



**DATES:**  
**SATURDAY, FEBRUARY 27, 2010**  
**FOR KIDS AGE GROUPS**

**SUNDAY, FEBRUARY 28, 2010**  
**FOR HS AGE GROUPS**

**LOCATION: ARTHUR ASHE CENTER**  
**RICHMOND, VA**

**DIVISIONS: K-2<sup>ND</sup>, 3-4<sup>TH</sup>, 5-6<sup>TH</sup>, 7-8<sup>TH</sup>,**  
**FRESHMEN, SOPHOMORE,**  
**JUNIOR/SENIOR (COMBINED)**

**TEAM CHAMPIONS WILL BE CROWNED IN**  
**EVERY DIVISION**

**TOURNEY DIRECTOR: BILL SWINK 540-907-5176 FORGEWRESTLING@YAHOO.COM**

**ENTRY FEE: \$30.00, REGISTER ON LINE VIA**  
<http://www.sikorasoftsystems.com/Schedule/VAWA.htm>

*Deadline for Registration is Wed, Feb. 24<sup>th</sup> at midnight*

**ALL mat side coaches must have a current USAW card**

**ADMISSION: \$5.00 (UNDER 12 & USA COACHES FREE)**

**\*HEAD GEAR IS REQUIRED\***

**WEIGH-INS: WEIGH INS WILL OCCUR EITHER ON SITE AT THE ARTHUR ASHE CENTER OR**  
**AT ONE OF THE REGIONAL SATELLITE REGISTRATION SITES\* see back**

**Proof of grade will be required at registration AND required on site if the**  
**grade is questioned**

**You must PRESENT A current 2009-2010 USA Wrestling Card at Weigh Ins. If you have problems obtaining**  
**a copy, call (804) 586-3524**

**THE NEWLY RENOVATED ASHE CENTER HAS PLENTY OF SEATING; NO**  
**LAWN CHAIRS OR COOLERS ALLOWED**

**AWARDS: K-8<sup>TH</sup> GRADE DIVISIONS –MEDALS 1-8 FRESHMEN, SOPHOMORE, AND**  
**JUNIOR/SENIOR DIVISION TOP 6 MEDALS**

**WEIGHTS BY DIVISION: K-2<sup>ND</sup> WEIGHTS: 40, 44, 48, 52, 56, 60, 64, 68, 72, And over 72.**

**3<sup>RD</sup>-4<sup>TH</sup> WEIGHTS: 48, 52, 56, 60, 64, 68, 72, 76, 80, 84, 88, 92, 96, 100, And over 100**

**5<sup>TH</sup>-6<sup>TH</sup> WEIGHTS: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 128, 135, OVER 135**

**7<sup>TH</sup>-8<sup>TH</sup> 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 145, 155, 170, 190, 215, OVER 215**

**9<sup>th</sup> through 12<sup>th</sup> grade wrestlers cannot wrestle at a weight lower than they certified at during the high school regular season**

**FRESHMEN: 95, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 WITH 2 LB ALLOWANCE**

**SOPHOMORE: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 WITH 2 LB ALLOWANCE**

**JUNIOR/SENIOR: 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 WITH 2 LB ALLOWANCE**

### Regional Registration and Weigh in sites:

**-NORTHERN VIRGINIA: ANNANDALE HS AND SKYLINE HS**

**-CENTRAL REGION (RICHMOND): ARTHUR ASHE CENTER**

**-EASTERN REGION (TIDEWATER): POQUOSON MIDDLE SCHOOL**

**-WESTERN REGION (ROANOKE AREA): CHRISTIANSBURG HS**

**-LYNCHBERG AREA: LIBERTY U WRESTLING ROOM**

**FRIDAY, FEBRUARY 26, 2010 6:00 – 9:00 PM**

**-VIRGINIA PRIDE SCHOOL OF WRESTLING – 1314 FRONT STREET – RICHLANDS, VA**

**-UVA WRESTLING ROOM IN ONESTY HALL AT UVA CAMPUS.**

## Schedule

**FRIDAY, FEB 26 6PM-9PM WEIGH INS FOR ALL AGE GROUPS WILL OCCUR AT ARTHUR ASHE CENTER AND DESIGNATED REGIONAL SITES (NO WEIGH INS WILL OCCUR SATURDAY OR SUNDAY!)**

**SATURDAY, FEB 27**

**7:30-8:30 SKIN CHECK 9AM FIRST ROUND FOR K -2 AND 3-4 GRADE CONTESTANTS**

**12:30-1:30PM SKIN CHECK 2 PM FIRST ROUND FOR 5-6 AND 7-8 GRADE CONTESTANTS**

**SUNDAY, FEB 28 7:30-8:30 SKIN CHECK 9AM FIRST ROUND FOR 9<sup>TH</sup> THROUGH 12 GRADERS**

### **SEEDING CRITERIA**

National level tournament placers -10 pts per placement with bonus pts for specific place (i.e. 5 bonus pts -1<sup>st</sup>, 3 bonus pts-2<sup>nd</sup>, 2 bonus pts -3<sup>rd</sup>, 1 bonus pt -4<sup>th</sup>):

Regional level tournament placers -5 pts per placement with bonus pts for specific place (i.e. 5 bonus pts -1<sup>st</sup>, 3 bonus pts-2<sup>nd</sup>, 2 bonus pts -3<sup>rd</sup>, 1 bonus pt -4<sup>th</sup>). South East Regionals,

State/district level tournament placers -3 pts per placement with bonus pts for specific place (i.e. 5 bonus pts -1<sup>st</sup>, 3 bonus pts-2<sup>nd</sup>, 2 bonus pts -3<sup>rd</sup>, 1 bonus pt -4<sup>th</sup>).

Nearby hotels. Mention "USA Folkstyle States" to get the rates listed.

Holiday Inn I-64 Crossroads - 3 miles away \$59 a night and will comp 1 room for every 20 -  
USA Folkstyle States to reserve room  
2000 Staples Mill Road  
Richmond, VA, 23230  
804-359-6061

Holiday Inn -Richmond Central -less than 1 mile away (\$65 a night)  
3207 North Blvd  
Richmond, VA 23230  
804-359-9441

Comfort Inn -Midtown Conference Center -less than 1 mile away (\$52 a night)  
3200 West Broad Street  
Richmond, VA, 23230  
804-359-4061