



**2014 CAPITAL AREA WRESTLING LEAGUE
PRESEASON TOURNAMENT**
Sunday, December 7th, 2014 (USA Card Required)
www.cawlwrestling.com

Entry fee is \$25 per wrestler per division.

USA Wrestling Card required: <http://usawmembership.com/>

Weight Divisions:

The 2014 PreCAWL will feature an "Open" and "6th Grade and Under" Division. No former CAWL or PreCAWL Open Division Place Winners are allowed to wrestle in the "6th Grade and Under" Division.

Open Division: (Follows CAWL Age/Weight Restrictions- see www.cawlwrestling.com for details) (High School JV Wrestlers are welcome – no Varsity Wrestlers allowed)
55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 122, 130, 140, 150, 170, 190, (250 limit)
(Note, the 45 and 50 pound weight classes will be wrestled as part of the 6th Grade and Under Division)

Novice Division: (1st & 2nd Year Wrestlers only; must be 6th Grade and Under)
45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 119-140

Period Lengths: CAWL Division 1:30, 1:30, 1:30 (standard NFHS rules)
6th Grade and Under 1:00, 1:00, 1:00 (standard NFHS rules)

Registration and Entry Fee: Entry fee is \$25 per wrestler.

Registration Online: To register on www.trackwrestling.com, click **HERE!**

Registration Deadline: Saturday, December 6th (No walk-in registrations)

Contact: Steven Aiello, cell 703.725.7986 or stevenaiello@yahoo.com

Location: **Hayfield Secondary School: 7630 Telegraph Road, Alexandria, VA 22315**

Awards: Medals for 1st through 6th

Schedule Sunday:

7:30AM to 8:30AM	Check-in and Weigh-in for the 6th Grade and Under Division
8:30AM to 9:30AM	Check-in and Weigh-in for the CAWL Open Division
9:00AM to 11:30AM	Wrestling Starts for the 6th Grade and Under Division
11:30AM to End	CAWL Open Division

Important Items:

- Wrestlers will be required to select a weight-class on TrackWrestling
- All wrestlers will be required to make weight day of the Tournament. There will be no remote weigh-ins for the PreCAWL.
- All wrestlers will be required to show USA Wrestling Cards prior to check-in.
- There will be no weight changes the day of the meet. Please have your child register for the next heavier weight class if you perceive this is an issue.