

VAWA 2010 Junior State Tournaments
Greco-Roman and Freestyle
Qualifiers for the National Team.
May 15/16

SITE: Henrico High School
302 Azalea Avenue
Richmond, VA. 23227

Attention: The top 3 place finishers from any Junior Regional qualify for Fargo, as well as top 3 for FILA Cadets. Otherwise this is the only other tournament to qualify you for the National Teams. If you cannot make the tournament and wish to petition on to one of the 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)
. All Juniors intending on competing for the VAWA National Team at the Junior National Championships in Fargo, ND must bring a check written to "VAWA" in the sum of \$100 as a deposit on the uniform package.

Wrestlers need to have a red and a blue singlet.

We will have singlets and other merchandise available to purchase through "All-American Wrestling Supply".

Medical Forms: You must have a "VAWA Medical Form" filled out for any skin condition.

JUNIOR STATES

SATURDAY,
9:00 to 9:45 AM
10:00 AM -10:30AM

May 15: *Greco-Roman State Championships*
Registration
Weigh-in for Greco Only and those wrestling BOTH STYLES. Those wrestling both styles do not have to weigh-in again (**If you withdraw from the Greco Tournament you must weigh in again for the Freestyle Tournament unless cleared by the tournament medical staff**). You must weigh-in when called. No extensions or extra time to make weight. Travel early to avoid traffic.

12:00 NOON

Greco-Roman tournament begins and runs until finished.

SUNDAY,
9:00 to 9:45 AM
10:00 AM-10:30AM

May 16: *Freestyle State Championships*
Registration for FS only wrestlers
Weigh-in for freestyle only, You must weigh-in when called. No extensions or extra time to make weight. Travel early to avoid traffic.

12:00 NOON

Freestyle tournament begins and runs until finished.

ENTRY FEES: COST: \$25 for one style or \$35 for both styles if preregistered on
Trackwrestling PreRegistration site:

<http://www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=1282009>
by 12pm, Thursday, May 13. At the door the cost is \$35 for one style, \$40 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/>

If you have problems purchasing or printing your card, call (804) 586-3524.

CHECKS: Make payable to "VAWA"

ELIGIBILITY: You must be enrolled in grades 9 thru 12 and be a resident of Virginia. **Note that**

Cadets who are in high school may wrestle in the Junior State Tournaments as well as the Cadet State Tournaments

ADMISSION: \$5.00 adults/\$3.00 students EACH DAY (under 12 & coaches with current USAW Coach Cards: admission free)

All matside coaches must present a current USAW Coach Card to get a floor pass.

Before you can purchase a card, an on-line background check is required which may take up to 5 days to process. If you did not have one last year, do NOT delay.

(Background checks are required every 2 years and costs \$17; USAW cards must be renewed every year and are good from 1Sep through 31Aug. The background check

and USAW Coach card must be purchased on-line at <http://www.usawmembership.com>.

If you need assistance, call (804) 586-3524.

WEIGHTS: Plus 3 pounds allowance

You must wrestle the weight that you wish to qualify for the National Team.

2010 AGE DIVISIONS and WEIGHT CLASSES

JUNIOR

(Men)

Born 9/1/1990 & after,

plus enrolled in grades 9-12

3 two-minute periods with

30 second rest between periods

98, 105, 112, 119, 125, 130, 135,

140, 145, 152, 160, 171, 189, 215, 285

JUNIOR

(Women)

Born 9/1/1990 & after,

plus enrolled in grades 9-12

3 two-minute periods with

30 second rest between periods 95, 102, 109, 116,

124,

132, 139, 146,

153, 165, 190, 220

AWARDS: 1. Medals to the top three places

2. Top one, two, or three places may qualify for the national team

(Depends on the size of the weight class)

3. Wild card positions filled by the staff

4. Outstanding Wrestler Award (each style)

5. Club Championship Award (each style)

6. Joe Pyanoe Sportsmanship Award (each style)

CONTACT PERSONS:

Steve Crocker Tournament Director 804-282-5567

Roy Hill State Chairman 703-587-4068

Rick Jones Junior Director 703-403-6852

HOTELS:

Holiday Inn Richmond- North

I-95/ Parham Road

801 E. Parham Road

Richmond, VA 23227

804-266-8753

Exit 83 B. This is just north of the exit for

Henrico High School. You will see the hotel

on

the left soon after you exit onto Parham

Road.

Other Hotels located off Exit 82 (call for rates).

Days Inn

Super 8 Motel Chamberlayne

5701 Chamberlayne Road

5615 Chamberlayne Road

Richmond, VA 23227

Richmond, VA 23227

804-262-8880

804.266.7616

DIRECTIONS TO HENRICO HIGH SCHOOL:

Henrico High School is located in Henrico

County, just north of the city of Richmond.

Traveling on I-95, north of the I-95/I-64

interchange and south of the I-95/I-295

interchange. From the north on I-95 take the Exit

82/Chamberlain Ave., go to the third light and

turn left onto Azalea Ave. The school is 1-1/2 miles

on the left. From the south on I-95 take Exit

82/Chamberlain Ave.; take a right off the exit. Go

to the second light and turn left on Azalea Ave.

The school is 1-1/2 miles on the left.