

AAU FRIENDS OF COAL POWER NATIONALS



NOVEMBER 22 & 23

OPEN TOURNAMENT - NO PRE-QUALIFYING REQUIRED

Tournament Information for Athletes and Coaches

* **ENTRY FEE IS \$40.00.** No personal checks. Cashiers check or money orders only.

Pre-registration **ONLY**. Entries **MUST** be postmarked by **November 16, 2008**. **No Walk-ins**. All participating Wrestlers receive a **AAU Wrestling T-Shirt**. We are placing **1st-8th** place in each age and weight division. Champions will receive **Championship t-Shirt**. Also each wrestle will receive a **Friends of Coal t-shirt**.

* Make cashiers check or money order payable to: National Wrestling Promotions, Inc.

* Mail all forms to: National Wrestling Promotions, Inc. 287 Country Roads Estates, Shady Spring, WV 25918

* Weight **MUST** be declared on the entry form.

All wrestlers must have a current AAU membership card to participate. Membership cards may be purchased at www.aausports.org or at weigh-ins. Coaches with current AAU membership cards will be allowed entry into the Tournament at no charge and are welcome to the Hospitality room.

IMPORTANT INFORMATION

Wrestlers are expected to make their pre-registered weight class. If you do not make your pre-registered weight class, you may pay a "second chance" registration fee of \$35.00. You will be added to the bracket only if there is a "Bye" or a "No Show". If we are unable to re-bracket you, your re-bracket penalty fee will be refunded. The Bracketing Director reserves the right to refuse re-bracketing changes if they are a hindrance to the tournament start times. We are giving wrestlers a "second chance" to wrestle, and it is a benefit to those wrestlers who may have traveled and not made the pre-registered weight. **The tournament committee encourages all WRESTLERS to MAKE THEIR DECLARED WEIGHT.**

* You **MUST** wear a singlet to weigh in.

* Medals will be awarded to the top 8 placers. 1st place winners in each age division & weight class will get a trophy and a champion T-Shirt.

* Once entry has been processed - there are **no** refunds. Tournament committee is not responsible for entries lost in the mail.

* If there are excessive entries, tournament officials reserve the right to adjust bout times and rest periods in consolation rounds.

* National High School Federation Rules apply except as noted.

TEAM TROPHIES: 1st – 3rd place. Also Team Trophy for most out of state wrestlers and Team Trophy for most in state wrestlers.

* Email questions to: jamisonrhumphrey@msn.com

Match Duration

* Tots, Bantam, Midget, Novice and Masters Divisions will wrestle three - one and 1/2 minute periods [Championship rounds].

* Schoolboy, Cadet, Elite and Senior Divisions will wrestle three - two minute periods [Championship rounds].

* Rest time between bouts is a minimum of 15 minutes.

*A portion of the proceeds from this Tournament will be donated to fund the Coal Miners Black Lung Foundation. This foundation was set-up to help lobby for new black lung laws that are friendly to the working coal miner, develop a web site with a forum to communicate with other miners filing for black lung and help educate the miners on the filing process.

ADMISSION

Adults	\$10.00	
Children [under 12]	\$5.00	

SCHEDULE

Saturday	November 22	2:00 pm - 9:00 pm	Weigh-in for all divisions. Weigh-ins will be held at Glade Springs Resort
Sunday	November 23	8:00 am	Doors open for wrestlers and spectators
Sunday	November 23	8:30 am	WVU Wrestling Clinic
Sunday	November 23	9:00 am	Wrestling begins following clinic

