

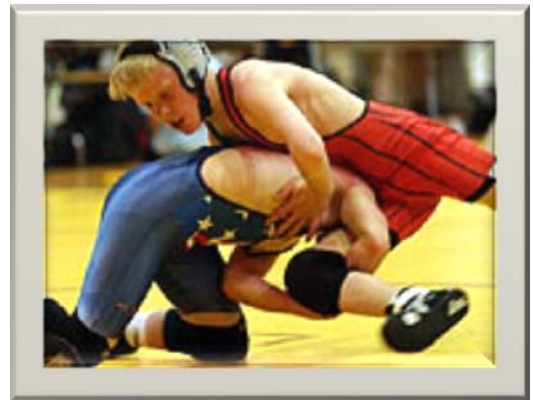


Proudly Presents

## The 2010 Bon Secours In Motion AAU Middle School Virginia State Wrestling Championships

VIRGINIA RESIDENTS ONLY  
Tournament of Champions Qualifier

Date: March 13, 2010  
Where: Kempsville High School  
5194 Chief Trail  
Virginia Beach, VA 23464-2796



**Weigh Ins:** Will be at Kempsville High School from 4-7 On March 12, 2010 if you are wrestling in elementary states on Sunday you can use your weight. If you have special circumstances please let us know and we will try to make arrangements. There is no weight allowance and you will be required to weigh in wearing a singlet (no exceptions). We will try to have some weight site on the peninsula as well.

**Divisions:** 5-8<sup>th</sup> graders (5<sup>th</sup> 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 brackets)

**Registration:** Pre-registration is not mandatory. (20.00 if you preregister by mail or email) It must be received by Thursday March 11, 2010. All registrations should be sent to:

Darlene Grainger  
633 Mill Landing Road  
Chesapeake, VA 23322

Or by email [rgrai67510@aol.com](mailto:rgrai67510@aol.com)

All registrations must have documentation of current grade / year and a birth certificate or military ID (no originals)

**Awards:** First place will receive trophies and second thru 6<sup>th</sup> place will receive medals. Two outstanding wrestlers will be chosen from the tournament. One from 65-119, and one from

126-hwt. Outstanding wrestlers will be chosen by the head coaches.

**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 in or have your assigned AAU member number. Athlete cards are \$14 and coaches card are \$16

**Team Fees:** The Team Fee is 20.00 per team. Team rosters must be turned in at weigh ins. No exceptions

**Tournament Directors:** Rodney Grainger at 757-286-7982 or Darlene Grainger

**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.

**Rules:** Periods are 2-1-1 Headgear, Laces Secured, and mouth guards for all wrestlers that have braces are mandatory.

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## ENTRY FORM



### The 2010 Bon Secours In Motion AAU Middle School Virginia State Wrestling Championships

Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Club \_\_\_\_\_ Weight \_\_\_\_\_ Coaches Name \_\_\_\_\_

Email Address \_\_\_\_\_ AAU Card # \_\_\_\_\_