



VIRGINIA'S FOURTH ANNUAL SUPER REGIONAL
BATTLE AT THE BEACH
SATURDAY MAY 22, 2010

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

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)

Divisions: 6-8th graders (5th graders will be allowed to wrestle with parent permission and coaches permission. Weights are 65, 71, 77, 84, 91, 98, 105, 112, 119, 126, 132, 138, 145, 155, 165, 185, hwt.

(max weight 250) It will be double elimination or round robins (for brackets 5 or less it will be round robin, 6 or more will be double elimination.

9th through 12 graders will be regular weight classes plus 4lbs. allowance

Open will be 125, 133, 141, 149, 157, 165, 174, 189, 197, hwt, plus 4lbs allowance

Entry Fee is 25.00. It is a satellite weight in all entries must be sent to rgrai67510@aol.com by May 21st, 2010.

Trophies will be presented to the first place winner and medals from 2-8th place winners. Medals will be awarded at the completion of each weight class. All

Wrestlers must have a AAU card to participate which can be bought on www.aausports.org or at weigh ins. Coaches will AAU cards will be let in the Tournament for free . Brackets will be either Round robin (less than 6 man), 8, 16, 32 and 64 man brackets.

Times: k-1 and 2-3graders are 1-1-1 .4th /5th and middle schoolers are(3) 1 ½ min.. p high school and open 2-2-2 periods

Rest time between bouts is 15 minutes.

Wrestling begins on Saturday May 21st, 2009 at 9 a.m. at GreenRunHigh School

Any Questions contact Darlene Grainger at 757-286-7982 or email to rgrai67510@aol.com All Participants will be given a t-shirt for participating in the tournament.

ATHLETE PREREGISTRATION FORM

AAU MEMBERSHIP NUMBER _____ DATE OF BIRTH _____
WEIGHT _____ DIVISION _____

NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP CODE _____

EMAIL ADDRESS _____

PHONE _____ CELL PHONE _____

The Athlete Waiver/Release Form (agreement)

I , we, hereby release and forever discharge the AAU union of the U.S. Inc. (AAU) the host, Local Organizing Entity Owner, from all claims that may arise from all claims that may arise from Participating in this event.

_____ printed name of participant

_____ participants signature if over 18

_____ name of Parent /Guardian