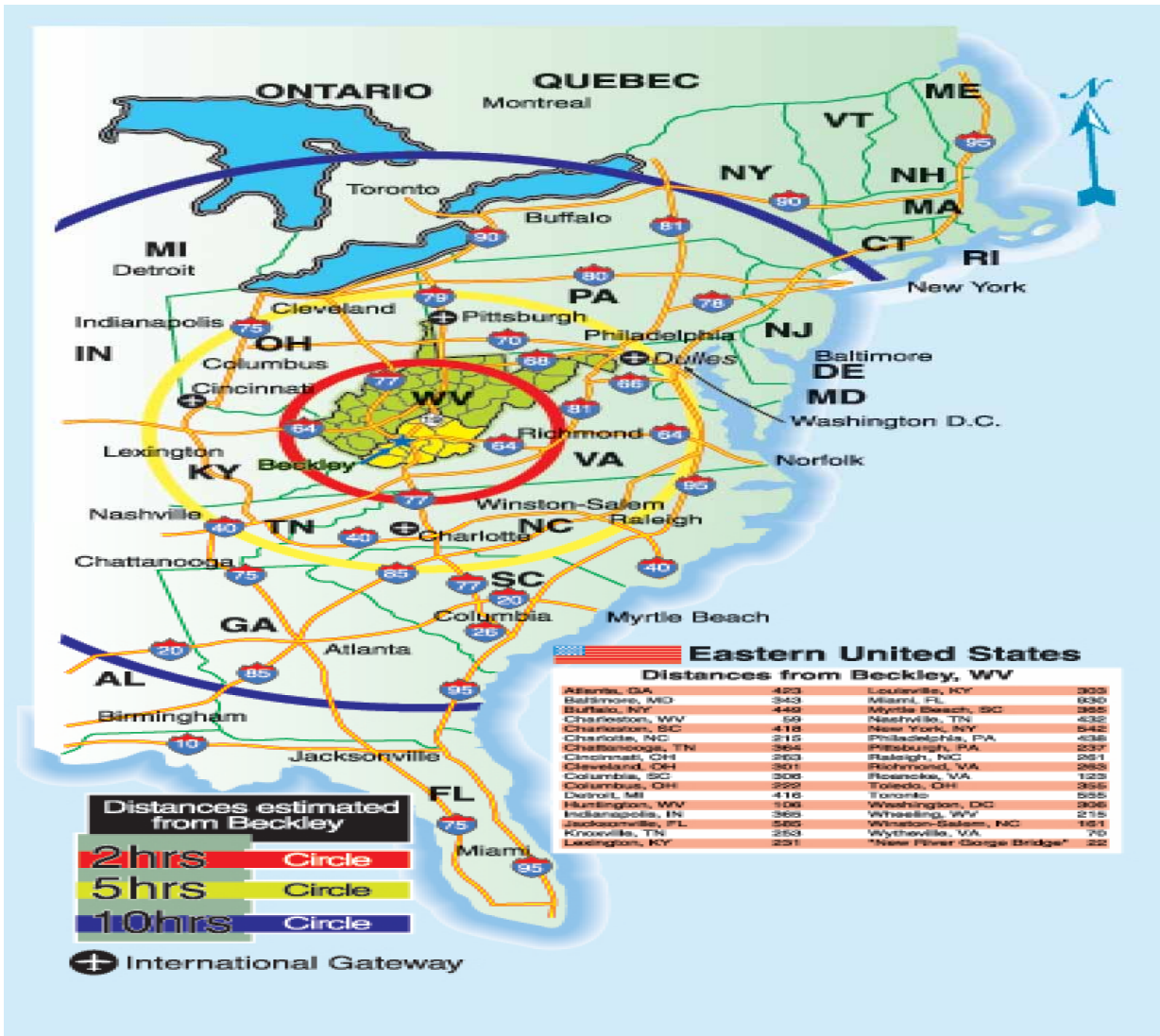
*****THIS TOURNAMENT IS A PARTICIPATION QUALIFIER FOR THE AAU GRAND NATIONALS*****

The 2009 AAU Grand Nationals

*Participation in the AAU Friends of Coal Power Nationals automatically qualifies you to wrestle in the AAU GRAND NATIONALS. This **Tournament** is also a place qualifier for the **Tournament of Champions (TOC)**. The top 4 place finishers in each weight and age division will qualify to wrestle in the **Tournament of Champions in Ohio April 25, 2009**.

The birth year shall determine the individual's eligibility for specific competition. Proof of age shall be a machine photocopy of the original birth record issued by county, state, or federal government, photocopy of original driver's license. *Do not send originals.* Tournament Committee will not be responsible for the return of any documents. There is no separate division for male and female participants.

Tot Division	2002/after	35-40-45-50-55-Hwt
Bantam Division	2001/2000	40-45-50-55-60-65-70-75-80-90-Hwt
Midget Division	1999/1998	50-55-60-65-70-75-80-85-90-95-103-112-120-130-Hwt
Novice Division	1997/1996	60-65-70-75-80-85-90-95-100-105-112-120-130-140-Hwt
Schoolboy Division	1995/1994	70-75-80-85-90-95-100-105-110-115-120-125-130-140-150-160-180-Hwt
Cadet Division	1993/1992	84-91-98-103-112-119-125-130-135-140-145-152-160-171-189-215-285
Elite Division	1991/1990/1989*	98-103-112-119-125-130-135-140-145-152-160-171-189-215-285
*For Elite Division	-birth year 1989	Wrestler must be born in 1989, still in high school and provide proof, otherwise wrestler is in Senior Division
Senior Division	1989/1979	125-133-141-149-157-165-174-185-197-Hwt
Masters Division	1978/before	125-133-141-149-157-165-174-185-197-215-Hwt



EASTERN UNITED STATES
distances from Beckley, WV

Atlanta, GA	423	Louisville, KY	303
Baltimore, MD	343	Miami, FL	930
Buffalo, NY	449	Myrtle Beach, SC	365
Charleston, WV	59	Nashville, TN	432
Charleston, SC	418	New York, NY	542
Charlotte, NC	215	Philadelphia, PA	438
Chattanooga, TN	364	Pittsburgh, PA	237
Cincinnati, OH	263	Raleigh, NC	261
Cleveland, OH	301	Richmond, VA	263

Columbia, SC	306	Roanoke, VA	123
Columbus, OH	222	Toledo, OH	355
Detriot, MI	416	Toronto	555
Huntington, WV	106	Washington, DC	306
Indianapolis, IN	365	Wheeling, WV	215
Jacksonville, FL	585	Winston-Salem, NC	161
Knoxville, TN	253	Wytheville, VA	70
Lexington, KY	231	"New River Gorge Bridge"	22

