**2025 Junior & 16U Nationals**

**Fargo, ND**

**07/10/2025 - 07/19/2025**

**Event Venue**

**Fargo Dome  
1800 N University Dr  
Fargo, ND 58102**

**Event Director**

**Christina Hargrove**[**chargrove@usawrestling.org**](mailto:chargrove@usawrestling.org)

***Sessions and schedule subject to change - updated 10/31/2024***

**For specific event procedures or scheduling, contact USA Wrestling National Events at**[**(719) 598-8181**](tel:(719)%20598-8181)

**North Dakota State (NDSU) will not be allowing ANY TEAMS TO PRACTICE at NDSU or FargoDome prior to Thursday, July 10 at 3:00 PM.**

**Any TEAM ARRIVING prior to that will not be allowed access to NDSU or FargoDome facilities. Please plan accordingly.**

**All workout sessions will be held at Bentson Bunker Fieldhouse**

* 1301 Centennial Blvd, Fargo, ND 58102

**2025 Junior & 16U Nationals Schedule:**

**Thursday, July 10th**

Pre-tournament Registration for **ON CAMPUS TEAMS ONLY** and Officials; Media Credential Pick-Up  
*(FargoDome – Rooms 201-203)*  
5:00 PM - 9:00 PM

**Friday, July 11th**

**Tournament Registration & Housing Check-in; Media Credential Pick-Up**  
*(FargoDome – Rooms 201-203)*  
9:00 AM - 9:00 PM

**MANDATORY - Roster Verfication - 16U Girls/Junior Girls Freestyle**  
10:00 AM - 12:00 PM

**16U Girls/Junior Girls:  Weigh-in** **5:00 PM**   
Doors open at 4:00 PM

**ATTENTION COACHES/TEAM LEADERS**  
Weigh-ins for Girls Freestyle will begin at 5:00 PM. All wrestlers must be in the weigh-in area\* by 5:00 PM and must remain in the area until he has weighed in. Once all wrestlers who were in the weigh-in area at the beginning of weigh-ins have weighed in, the weigh-in will be deemed complete and no other wrestlers will be allowed to weigh in. No weight reduction practices shall be allowed once weigh-ins begin at 5:00 PM.

\* = Weigh-in area for 16U/Junior Nationals is deemed to be the seating sections of the North endzone Sections 24-26 and South endzone Sections 11-12 of the FargoDome (North endzone = 16U, South endzone = Junior).

**Saturday, July 12th**

**Wrestler Doors Open at 6:30 AM  
Doors Open to the Public at 7:00 AM**

Session I

*Junior Girls*

**8:00 AM – 2:00 PM**

Championship (4 rounds) and Consolation (6 rounds)

**Tournament Registration & Housing Check-in; Media Credential Pick-Up**  
*(FargoDome – Rooms 201-203)*  
9:00 AM - 7:00 PM

Session II

*16U Girls*

**3:30 PM – 8:00 PM**

Championship (4 rounds) and Consolation (6 rounds)

**Women's Age Group Council Meeting (Fargodome Room 203)  
8:00 PM to 9:30 PM**

**Sunday, July 13th**

**Wrestler Doors Open at 7:30 AM  
Doors Open to the Public at 8:00 AM**

**Tournament Registration & Housing Check-in; Media Credential Pick-Up**  
*(FargoDome – Rooms 201-203)*  
9:00 AM - 3:00 PM

Session III

***16U Girls***

9:00 AM – 11:30 AM

Quarterfinals, Semifinals, Consolation (3 rounds) and Consolation Semifinals

***Junior Girls***

9:00 AM – 12:00 PM

Quarterfinals, Semifinals, Consolations (3 rounds) and Consolation Semifinals

**MANDATORY - Roster Verification - 16U/Junior Boys Freestyle**  
10:00 AM - 12:00 PM

Session IV

***16U Girls***

1:30 PM – 2:00 PM

Medal Matches (3rd, 5th, 7th place matches)

***Junior Girls***

1:30 PM – 2:00 PM

Medal Matches (3rd, 5th, 7th place matches)

***16U Girls & Junior Girls***

2:30 PM – 5:00 PM

*Parade of All-Americans and Championship Finalists*

Championship Finals

**16U/JR Boys Freestyle:**Weigh-in  **6:00 PM**

**\*\* FREESTYLE WEIGH-INS DO NOT CARRY OVER TO GRECO-ROMAN**

**ATTENTION COACHES/TEAM LEADERS**  
Weigh-ins for Freestyle will begin at 6:00 PM. All wrestlers must be in the weigh-in area\* by 6:00 PM and must remain in the area until he has weighed in. Once all wrestlers who were in the weigh-in area at the beginning of weigh-ins have weighed in, the weigh-in will be deemed complete and no other wrestlers will be allowed to weigh in. No weight reduction practices shall be allowed once weigh-ins begin at 6:00 PM.

\* = Weigh-in area for 16U/Junior Nationals is deemed to be the seating sections of the North endzone Sections 24-26 and South endzone Sections 11-12 of the FargoDome (North endzone = 16U, South endzone = Junior).

