

KENTUCKY FOLKSTYLE WRESTLING

NATIONAL TEAM

- USA Wrestling National Duals has 17 weight classes we have 15
- 1st place has guaranteed position
- 2nd place has an automatic invitation
- All placers have option to wrestle off for open slots
- All who wish to participate are required to make 2 of 3 practices as the 3rd practice will be wrestle offs if needed
- Coaches will be volunteers from different parts of the State
- USA Wrestling covers the entry fees for one team
- KFWC is again supplying gear for Wrestlers and Coaches
- If we have enough for two teams we will discuss arrangements with the board for equipment and fees
- After the State Tournament the primary team will be announced and if the wrestlers choose not to participate the open slots will be announced via E-mail, Forum and KFWC Google group
- Coaches interested in joining the National Team please contact Coach Hale jhale345@gmail.com
- If you would like to host a practice please contact me as I would like them to be accessible to all participants and NKY is not for the whole state.

KENTUCKY FOLKSTYLE WRESTLING NATIONAL TEAM

WEIGHT CLASSES

75 1st place 70

80 1st place 75

85 1st place 80

90 1st place 86

95 1st place 92

102 1st place 98

110 1st place 105

117 1st place 113

125 1st place 121

132 1st place 130

140 1st place 140

150 1st place 152 if they can make weight wrestle off if not

160 Wrestle off for any State placer who can make the weight within USA weight guidelines

175 1st place 168

195 1st place 190

220 1st place 240 has choice then runner up after that wrestle off

275 1st place 240 has choice then runner up after that wrestle off

Above are the basic parameters for weights based on participation of wrestlers.

Coaches I urge you to assist us in presenting the best Kentucky has to offer. We have several super talented wrestlers here in Kentucky, lets show them in Danville we are still contenders.