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VA/USA Wrestling  
Presents  
**2007**  
**EAST COAST DUALS**  
May 26 & 27, 2007  
ROBINSON HIGH SCHOOL  
5035 Sideburn Rd. Fairfax, VA 22032

Hello Everyone,

February 1, 2007

The high school season is over and it is time to plan the East Coast Duals for 2007. The Duals will again be held on Memorial Day weekend, and this year, will be just minutes away from our Nation's Capital. Please let me know if you are planning to participate in the Duals this year. Fill out the information below and mail, fax or e-mail to me as soon as possible.

You can look on our web site <http://www.vausawrestling.org/> to get the complete agenda of the East Coast Duals. After I receive acknowledgement of the teams participating, I will publish a complete agenda. In addition, please watch highlights of last year's Greco at [www.youtube.com/watch?v=gF0hRLVikK8](http://www.youtube.com/watch?v=gF0hRLVikK8)

Call or e-mail me if you have questions.

*Mike Spudic*

*VA/USA Wrestling*

State: \_\_\_\_\_ Your Name: \_\_\_\_\_  
Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_



# The Virginia/USA Wrestling Association

Presents

## 2007

# EAST COAST DUALS

May 26 & 27, 2007

Robinson High School

5035 Sideburn Rd. Fairfax, VA 22032

CONTACT:

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## AGENDA:

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# THE EAST COAST DUALS

The East Coast Duals is a USA Wrestling sanctioned greco and freestyle wrestling dual meet tournament for state all star teams of high school aged wrestlers.

The event is in it's fourteenth year and participation in the tournament is by invitation only.

Each state is requested to field a greco team and a freestyle team. On Saturday, May 26<sup>th</sup>, each freestyle team for each state will wrestle 5 or 6 dual meet matches, depending on the number of teams entered. On Sunday May 27<sup>th</sup>, the greco teams will compete in 5 or 6 matches each.

Any team may bring more than one wrestler per weight class, but must pre register all wrestlers before the tournament.

Any interested teams should contact Mike Spudic at [SPUDICMX@pwcs.edu](mailto:SPUDICMX@pwcs.edu).

## Teams to be invited:

Connecticut	New York	New Jersey
Pennsylvania	Delaware	Maryland
Virginia	West Virginia	North Carolina
Florida	Arizona	

# SCHEDULE OF EVENTS

Event	Location	Date	Time
Registration Forms submitted	To Mike Spudic	May 1, 2007	----
Hotel reservations	See list of hotels	May 1, 2007 or sooner	
Final Rosters submitted	Mike Spudic	May 17, 2007	
Weigh in for Greco & Freestyle	Robinson HS	May 25, 2007	7:00-9:00pm
		May 26, 2007	7:00-8:00am
		May 27, 2007	7:00-7:30am
Hospitality room for coaches, staff and referees	Robinson HS	May 26, 2007	7:45am-7:00pm
		May 27, 2007	8:00am-6:00pm
Coaches Meeting (with referees)	In hospitality room	May 26, 2007	7:45 am
Freestyle wrestling	Gym	May 26, 2007	8:30am-8:30pm
Virginia Wrestlers Awards Presentation	Gym	May 26, 2007	6:00-6:30pm
Social Meeting and food for Coaches, Staff and Referees	Brion's Grille	May 26, 2007	8:00pm-???
Weigh in for Greco	Robinson HS	May 27, 2007	7:00-7:30am
Greco wrestling	Gym	May 27, 2007	8:00am-?pm

AWARDS HANDED OUT AT CONCLUSION

**HAVE A SAFE TRIP HOME!**

## DIRECTIONS To Robinson High School

From North, South, and East Take 95 to 495 to Braddock Road West towards Fairfax. Follow Braddock Road. Approximately 7.5 miles, and you will see George Mason University on your right. Take a Left on Sideburn Rd. Follow Sideburn for ½ a mile and Robinson will be on your left.

From West Take I66 east to 7100 (Fairfax County Parkway) towards Springfield. Follow 7100 for 2 exits. Take the Braddock Road exit East (left hand turn). Follow Braddock Rd. for Approximately 4 miles. You will cross over 123 (Ox. Road). At the 2nd light, you will take a Right on Sideburn Rd. (George Mason University will be on your left) Follow Sideburn for ½ mile Robinson is on your left.

### Hotels:

Hotel rooms go quickly in the Washington area, especially during Memorial Day. The East Coast Duals have reserved a block of rooms at the **Dulles Hilton** at **\$89/night**. This block may fill quickly, so book now! Please follow the link below, to go directly to the group site.

[www.hilton.com/en/hi/groups/personalized/iadahhf\\_ecd/index.jhtml](http://www.hilton.com/en/hi/groups/personalized/iadahhf_ecd/index.jhtml)

*Below is a list of other hotels in the area. None of these hotels have setup a special price with the tournament.*

