

2010 AAU ELEMENTARY STATES

DATE: Sunday March 14, 2010

Where: Green Run High School
1700 Dahlia Drive
Virginia Beach, VA 23462

Times: K-3 graders will be 1-1-1 and 4 and 5 graders will be 2-1-1
It is mandatory that laces are secured and
Mouthguards (at least one for braces must be worn.)

Format: K-1 weight classes:
35, 40, 45, 50, 55, 60, 65, 70, and hwt
2-3 grade weight classes:
40, 45, 50, 55, 60, 70, 75, 80, 85, and hwt
4-5 grade weight classes:
65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 140, hwt
(max 160)

All brackets will either be 5 or less will be round robin and anything over 6 will
Be double elimination. Trophies will be given out for the champion and medals
Will be given out to the top six placers and will be tournament of champions
qualifiers.

Cost: 20.00 for pre-registration must be received by Thursday March
11, 2010 to Darlene Grainger 633 Mill Landing Road Chesapeake,
VA 23322 . You can register by email by Thursday March 11, 2010
and the cost will be 20.00 If you register at the door at weigh-ins
it will be 25.00

Weigh ins: No weight allowance will be given you must weigh-in in a singlet
You must bring a copy of a current report card, and a military id or a
birth certificate to weigh ins please bring a copy don't bring originals
Weigh-ins will be Saturday March 13, 2010 at Green Run High School
between 3-6 p.m. (if you need to weigh in before this time please

call Darlene Grainger at 757-286-7982 and you may weigh in at Kempsville High School during the middle School Tournament. if you Weigh in for middle school on Friday night you may use the weight from The middle school weigh in please let me know if you plan on also Wrestling in the elementary school event (this only applys to 5th graders) You must have a AAU Card to participate please purchase before the Tournament and bring a copy of the card to the weigh ins. You can Purchase online at www.aausports.org for 14.00 athletes and 16.00 For coaches.

AAU Elementary School Entry Form

Name _____ Weight _____

Address _____ City _____

State _____ Zip Code _____ Phone Number _____

Cell Phone # _____ Parents Name _____

Club _____ AAU CD # _____

Grade _____

Parents Signature _____