**March 7, 2020**

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| HOSTED BY: **NC AAU Wrestling**  DATE: **March 7,2020**  TOURNAMENT LOCATION: Methodist University  March F. Riddle Center  5400 Ramsey Street  Fayetteville, NC 28311  SPECTATOR FEE: **$5 Individual**  WEIGH INS **Saturday 7:00am-8:00am all ages**  **COACHES’ MEETING: @ 8:00 am (Saturday)**  **WRESTLING STARTS:**  **Individual Competition starts @ 9:00 am**  **Dual Meet Competition starts immediately after the Individual tournament until completion**  **AWARDS:**  **Top 2 Teams in each dual meet division (trophy)(Dual)**  **Top 3 receives medals 4-6 receives certificates (Individual)**  **1st place Individual placers will also receive a Championship Ring**  **Each Team in the Girls Team Duals must bring a table worker for each dual.**  **Dual Meet Tournament is only for Middle and HS.** | **REGISTRATION FEE:**  **$35.00 Individual Competition (registration on trackwrestling.com)( Even if you are competing in both individual and dual you must register for individuals as well)**  **$200 Dual Competition ($100 non-refundable deposit)**  **(Remaining balance is due at the Coaches meeting)**  **All deposits can be mailed to:**  **Tammie Lumpkin**  **42 Chase Circle**  **Willow Spring, Nc, 27592**    **REGISTRATION AT: www.trackwrestling.com**  -This event is licensed by the Amateur Athletic Union of the U.S. Inc.  -All participants must have a current AAU membership  -AAU membership may not be included as part of the entry fee to the event.  -AAU **Youth** athletic membership must be obtained before the competition begins except where event operator has a laptop available with an internet connection. Be Prepared: Adult and Non Athlete Memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.  -Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.   * ***ALL WRESTLERS AND COACHES MUST HAVE CURRENT AAU CARDS. No Pending AAU Cards Accepted*** * ***ALL WRESTLERS MUST COMPLETE THIS FORM AND BRING IT THE DAY OF THE TOURNAMENT.*** * ***ALL WRESTLERS MUST HAVE HEADGEAR AND TAPED LACES. Hair length must comply with NFHS rule 4-2-1.*** * ***MOUTH PROTECTION REQUIRED IF HAVE BRACES OR ORTHODONTIC DEVICE ON TEETH.*** |
| **TOURNAMENT DIRECTOR CONTACT INFO: Stan Chambers** [**thematroom@yahoo.com**](mailto:thematroom@yahoo.com) | |

*\*\* Standard Girls AAU Weights\*\**

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| --- | --- | --- |
| Tot | 2014/after | 30,35,40,45,50,55,60, over 60.1 |
| Bantam | 2012/2013 | 35,40,45,50,55,60, over 60.1 |
| Midget | 2009-2011 | 53,58,65,73,82,91,100, over 100.1 |
| School Girl | 2006-2008 | 73,82,91,100,115,130, over 130.1 |
| HIGH SCHOOL | 2002-2005 | 95,100,106,112,118,124,130,138,148,160,185, over 185.1 (285Max) |

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*This is your official weigh-in sheet* ***\*\*Bring this form with you to Weigh-Ins\*\****

***Weigh -In Sheet***

***March 7,2020***

***This is your official weigh in sheet:***

|  |  |  |  |
| --- | --- | --- | --- |
| **Team Name:** | | | |
| **Middle School** | | | |
| **Head Coach Name:** | | | |
| **Weight Class:** | **Name:** | **Weight:** | **Dual/Individual/Both** |
| **73** |  |  |  |
| **82** |  |  |  |
| **91** |  |  |  |
| **100** |  |  |  |
| **115** |  |  |  |
| **130** |  |  |  |
| **Over 130.1** |  |  |  |
| **ALT** |  |  |  |
| **ALT** |  |  |  |
| **ALT** |  |  |  |

**Skin and Nail check\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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*This is your official weigh-in sheet* ***\*\*Bring this form with you to Weigh-Ins\*\****

***Weigh -In Sheet***

***March 7,2020***

***This is your official weigh in sheet:***

|  |  |  |  |
| --- | --- | --- | --- |
| **Team Name:** | | | |
| **High School** | | | |
| **Head Coach Name:** | | | |
| **Weight Class:** | **Name:** | **Weight:** | **Dual/Individual/Both** |
| **95** |  |  |  |
| **100** |  |  |  |
| **106** |  |  |  |
| **112** |  |  |  |
| **118** |  |  |  |
| **124** |  |  |  |
| **130** |  |  |  |
| **138** |  |  |  |
| **148** |  |  |  |
| **160** |  |  |  |
| **185** |  |  |  |
| **Over 185.1** |  |  |  |
| **ALT** |  |  |  |
| **ALT** |  |  |  |
| **ALT** |  |  |  |

**Skin and Nail check\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Individual Weigh-in Sheet

|  |  |
| --- | --- |
| **Team:** |  |
| **Name:** |  |
| **Date of Birth:** |  |
| **AAU Number:** |  |

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| --- | --- | --- | --- |
| ***Rookie*** | ***Division*** | ***Weight Class*** | ***Weight*** |
|  |  |  |  |

*In consideration of your acceptance to my entry, I and my legal heirs/guardians do hereby waive and release any and all claims for damages I may have against the hosting site, organization/club, their sponsors, coaches, volunteers, tournament officials, and/or administrators for any and all injuries suffered by me in connection with the tournament named above. I have reviewed the flyer for this tournament and agree to all rules, guidelines, and additional waiver information printed.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Wrestler Signature |  | Parent (Legal Guardian) Signature |  | Date |