



**2013 VIRGINIA AAU  
Elementary and Middle  
School State Championships**  
*Tournament of Champions Qualifier*



Date: March 30,2013

Location: Cape Henry Collegiate School:

1320 Mill Dam Road Virginia Beach, VA 23454

**\*\*Tournament fee is only 25.00\*\***

Weigh In Locations:

1272 Mill Dam Road at First Colonial High School Virginia Beach, VA 23454 (weigh-ins will begin at 4 and end at 9 PM). Peninsula will also have a weigh-in site (TBD).

All wrestlers must pre-register before 10 AM on Friday March 29, 2013.

**NO WALK INS** at weigh-ins.

If interested in having a weigh-in site outside of the Tidewater, You Must contact Rodney or Darlene Grainger at (757) 286-7982.

Weigh-ins will be completed in a singlet. 1 lb. weight allowance will be given.

Proof of age is required at weigh-in. Bring a copy of a current report card, military id or a birth certificate to weigh-ins. Do not bring a the original.

**Registration** online at [d5reg.thepaperlesstourney.com](http://d5reg.thepaperlesstourney.com)

**\*\*Online registration closes at 10 AM on Friday, March 29.\*\***

**\*\*ABSOLUTELY NO weigh-ins or walk-in registrations Saturday morning\*\***

Times: K - 5th grade, 1-1-1 and Middle School, 2-1-1

**\*\* Laces must be secured (mandatory)**

**\*\* If you wear braces, a mouth guard is required**

## Weight Classes:

### **K-1 weight classes:**

35, 40, 45, 50, 55, 60, 65, 70, and Hwt (ALL K-1 WILL medal)

### **2-3 grade weight classes:**

40, 45, 50, 55, 60, 65, 70, 75, 80, 85, and Hwt

### **4<sup>th</sup> & 5<sup>th</sup> grade**

65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 140, Hwt

### **Middle School Weight Classes**

65, 71, 77, 84, 91, 98, 105, 112, 119, 126, 132, 138, 145, 155, 165, 175, 185, 225, Hwt

**Format:** Double elimination or round robins (for brackets 4 or less it will be round robin, 5 or more will be double elimination brackets).

**Awards:** 1<sup>st</sup> - 6<sup>th</sup> place will receive medals. One outstanding wrestler from each division (a total of 4) will be chosen.

**Insurance:** You must have an AAU card to participate in this tournament. The cards may be purchased online at [www.aausports.org](http://www.aausports.org) Please bring a copy to weigh-ins or have your assigned AAU member number. Athlete cards are \$14 and coaches card are \$18

**Team Fees:** Register your team for the Team Trophy. The fee to register your team is \$20 per team. Team rosters must be turned in at weigh-ins with scorers identified. Team members must be from your club, no Super Star stacking of teams.

**Tournament Directors:** Rodney Grainger at 757-286-7982 or Darlene Grainger (vaaauwrestling@aol.com)

**Coaches Information:** Coaches will be admitted for free with current AAU card. A hospitality room will be available for coaches only.

**Spectator Admission:** \$5.00 for spectators 12 and older. Kids under 11 are admitted free.

Hotels that we found close by are:

Virginia Beach Resort 2800 Shore Drive Virginia Beach VA 23451

(757) 481-9000

Hilton Virginia Beach 3000 Atlantic Ave. Virginia Beach VA 23451

(757) 213-3001

### **Local Food Restaurants**

Shore Break Pizza 2941 Shore Dr. Virginia Beach, VA 23451

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.