



VAWA
KIDS AND CADET FREESTYLE AND GRECO-ROMAN
STATE CHAMPIONSHIPS
May 7-8, 2010

Hopewell High School
400 S Mesa Dr, Hopewell, VA

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:

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STYLE: FREESTYLE AND GRECO-ROMAN.

COST: \$25 for one style or \$35 for both styles if preregistered on Here is a direct link to the Trackwrestling PreRegistration site:

www.trackwrestling.com/registration/BasicPreReg1.jsp?tournamentGroupId=1227009 **by 12pm, Thursday, May 6th**. At the door the cost is \$30 for one style, \$40 for both styles. Make checks payable to VAWA.

Admission for adults is \$5.00. Students \$3.00 (under 12 and coaches with current USAW Coach Cards admitted free!)

Each competitor must present a current USA Wrestling card at weigh-ins. Cards may be purchased and printed on-line by going to www.usawmembership.com for \$31, or purchased on site for \$35. (if you have problems printing your card call 804-586-3524).



All matside coaches must present a current USAW coach's card to get a floor pass. Before you can purchase a card, a short on-line background check is required which may take several days for processing if you did not have one last year don't delay. (Background checks are required every two years and costs \$17; USAW cards must be renewed every year and are good from 1Sep-31Aug). The USAW Coach cards and background checks must be purchased on-line at www.usawmembership.com . If you need assistance, call 804-586-3524.

SCHEDULE:

AGE DIVISIONS	BIRTH DATES	MATCH TIME LIMITS(Freestyle & Greco-Roman Styles Only)	WEIGHT CLASSES
BANTAM	Born 2002-2003	Best out of 3 two-minute periods with 30 second rest between periods	40, 45, 50, 55, 60, 65, 70, 75, 75+ (15 lbs. maximum difference)
INTERMEDIATE	Born 2000-2001		50, 55, 60, 65, 70, 75, 80, 87, 95, 103, 112, 120, 120+ (20 lbs.max difference)
NOVICE	Born 1998-1999		60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 140+ (25 lbs. maximum difference)
SCHOOLBOY/SCHOOLGIRL	Born 1996-1997		70, 77, 84, 91, 98, 105, 112, 120, 128, 136, 144, 152, 160, 175, 190, 210, 265
CADET	Born 1994-1995		66, 70, 74, 81, 88, 97, 105, 114, 125, 136, 136+ (30 lbs. maximum difference) 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

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.

3lb weight allowance for cadets, 1lb weight allowance for Bantam – Schoolboy
All competitors will weigh-in in a singlet

Friday, May 7th – Cadet Greco-Roman Tournament

5:30 pm: Registration and Weigh-ins.

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

Saturday, May 8th – 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, Headgear is required for Schoolboy/Girl & Younger.

AWARDS:

1. Medals will be awarded to 1st, 2nd, and 3rd place finishers

2. Schoolboy 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.

3. 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](#) \$89 a night

5103 Plaza Drive

Hopewell, VA

(804) 452-1000

“VA USA Wrestling” to get rate

[Econo Lodge](#) \$62 a night

4096 Oaklawn Blvd.

Hopewell, VA

(804) 541-4849

“VA USA Wrestling” to get rate

Quality Inn at Fort Lee \$55 a night

4911 Oaklawn Blvd.

Hopewell, VA

(804) 458-1500

“VA USA Wrestling” to get rate

Best Western Hopewell Inn \$71 a night

3950 Courthouse Rd.

Hopewell, VA

804-452-0025

“VA USA Wrestling” to get rate

