

**South Jersey Wrestling Association**  
**Middle School and Elementary**  
**National Duals**

**February 13<sup>th</sup> - 15<sup>th</sup>, 2009**

Web Site: [www.SJWrestling.com](http://www.SJWrestling.com)

**Location:** Wildwoods Convention Center Wildwood, NJ

**Dates:** February 13<sup>th</sup>-15<sup>th</sup>, 2009

**Info:** Building on the SJWA past successes in Wildwood, including the SJWA Middle School National Duals, and the SJWA War at the South Jersey Shore National Folkstyle Championships, we are proud to announce the National Duals tournament for 2009!

**Format:** Middle School & Elementary Division will wrestle Friday night, Saturday, and Sunday. Minimum of 10 matches planned for MS, (9 for ES).

**Team and Weight Class Information:**

**Middle School – Weight Classes (16)**

70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 135, 145, 155, 175, 285 - one weigh-in Friday, February 13<sup>th</sup> at weights listed. **There is no Allowance.** Open to grades 5<sup>th</sup> – 8<sup>th</sup> (may weigh in up to 22 wrestlers per team maximum. Extra wrestlers above the limit will be placed on Xtreme teams)

**Elementary Teams - Weight Classes (15)**

50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 120, 170 one weigh-in Friday, February 13<sup>th</sup> **There is no allowance.** Open to Grades 3<sup>rd</sup> – 6<sup>th</sup> (May Weigh – in 20 wrestlers maximum. Extra wrestlers above limit will be placed on Xtreme Teams) Maximum Age 12 Years Old for Elementary Division.

**Weigh-ins:** 3-5 PM Friday February 13<sup>th</sup> at the Wildwoods Convention Center for both Middle School & Elementary Divisions (listed weight classes).

**Hotel/Lodging:** Visit the SJWA website ([www.SJWrestling.com](http://www.SJWrestling.com)) or contact Joy Kelley-Nielsen (Housing Manager) for Wildwoods Convention Center at 800-992-9732 or 609-846-2736.

# **Preliminary Schedule (# Rounds & Times Subject to Change):**

## **Friday February 13th**

Coaches meeting 5:00 pm Hospitality Room

Opening Ceremonies 5:30pm

Round 1 - Middle School & Elementary– 6:00pm

Round 2 – Middle School & Round 2 Elementary – 8:00pm

## **Saturday February 14th**

Coaches meeting 8:00 Head Table

### **Middle School Tournament:**

Round 3- 8:30am            Round 6 - 2:30pm

Round 4 - 10:30am        Round 7 - 4:30pm

Round 5 - 12:30pm

### **Elementary School Tournament:**

Round 3- 8:30 am            Round 6 – 2:30 pm

Round 4 - 10:30am        Round 7 - 4:30 pm

Round 5 – 12:30pm

## **Sunday February 15<sup>th</sup> (Middle School & Elementary)**

Coaches Meeting Head Table 8:45am

Quarterfinals MS and Semifinal Elementary - 9:00am

Semifinals MS and Finals Elementary - 11:00am

Championship Finals Middle School – 1:00 pm

Entry Fee \$725.00 for Middle School, \$675.00 Elementary,  
Coaches **MUST** bring proof of wrestler's age and grade! Rosters may be returned  
with your entry form or emailed to Bob Miller [BobM@SJWrestling.com](mailto:BobM@SJWrestling.com). For any  
additional questions contact Bob Miller at 704-576-5122.

Rules – NJSIAA High School Rules with exception of:

- All bout times 1 & 1/2, 1 & 1/2, 1 & 1/2 minutes.
- You may only wrestle for **one team in one division**. Elementary may not wrestle for both an elementary and Middle school team.
- There will be a “draft” at the coaches meeting of extra wrestlers. If a wrestler is placed on another team he must wrestle for the new team for the entire tournament. The only exception is if there is an injury to the starting wrestler on the original team that puts him out of the tournament, then the extra wrestler may return to his original team for the remainder of the tournament.



**DIRECTIONS:** Please complete all required information and submit with your team application for the SJWA Middle School National Duals. You may weigh-in a MAXIMUM of 22 wrestlers per team for the 16 weight categories, including alternates. Changes may be made at weigh-ins based on actual attendance, subject to the 22 wrestler maximum per team. Coaches will be present at weigh-ins, and certify the ACTUAL weights by signing off. NO CHANGES or DISPUTES after weights are certified!!!! Name, Birth Date, Grade, and Weight Estimate are required. Honors are optional. Last two columns are reserved for tournament official use. Honors will be printed in program if provided!!!