<b>Hotel</b>	<b>Address</b>	<b>Phone</b>
<b>Fairfax Marriott – Fair Oaks</b>	11220 Lee Jackson Highway Fairfax, VA 22033	1-800 831-4004 (703)352-2525
<b>Fairview Park Marriott</b>	3111 Fairview Park Dr. Falls Church, VA 22042	(703)849-9400
<b>Hyatt – Fair Lakes</b>	12777 Fair Lake Circle, Fairfax, VA 22033	(703)818-1234
<b>Best Western- Fairfax</b>	3535 Chain Bridge Rd. Fairfax, VA 22030	(703)591-5500
<b>Econo Lodge – Fairfax</b>	9700 Lee Highway Fairfax, VA 22031	(703)273-1160
<b>Hampton Inn- Fairfax City</b>	10860 Lee Highway Fairfax, VA 22030	(703)385-2600
<b>Hilton Garden Inn</b>	3950 Fair Ridge Drive, Fairfax, VA 22033	(703)385-7774
<b>Courtyard by Marriott- Fair Oaks</b>	11220 Lee Jackson Highway Fairfax, VA 22030	(703)-273-6161
<b>Comfort Inn – University Center (Saturday only)</b>	11180 Main Street Fairfax, VA 22030	(703)591-5900
<b>Hampton Inn - Chantilly</b>	4050 Westfax Dr Chantilly, VA 20151	(703) 818-8200

# REGISTRATION FOR EAST COAST JUNIOR DUALS

To participate, each state must have your registration and fee submitted by May 1, 2007. Fill out the form below and submit to Mike Spudic (*address is on cover page of agenda*) on or before May 1, 2007.

STATE \_\_\_\_\_ Date \_\_\_\_\_  
STATE CHAIRMAN \_\_\_\_\_ Phone \_\_\_\_\_  
ADDRESS \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_ Fax: \_\_\_\_\_

Greco Team Leader \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Fax \_\_\_\_\_  
E-mail \_\_\_\_\_

Freestyle Team Leader \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Fax \_\_\_\_\_  
E-mail \_\_\_\_\_

	<u>Officials Name</u>	<u>Address</u>	<u>Phone</u>
#1			
#2			

THERE IS A \$400.00 RERISTRATION FEE PER TEAM, DUE WITH YOUR May 1<sup>st</sup> registration. For the fee, you are eligible to participate in both Greco and Freestyle events.

Make checks payable to VIRGINIA STATE WRESTLING ASSOCIATION.

Each team still has the responsibility to fill out both your Freestyle and Greco teams AND PROVIDE 2 OFFICIALS. As in the past, you will be billed \$25 for each weight class not filled and \$100 for each official not provided.

**RETURN THIS FORM AND YOUR FEE BEFORE**  
**May 1<sup>st</sup>, 2007, TO MIKE SPUDIC**

# REGULATIONS AND PROCEDURES

All teams will field both a Greco and a Freestyle team of 15 wrestlers each. Wrestlers may participate on both teams. A preliminary roster of participants should be submitted to Mike Spudic prior to May 15, 2007, using the roster forms provided.

Each team will provide 2 officials who will officiate at 7 or 8 matches over the 2 day period. Each match will have 3 active officials and one at rest. A rotation schedule will be provided.

In both Greco and Freestyle, each team will have 5 to 6 dual meets per day with the other teams depending on the final number of teams that participate. It is permissible to substitute wrestlers as long as they have been pre certified at that weight and have registered with the head table at least one hour prior to the meet starting.

All Freestyle meets will occur on Saturday, May 26, 2007, starting at 8:30 a.m. and will continue as quickly as possible until all meets are completed.

All Greco meets will be Sunday, May 28, starting at 8:00 a.m. and proceeding straight through until completion.

Seeding will be predicated on last years finish and teams new to the tournament will be seeded through random draw.

Food services and wrestling equipment will be available at the school for both days.

Weigh ins:

A single weigh in on Friday night or Saturday morning will qualify wrestlers for both Greco and Freestyle competition. Weights are standard USAW Junior Division Weights, plus 3 pounds maximum! No exceptions. See schedule of events for weigh in times.

# 2007 TEAM ROSTER - GRECO

Please print neatly or type the names of prospective team members. Fill out as completely as possible and send to Mike Spudic before May 17th.

STATE:						
Weight	Wrestler	Grade	Wrestler	Grade	Wrestler	Grade
98 +3						
105 +3						
112 +3						
119 +3						
125 +3						
130 +3						
135 +3						
140 +3						
145 +3						
152 +3						
160 +3						
171 +3						
189 +3						
215 +3						
275 +3						
	NAME	ADDRESS		PHONE		
OFFICIAL #1						
OFFICIAL #2						
COACH						
COACH						
TEAM LEADER						
STATE CHAIRMAN						

# 2007 TEAM ROSTER - FREESTYLE

Please print neatly or type the names of prospective team members. Fill out as completely as possible and send before May 17th.

STATE:						
Weight	Wrestler	Grade	Wrestler	Grade	Wrestler	Grade
98 +3						
105 +3						
112 +3						
119 +3						
125 +3						
130 +3						
135 +3						
140 +3						
145 +3						
152 +3						
160 +3						
171 +3						
189 +3						
215 +3						
275 +3						
	NAME	ADDRESS		PHONE		
OFFICIAL #1						
OFFICIAL #2						
COACH						
COACH						
TEAM LEADER						
STATE CHAIRMAN						

## JUNIOR DUALS RULES

Individual Bouts: will be scored by USAW / FILA rules; consequently, there can be no tied bouts. A bout winner will get either 4 or 3 points, and a bout loser will get either 1 or 0 points.

Individual Dual Meet: will be scored by using the individual match positive points. After each individual bout, each wrestler will receive either 0,1,3 or 4 points. At the end of each dual meet, the points will be totaled, and the team with the greater points will be determined the winner. If a tie remains, the team with the most falls in the least time will be the winner. If a tie remains, the team that scored the most points in the individual bouts will be the winner. If all else fails, a coin toss will decide the winner.

The team with the most dual meet wins is first. In the event of a tie, a head to head win is the second criteria. Total pool points is the third criteria. A coin toss is the fourth criteria.