

29th Annual IWCOA Championships

Freshman/Sophomore State & Girls Championship Series

Bank of Springfield Center, March 15-16, 2025

Weigh-in

The BOS Center, Friday 6:00pm to 9:00pm

Registration BOS Center Lobby \$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 mtg and breakfast Saturday 7:45am. Enter at South end of BOS Lobby

Spectator Admission

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

[CASH ONLY]

Box office will be open during Friday weigh in.

[CASH ONLY]

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

SATURDAY SESSION I

Doors open	7:30 am
Opening Ceremonies – National Anthem	8:50 am
Prelim	9:00 am
Round of 32	11:00am
Cons Rd 1	3:00pm
Round of 16 & Cons Rd 2	5:00pm

SUNDAY SESSION II

Doors open	8:00 am
Consolation Rd 3	9:00 am
Quarter finals & Consolation Rd 4	11:00 am
Consolation Rd 5	1:00 pm
Semifinal & Quarter final Consolation	2:00 pm
Semifinal Consolation	3:00 pm
Finals	4:00 pm

(All times are approximate)

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

29th Annual Freshman Sophomore State & Girls Championship Series

NEW ** Top 5 Qualify for State, FroshSoph & Girls ** NEW

- Eligibility** Freshman Sophomore - IHSA freshman or sophomore during the 2024-2025 high school season. No 17-year-olds or IHSA individual state qualifiers. (Open entry not limited to one per weight per school.)
Girls – IHSA Grade 9, 10, 11, 12 Student during the 2024-2025 high school season. No IHSA state qualifiers. (Open entry not limited to one per weight per school.)
- State Championships** Sat. & Sun., 3/15 & 16, 2025, **Bank of Springfield Center**
 1 Convention Center Plaza, Springfield, IL Weigh-in Friday 6pm to 9pm
- Sectional Tournaments** (Freshman Sophomore Qualifiers & High School Girls) March 8 or 9, 2025– Weigh-ins 8am to 8:30am - see site assignments below (Girls begin the series with Sectional competition and must preregister.)
Top (5) Qualify for Championships at the BOS Center in Springfield. (40 MAN BRACKET)
- Regional Tournaments** (Frosh/Soph only) March 1 or 2, 2025 – 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 [Book Rooms](#)
 Wyndham, Springfield, IL 217-789-1530 [Book Rooms](#)
 Carpenter Street Hotel, Springfield, IL 217-789-9100
 Mansion View Inn & Suites, Springfield, IL 217-544-7411

Please cancel overbooked rooms as soon as possible to open rooms for others. Deadline to cancel is 3/12/2025.

**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.)
- 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, cash only.
- Registration** **Opens Jan 15** - Must preregister **once** for the series at www.trackwrestling.com (no fee paid to preregister). Deadline 10pm prior to the tourn. Qualifiers 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 filer for assignments at www.trackwrestling.com

FROSHSOPH 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

Belleville West HS	March 02	Granite City HS Annex	March 09
Springfield Southeast HS	March 01		
Normal HS	March 02	Heyworth HS	March 09
Clinton HS	March 01		
Morrison HS	March 02	Sterling HS	March 09
Huntley Middle School	March 02		
Lake Zurich HS	March 02	Lake Zurich HS	March 09
Lakes HS	March 02		
Joliet West HS	March 02	Thornton HS	March 09
Joliet Central HS	March 01		
Richards HS	March 01	Shepard HS	March 09
Sarah Goode HS	March 02		
Oswego East HS	March 02	Naperville Central HS	March 09
Glenbard South HS	March 01		
Notre Dame Niles HS	March 02	Evanston HS	March 09
Glenbrook South HS	March 02		

CHAMPIONSHIPS !

Bank of Springfield Center

Springfield Illinois

March 15-16, 2025

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
BELLEVILLE W. 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 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 ROWWA STREATOR TREMONT UNIVERSITY WARSAW WASHINGTON WOODRUFF CLINTON REGIONAL	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 HUNTLEY MIDDLE SCHOOL REGIONAL	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 LAKES REGIONAL	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 ROMEORVILLE SENECA TOWNSHIP WILMINGTON JOLIET CENTRAL REGIONAL	BOGAN BOWEN BRONZEVILLE BROOKS CURIE CHGO-AG SCIENCE CHGO HOPE ACAD. CHGO-WASHINGTON Corlis DUNBAR DUSABLE DYETT DE LA SALLE ENGLEWOOD 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 RICHARDS REGIONAL	DOWNS 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 GLENBARD SOUTH REGIONAL	AL RABY ADDISON TRAIL AMUNDSEN AUSTIN POLYTECHNIC CLEMENTE CRANE DOUGLAS ELK GROVE VILLAGE FENTON FENWICK FOREMAN GUERIN IC CATHOLIC PREP JUAREZ KELVIN PARK LAKE VIEW LENDEN MAYLEN MARSHALL MORTON NILES WEST NOTRE DAME NILES OAK PARK RIVER FOREST ORR PROVISO EAST PROVISO WEST RIDGWOOD ST PATRICK TAFT VON STEUBEN WALTHER LUTHERAN York GLENBROOK SOUTH REGIONAL
SPRINGFIELD SOUTHEAST 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	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 CHRISTIAN ROCKFORD EAST ROCKFORD LUTHERAN SOMONAUK STILLMAN VALLEY SYCAMORE WINNEBAGO WOODSTOCK WOODSTOCK NORTH WETERLOO	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	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 THORNBRIDGE T.F. NORTH T.F. SOUTH THORNTON THORNWOOD	A.A. STAGG ARGO COMMUNITY BREMEN BROTHER RICE EISENHOWER EVERGREEN PARK HALES FRANCISCAN ILLIANA CHRISTIAN MARIST MOUNT CARMEL OAK FOREST OAK LAWN REAVIS RICHARDS ST. LAURENCE SANDBURG SHEPARD TINLEY PARK	AURORA CENTRAL CATHOLIC AURORA CHRISTIAN BATAVIA EAST AURORA ELGIN GENEVA GLENBARD NORTH GLENBARD SOUTH GLENBARD WEST GOLDER COLLEGE PREP HARVEST CHRISTIAN ACAD ACAD HALL LARKIN MARMION ACADEMY MENDOTA METEA VALLEY MOOSE HEART NEUQUA VALLEY PLANO SANDWICH SOUTH ELGIN ST CHARLES EAST ST CHARLES NORTH ST EDWARDS-ELGIN ST FRANCIS WHEATON WAUBONSIE VALLEY WEST AURORA WEST CHICAGO W. WARRENVILLE SOUTH YORKVILLE YORKVILLE CHRISTIAN	C. ACADEMY C. MATH & SCIENCE DEERFIELD DEPAUL PREP ELMWOOD PARK EVANSTON GLENBROOK NORTH GLENBROOK SOUTH HIGHLAND PARK IDA CROWN LANE TECH LOYOLA ACADEMY MAINE EAST MAINE SOUTH MAINE WEST MATHER NEW TRIER NILES NORTH NORTHSIDE PROSSER VOC RICKOVER NAVAL ACADEMY ROOSEVELT SENN SULLIVAN