



NOVA / FREESTYLE/GRECO

**Saturday, April 28, 2007
Hayfield Secondary School
7630 Telegraph Rd., Alexandria, VA 22315**

VA/USA Wrestling sanctioned tournament

STYLE: FREESTYLE AND GRECO-ROMAN.

COST: \$20 for one style, \$25 for both.

Each competitor must also have a current USA Wrestling Card and must present it to compete. Cards will be available to purchase for \$35 on site, \$30 through your club, or they can be purchased online for \$29.75 at <https://webpoint.themat.com/wp/Memberships/Join.asp>

AWARDS: Medals for 1st, 2nd, and 3rd place.

AGES AND WEIGHT CLASSES: VA. EASY SYSTEM NO PRE-DETERMINED WEIGHT CLASSES. WRESTLERS WILL BE GROUPED VIA MADISON SYSTEM.

BANTAM – BORN 1999-2000

MIDGET – BORN 1997-1998

NOVICE – BORN 1995-1996

SCHOOLBOY – BORN 1993-1994

CADET – BORN 1991-1992

JUNIOR – BORN 9/01/87 & after, plus be enrolled in grades 9-12

OPEN – COMPLETED HIGH SCHOOL ELIGIBILITY

WEIGH-INS AND SCHEDULE: *All times approximate.*

NO SATELLITE WEIGH-INS.

7:30-9:00 am: Registration and Weigh-ins.

9:00 am: Rules clinic for freestyle and Greco.

10:00 am: Kids freestyle and Cadet/Junior/Open Greco competitions begins.

10:00 am-11:00 am: Weigh-ins for freestyle only competitors.

12:00 pm: Cadet/Junior/Open freestyle competition begins.

UNIFORMS: One Piece singlet preferred, but shorts and tight fitting shirts will be acceptable. NO SWEAT PANTS

CONTACT: Call Roy Hill with questions at 703-360-5477 or email at Roy.hill@fcps.edu