**BEACH WRESTLING - 16U Girls & Junior Girls**  
**Location:**NDSU Campus

**Check in:**  10:00 AM – 10:30 AM

**Competition**: 11:00 AM – 3:00 PM

**Monday, July 14th**

**Wrestler Doors Open at 7:00 AM  
Doors Open to the Public at 7:30 AM**

Session V

***Junior Boys Freestyle***

8:30 AM to 2:30 PM

Championship (2 Rds) and Consolation (2 Rds)

**Tournament Registration & Housing Check-in; Media Credential Pick-Up**

*(FargoDome – Rooms 201-203)*  
9:00 AM - 11:00 AM

Session VI

***16U Boys Freestyle***

3:30 PM to 8:30 PM

Championship (2 Rds) and Consolation (2 Rds)

**Tuesday. July 15th**

**Wrestler Doors Open at 7:00 AM  
Doors Open to the Public at 7:30 AM**

Session VII

***16U Boys & Junior Boys Freestyle***

8:30 AM to 1:30 PM

Championship (1 Rd) and Consolations (2 Rds)

**Tournament Registration & Housing Check-in; Media Credential Pick-Up**  
*(FargoDome – Rooms 201-203)*  
9:00 AM - 11:00 AM

Session VIII

***16U Boys & Junior Boys Freestyle***

3:00 PM to 8:00 PM

Championship & Quarterfinals (2 Rds) and Consolation (3 Rds)

**Wednesday, July 16th**

**Wrestler Doors Open at 6:45 AM  
Doors Open to the Public at 9:00 AM**

**16U Boys & Junior Boys Freestyle:   Weigh-in + 2 lbs    7:45 AM**

**ATTENTION COACHES/TEAM LEADERS**  
Weigh-ins for Freestyle will begin at 7:45 AM. All wrestlers must be in the weigh-in area\* by 7:45 AM and must remain in the area until he has weighed in. Once all wrestlers who were in the weigh-in area at the beginning of weigh-ins have weighed in, the weigh-in will be deemed complete and no other wrestlers will be allowed to weigh in. No weight reduction practices shall be allowed once weigh-ins begin at 7:45 AM.

\* = Weigh-in area for 16U/Junior Nationals is deemed to be the seating sections of the North endzone Sections 24-26 and South endzone Sections 11-12 of the FargoDome (North endzone = 16U, South endzone = Junior).

Tournament Registration & Housing Check-in; Media Credential Pick-Up  
*(FargoDome – Rooms 201-203)*  
9:00 AM - 11:00 AM

Session IX

***16U Boys & Junior Boys Freestyle***

10:00 AM to 12:30 PM

Semifinals, Consolation (3 Rds), and Consolation Semifinals

Session X

***16U Boys & Junior Boys Freestyle***

3:00 PM to 4:30 PM

Medal Matches (3rd, 5th, 7th place matches)

Session XI

***16U Boys & Junior Boys Freestyle***

5:30 PM to 8:00 PM

*Parade of All-Americans and Championship Finalists*

Championship Finals

**Thursday, July 17th**

Tournament Registration & Housing Check-in; Media Credential Pick-Up  
*(FargoDome – Rooms 201-203)*  
9:00 AM - 11:00 AM

**BEACH WRESTLING - 16U Boys & Junior Boys**  
**Location:**NDSU Campus

**Check in**:  8:30 AM-:8:45 AM

**Competition:** 9:00 AM-12:00 PM

**MANDATORY - Roster Verfication - 16U Boys & Junior Boys Greco-Roman**  
10:00 AM - 12:00 PM

**16U Boys & Junior Boys Greco-Roman:   Weigh-in   5:00 PM**

\*\***FREESTYLE WEIGH-INS DO NOT CARRY OVER**

**ATTENTION COACHES/TEAM LEADERS**  
Weigh-ins for Greco-Roman will begin at 5:00 PM. All wrestlers must be in the weigh-in area\* by 5:00 PM and must remain in the area until he has weighed in. Once all wrestlers who were in the weigh-in area at the beginning of weigh-ins have weighed in, the weigh-in will be deemed complete and no other wrestlers will be allowed to weigh in. No weight reduction practices shall be allowed once weigh-ins begin at 5:00 PM.

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**Coaches Meeting 16U Boys & Junior Boys GR: Fargodome - Team Room**         
5:15 PM

**Friday, July 18th**

**Wrestler Doors Open at 7:00 AM  
Doors Open to the Public at 7:30 AM**

Session XII

***Junior Boys Greco-Roman***

8:30 AM to 2:30 PM

Championship (4 Rds) and Consolation (5 Rds)

Session XIII

***16U Boys Greco-Roman***

3:30 PM to 8:30 PM

Championship (4 Rds) and Consolation 5 Rds)

**Saturday, July 19th**

**Wrestler Doors Open at 7:30 AM  
Doors Open to the Public at 8:00 AM**

Session XIV

***16U Boys & Junior Boys Greco-Roman***

9:00 AM to 1:00 PM

Quarterfinals, Semifinals (2 Rds) and Consolation (3 or 4 Rds)

Session XV

***16U Boys & Junior Boys Greco-Roman***

3:00 PM to 5:00 PM

Consolations, Consolation Semifinals, and Medal Matches (3rd, 5th, 7th place matches)

Session XVI

***16U Boys & Junior Boys Greco-Roman***

6:00 PM to 8:30 PM

*Parade of All-Americans and Championship Finalists*

Championship Finals