

**2010
USA Wrestling Age & Weight**

6 and Under (Born 2003 and after)	8 and Under (Born 2001-2002)	10 and Under (Born 1999-2000)	12 and Under (Born 1997-1998)	14 and Under (Born 1995-1996)
30	40	50	60	70
35	45	55	65	75
40	50	60	70	80
45	55	65	75	85
50	60	70	80	90
55	65	75	85	95
60	70	80	90	100
65	75	85	95	105
70	80	90	100	110
75	85	95	105	115
80	90	100	110	120
85	100	110	115	125
90	115	120	120	130
100	130	130	130	135
115	145	150	135	140
115+	160	170	140	145
	175	190	150	150
	190	210	165	155
	205	230	175	165
	205+	250	190	175
		285	205	190
			235	205
			285	235
				285