



**Building Champions On And Off The Mat Since 1966**

DEDICATION - PRIDE - TRADITION



## SE Virginia Mat Madness – Rookie & Advanced

Tournament Date	Location	Tournament Director
<b>Saturday, March 9, 2019</b>  <b>Hosted by Great Neck Wrestling Club</b>	<b>Frank W. Cox High School</b> <b>2425 Shorehaven Dr</b> <b>Virginia Beach, VA 23454</b> <a href="#">Map and Directions</a>	<b>Ryan Benzel</b> <a href="mailto:RBenzel1989@yahoo.com">RBenzel1989@yahoo.com</a> <b>757-955-4898</b>
Tournament Schedule	Entry Fee	Periods
<u><b>Session 1 - Rookie K – 8<sup>th</sup></b></u>  Weigh-in: 8:00 AM – 8:30 AM Wrestle: 9:00 AM  <b>**0-1 Years' experience, no wrestling before March 2017**</b>  <u><b>Session 2 - Advanced K – 8<sup>th</sup></b></u>  Weigh-in: 11:00 AM – 11:30 AM Wrestle: 12:00 PM	<p><b>**No Walk-ins accepted**</b></p> <p><b>\$25.00 / 1 Division</b>  <b>\$40.00 / 2 Divisions</b></p> <ul style="list-style-type: none"> <li>On-Line Registration available via <a href="http://www.trackwrestling.com">www.trackwrestling.com</a> by searching SE Virginia Mat Madness – Rookie/Advance.</li> <li>Registration closes <b>Friday, March 8, 2019 at 4:00 PM.</b></li> <li>Teams may register via email. Send rosters to <a href="mailto:RBenzel1989@yahoo.com">RBenzel1989@yahoo.com</a>. Include: Name, Grade, DoB, Weight, Advanced or Rookie, Club / Team, and USAW Number.</li> </ul>	<p><u><b>K – 4<sup>th</sup></b></u> 1-1-1</p> <p><u><b>5<sup>th</sup> – 8<sup>th</sup></b></u> 2-1-1</p> <p><u><b>K – 5<sup>th</sup> (Girls)</b></u> 1-1-1</p> <p><u><b>6<sup>th</sup> – 8<sup>th</sup> (Girls)</b></u> 2-1-1</p> <p>No guaranteed rest if wrestling in 2 divisions.</p>
Rookie & Advanced Folkstyle Weights (Modified)		
Division	Weigh Classes	
4 & Under	Madison weight system. Weight verification at check-in. Register accurately.	
K – 2 <sup>nd</sup>	Madison weight system. Weight verification at check-in. Register accurately.	
3 <sup>rd</sup> – 4 <sup>th</sup>	Madison weight system. Weight verification at check-in. Register accurately.	
5 <sup>th</sup> – 6 <sup>th</sup>	Madison weight system. Weight verification at check-in. Register accurately.	
7 <sup>th</sup> – 8 <sup>th</sup>	Madison weight system. Weight verification at check-in. Register accurately.	
K – 5 <sup>th</sup> (Girls)	Madison weight system. Weight verification at check-in. Register accurately.	
6 <sup>th</sup> – 8 <sup>th</sup> (Girls)	Madison weight system. Weight verification at check-in. Register accurately.	
USA Wrestling Membership & Rules		Awards & Spectator / Coaches Admission
2018-2019 USAW Cards are MANDATORY. Make sure you bring your USAW Membership card with you to each USAW tournament.  USAW Coaches cards will be required at all events.  This is a USAW Sanctioned Event, utilizing VHSL Rules with USAW modifications.  Uniforms: Wrestling Singlet or Shorts / T-shirt, mouth guard (for braces), wrestling shoes, and headgear (optional).		Medals for top 3 wrestlers in each bracket.  All K – 2 <sup>nd</sup> will medal.  Admission is \$5.00 for spectators, age 6 and under are FREE.  Coaches admitted free with valid USAW Card.  Concessions will be available all day; no coolers or outside food please. Hospitality Room for coaches, referees, and volunteers.