



**VAWA  
KIDS AND CADET FREESTYLE AND GRECO-ROMAN  
STATE CHAMPIONSHIPS**

**May 1-2, 2009**

**Hopewell High School  
400 S Mesa Dr, Hopewell, VA**

**ATTENTION:** Qualifies all participants for the SE Regional Tournament in Atlanta, GA

The top 3 place finishers from any Cadet Regional qualify for Fargo. If you cannot make the tournament and wish to petition on to one of the Virginia National Teams, you must have a written petition on file with the State Chairman accompanied by a check in the amount of \$50 prior to the tournament. The \$50 is non-refundable. The State Chairman and the Coaching Staff will rule on your petition. Do not bother petitioning unless you have a valid reason. (Example: a debilitating injury)

**CONTACTS:**

**KIDS DIRECTOR** - Rich Pollock –  
680 Magna Carta Via  
Christiansburg, VA 24073  
540-239-4391  
[rpollcock@mail.mcps.org](mailto:rpollcock@mail.mcps.org)

**Roy Hill, VAWA State Chairman**  
Phone: 703-587-4068  
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**CADET DIRECTOR** – Phil Cronin  
[Phil.cronin@fcps.edu](mailto:Phil.cronin@fcps.edu)

**STYLE:** FREESTYLE AND GRECO-ROMAN.

**COST: \$20 for one style or \$25 for both styles if preregistered on** Here is a direct link to the Trackwrestling PreRegistration site:

<http://www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=800009> **by 12pm, Thursday, April 30<sup>th</sup>**. At the door the cost is \$25 for one style, \$30 for both styles. Make checks payable to VAWA.

Each competitor must also have a current USA Wrestling Card and must present it to compete. Cards will be available to purchase for **\$35** on site, **\$30** through your club, or they can be purchased online for **\$29.75** at <http://www.usawmembership.com/>

<b>THE DIVISIONS</b>	<b>BIRTH DATES</b>	<b>MATCH TIME LIMITS(Freestyle &amp; Greco Roman Styles Only)</b>
<b>INTERMEDIATE</b>	Born 2001-2002	Best out of 3 two-minute periods with 30 second rest between periods
<b>INTERMEDIATE</b>	Born 1999-2000	Best out of 3 two-minute periods with 30 second rest between periods
<b>JUNIOR</b>	Born 1997-1998	Best out of 3 two-minute periods with 30 second rest between periods
<b>SCHOOLBOY/SCHOOLGIRL</b>	Born 1995-1996	Best out of 3 two-minute periods with 30 second rest between periods
<b>CADET</b>	Born 1993-1994	Best out of 3 two-minute periods with 30



## SCHEDULE:

***Wrestlers competing in both Greco and Freestyle only weigh in once.  
Wrestlers must be present at start of weigh-ins.  
All wrestling start times are approximate.***

### **Friday, May 1<sup>st</sup> – Cadet Greco-Roman Tournament**

5:30 pm: Registration and Weigh-ins.

7:00 pm: Cadet Greco-Roman Tournament begins.

### **Saturday, May 2<sup>nd</sup> – Cadet Freestyle & Kids Greco/Freestyle Tournaments**

8:00 am: Registrations and Weigh-ins for Cadet Freestyle and Kids Greco.

10:00 am: Cadet Freestyle and Kids Greco Begins.

11:00 am: Kids Freestyle Registration and Weigh-ins.

1:00 pm: Kids Freestyle Tournament begins.

**UNIFORMS:** One piece red and blue singlet preferred.

## **AWARDS:**

1. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers.
2. Cadet National Team:
  - a. Top one, two, or three places may qualify for the national team (Depends on the size of the weight class).
  - b. Wild card positions filled by the staff.

## **HOTEL INFORMATION:**

[Hampton Inn & Suites](http://www.hilton.com) www.hilton.com

5103 Plaza Drive

Hopewell, VA

(804) 452-1000

[Econo Lodge](http://www.choicehotels.com) www.choicehotels.com

4096 Oaklawn Blvd.

Hopewell, VA

(804) 541-4849

[Candlewood Suites](http://www.candlewoodsuites.com) www.candlewoodsuites.com

5113 Plaza Dr

Hopewell, VA

(804) 541-0200