

VIRGINIA WRESTLING ASSOCIATION (VAWA) PRESENTS
THE 2009
VIRGINIA FOLKSTYLE STATE CHAMPIONSHIPS



DATES: SATURDAY, FEBRUARY 28, 2009
SUNDAY, MARCH 1, 2009

LOCATION: SAINT CHRISTOPHER'S SCHOOL, RICHMOND, VA

DIVISIONS: OPEN TO VIRGINIA RESIDENTS ONLY:
K-2ND, 3RD-4TH, 5TH-6TH, 7TH-8TH, FRESHMEN, SOPHOMORE
(PROOF OF GRADE IS REQUIRED...LAST PROGRESS REPORT, REPORT CARD, ETC)

TEAM CHAMPIONS WILL BE CROWNED IN EVERY DIVISION

ENTRY FEE: \$30.00 FOR PREREGISTERED WRESTLERS VIA
WWW.TRACKWRESTLING.COM , \$50 FOR WALK INS (note: Preregistration means that entry fee has
been paid online)

++YOU MUST PRESENT A CURRENT 2008-2009 USA WRESTLING CARD UPON CHECK IN++
USA Cards may be purchased on-line at <http://www.usawmembership.com>.

Deadline For Online Registration is Thursday, Feb. 26th

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

WEIGH-INS: WEIGH INS WILL OCCUR EITHER ON SITE AT ST. CHRISTOPHERS OR AT
ONE OF THE REGIONAL SATELLITE REGISTRATION SITES* SEE BELOW
PAYMENT IS REQUIRED AT WEIGH-IN UNLESS PRE-REGISTERED THROUGH TRACK WRESTLING

AWARDS: K-8TH GRADE DIVISIONS – TROPHIES TOP 3, MEDALS 4-8
FRESHMEN AND SOPHOMORE DIVISION TOP 6 MEDALS

WEIGHTS BY DIVISION:

K-2ND WEIGHTS: 40, 44, 48, 52, 56, 60, 64, 68, 72, And over 72.

3RD-4TH WEIGHTS:

48, 52, 56, 60, 64, 68, 72, 76, 80, 84, 88, 92, 96, 100, And over 100

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

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

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

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***Regional Registration and Weigh in sites:**

- NORTHERN VIRGINIA: ANNANDALE HS OR SKYLINE HS
- CENTRAL REGION (RICHMOND): ST. CHRISTOPHERS
- EASTERN REGION (TIDEWATER): WARWICK HS, NEWPORT NEWS
- WESTERN REGION (ROANOKE AREA): CHRISTIANSBURG HS

SCHEDULE

FRIDAY, FEB 27

6PM-9PM WEIGH INS FOR K THROUGH 8TH GRADE AT ST. CHRISTOPHERS OR DESIGNATED REGIONAL SITES.

SATURDAY, FEB 28

7AM-8AM WEIGH INS FOR K THROUGH 8TH GRADE AT ST. CHRISTOPHERS

Weighs ins for K through 8th Grade including Walk ins. Also it should be noted that Walk Ins will not be seeded

8:30AM-9 AM Check in for K-8 who weighed in at a region site

10AM **FIRST ROUND FOR K -2 AND 3-4 GRADE CONTESTANTS**

12:30 -1 PM Check in for 5-8 who weighed in at a region site

2 PM **FIRST ROUND FOR 5-6 AND 7-8 GRADE CONTESTANTS**

6PM-8PM **WEIGH INS FOR 9TH AND 10TH GRADE CONTESTANTS**

SUNDAY, MAR 1

7AM-8AM **WEIGH INS FOR 9TH AND 10TH GRADE CONTESTANTS**

8:30AM-9AM Check in for 9-10th graders who weighed in at a region site.

10 AM **FIRST ROUND FOR 9TH AND 10TH GRADERS**

SEEDING CRITERIA

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

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

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

CONTACT ROY HILL AT ROY.HILL@FCPS.EDU FOR MORE INFORMATION

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REGISTRATION FORM FOR WALK IN WRESTLERS

FIRST NAME _____ LAST NAME _____

USA CARD # _____ DATE OF BIRTH _____

GRADE DIVISION _____ WT CLASS _____ TEAM/CLUB _____

ADDRESS: _____

CITY: _____ ZIP CODE _____

HOME PHONE _____ CELL PHONE _____

EMAIL ADDRESS _____ @ _____