHEATON ACADEMY WHEATON NORTH WILLOWBROOK	AL RABY ADDISON TRAIL AMUNDSEN AUSTIN POLYTECHNIC CLEMENTE CRANE DOUGLAS ELK GROVE VILLAGE FENTON FENWICK FOREMAN GUERIN IC CATHOLIC PREP IDA CROWN JUAREZ KELVIN PARK LAKE VIEW LEYDEN MANLEY MARSHALL MORTON NILES WEST NOTRE DAME NILES OAK PARK RIVER FOREST ORR PROVISO EAST PROVISO WEST RIDGEWOOD ST PATRICK TAFT VON STEUBEN WALTHER LUTHERAN YORK
SPRINGFIELD SOUTHEAST REGIONAL AUBURN BEARDSTOWN SR CAMP POINT CENTRAL CARLINVILLE CARROLLTON COMMUNITY CENTRAL GLENWOOD GREENVILLE ISV JACKSONVILLE MT. OLIVE PETERSBURG PORTA PITTSFIELD QUINCY SR QUINCY NOTRE DAME RIVERTON ROCHESTER SACRED HEART GRIFFIN SPRINGFIELD S'EAST SPRINGFIELD SPRINGFIELD LANPHIER TAYLORVILLE W- LATHAM WEST HANCOCK	CLINTON REGIONAL ARGENTA OREANA BISMARCK HENNING CATLIN CENTENNIAL CHAMPAIGN CENTRAL CHARLESTON CLINTON CUMBERLAND DANVILLE DECATUR EISENHOWER GIBSON CITY HEYWORTH HOOPESTON LAWRENCEVILLE LEROY MAHOMET SEYMOUR MATTOON MONTICELLO MOUNT ZION OAKWOOD PONTIAC PRAIRIE CENTRAL PAXTON RANTOUL RIDGEVIEW ROBINSON SCHLARMAN SHELBYVILLE ST JOSEPH OGDEN ST. THOMAS MOORE STANFORD OLYMPIA TRI CITY UNITY URBANA WESTVILLE	DEKALB HIGH SCHOOL REGIONAL ALDEN HERON BELVIDERE BELVDERE NORTH BOYLAN CATHOLIC BYRON BURLINGTON CENTRAL DAKOTA DEKALB DURAND GENOA-KINGSTON GUILFORD SR HAMPSHIRE HARLEM HARVARD HONONEGAH JEFFERSON KANELAND MARIAN CENTRAL MARENGO NORTH BOONE OREGON POLO RICHMOND BURTON ROCHELLE ROCKFORD AUBURN ROCKFORD ROCKFORD CHRISTIAN ROCKFORD EAST ROCKFORD LUTHERAN SOMONAUK STILLMAN VALLEY SYCAMORE WINNEBAGO WOODSTOCK WOODSTOCK NORTH WATERLOO	LAKES REGIONAL ANTIOCH BUFFALO GROVE CARMEL GRANT GRAYSLAKE CENTRAL GRAYSLAKE NORTH GURNEE JOHNSBURG LAKE FOREST ACADEMY LAKE FOREST LAKE VILLA LAKES LIBERTYVILLE MUNDELEIN NORTH CHICAGO ROLLING MEADOWS ROUND LAKE STEVENSON VERNON HILLS WARREN TWP WAUKONDA WAUKEGAN WHEELING ZION-BENTON	JOLIET CENTRAL REGIONAL ANDREW BEECHER BISHOP MCNAMARA BLOOM BRADLEY BOURBONNAIS CRETE-MONEE HERSCHER HILLCREST HOMEWOOD- FLOOSMOOR JOLIET CENTRAL KANKAKEE LINCOLNWAY EAST LINCOLNWAY WEST MANTENO MARIAN CATHOLIC PEOTONE REED-CUSTER RICH THORNRIDGE T.F. NORTH T.F. SOUTH THORNTON THORNWOOD	GLENBARD SOUTH REGIONAL AURORA CENTRAL CATHOLIC AURORA CHRISTIAN BATAVIA EAST AURORA ELGIN GENEVA GLENBARD NORTH GLENBARD SOUTH GLENBARD WEST GOLDER COLLEGE PREP HARVEST CHRISTIAN ACAD HALL LARKIN MARMION ACADEMY MENDOTA METEA VALLEY MOOSE HEART NEQUA VALLEY PLANO SANDWICH SOUTH ELGIN ST CHARLES EAST ST CHARLES NORTH ST EDWARD-ELGIN ST FRANCIS WHEATON WAUBONSIE VALLEY WEST AURORA WEST CHICAGO W. WARRENVILLE SOUTH YORKVILLE YORKVILLE CHRISTIAN	GLENBROOK SOUTH REGIONAL C. ACADEMY C. MATH & SCIENCE DEERFIELD DEPAUL PREP ELMWOOD PARK EVANSTON GLENBROOK NORTH GLENBROOK SOUTH HIGHLAND PARK LANE TECH LOYOLA ACADEMY MAINE EAST MAINE SOUTH MAINE WEST MATHER NEW TRIER NILES NORTH NORTHSIDE PROSSER VOC RICKOVER NAVAL ACADEMY ROOSEVELT SENN SULLIVAN	