## SJWA MIDDLE SCHOOL National Duals February 13<sup>th</sup> – 15<sup>th</sup>, 2009

| <b>TEAM NAME:</b> |            |               |                 |                 |   | RESERVED<br>for TNMT<br>USE | RESERVED<br>for TNMT<br>USE |
|-------------------|------------|---------------|-----------------|-----------------|---|-----------------------------|-----------------------------|
| #                 | Full Name  | Birth<br>Date | Grade           | Weight<br>Class | Highest Honors<br>(Optional) will be listed<br>in program | Actual<br>Weight            | Max<br>Weight<br>Category   |
| 1                 |            |               |                 |                 |   |                             |                             |
| 2                 |            |               |                 |                 |   |                             |                             |
| 3                 |            |               |                 |                 |   |                             |                             |
| 4                 |            |               |                 |                 |   |                             |                             |
| 5                 |            |               |                 |                 |   |                             |                             |
| 6                 |            |               |                 |                 |   |                             |                             |
| 7                 |            |               |                 |                 |   |                             |                             |
| 8                 |            |               |                 |                 |   |                             |                             |
| 9                 |            |               |                 |                 |   |                             |                             |
| 10                |            |               |                 |                 |   |                             |                             |
| 11                |            |               |                 |                 |   |                             |                             |
| 12                |            |               |                 |                 |   |                             |                             |
| 13                |            |               |                 |                 |   |                             |                             |
| 14                |            |               |                 |                 |   |                             |                             |
| 15                |            |               |                 |                 |   |                             |                             |
| 16                |            |               |                 |                 |   |                             |                             |
| 17                |            |               |                 |                 |   |                             |                             |
| 18                |            |               |                 |                 |   |                             |                             |
| 19                |            |               |                 |                 |   |                             |                             |
| 20                |            |               |                 |                 |   |                             |                             |
| 21                |            |               |                 |                 |   |                             |                             |
| 22                |            |               |                 |                 |   |                             |                             |
|                   |            |               |                 |                 |   |                             |                             |
|                   |            |               |                 |                 |   |                             |                             |
|                   |            |               |                 |                 |   |                             |                             |
| Ex                | John Smith | 01/01/95      | 8 <sup>th</sup> | 125             | Eastern National Champ                                    |                             |                             |

**DIRECTIONS:** Please complete all required information and submit with your team application for the SJWA Middle School National Duals. You may weigh-in a MAXIMUM of 20 wrestlers per team for the 15 weight categories, including alternates. Changes may be made at weigh-ins based on actual attendance, subject to the 20 wrestler maximum per team. Coaches will be present at weigh-ins, and certify the ACTUAL weights by signing off. NO CHANGES or DISPUTES after weights are certified!!!! Name, Birth Date, Grade, and Weight Estimate are required. Honors are optional. Last two columns are reserved for tournament official use. Honors will be printed in program if provided!!!

## SJWA/VAC Elementary School National Duals February 13<sup>th</sup> – 15<sup>th</sup>, 2009

| <b>TEAM NAME:</b> |            |               |                 |                 |   | RESERVED<br>for TNMT<br>USE | RESERVED<br>for TNMT<br>USE |
|-------------------|------------|---------------|-----------------|-----------------|---|-----------------------------|-----------------------------|
| #                 | Full Name  | Birth<br>Date | Grade           | Weight<br>Class | Highest Honors<br>(Optional) will be listed<br>in program | Actual<br>Weight            | Max<br>Weight<br>Category   |
| 1                 |            |               |                 |                 |   |                             |                             |
| 2                 |            |               |                 |                 |   |                             |                             |
| 3                 |            |               |                 |                 |   |                             |                             |
| 4                 |            |               |                 |                 |   |                             |                             |
| 5                 |            |               |                 |                 |   |                             |                             |
| 6                 |            |               |                 |                 |   |                             |                             |
| 7                 |            |               |                 |                 |   |                             |                             |
| 8                 |            |               |                 |                 |   |                             |                             |
| 9                 |            |               |                 |                 |   |                             |                             |
| 10                |            |               |                 |                 |   |                             |                             |
| 11                |            |               |                 |                 |   |                             |                             |
| 12                |            |               |                 |                 |   |                             |                             |
| 13                |            |               |                 |                 |   |                             |                             |
| 14                |            |               |                 |                 |   |                             |                             |
| 15                |            |               |                 |                 |   |                             |                             |
| 16                |            |               |                 |                 |   |                             |                             |
| 17                |            |               |                 |                 |   |                             |                             |
| 18                |            |               |                 |                 |   |                             |                             |
| 19                |            |               |                 |                 |   |                             |                             |
| 20                |            |               |                 |                 |   |                             |                             |
| Ex                | John Smith | 01/01/97      | 6 <sup>th</sup> | 170             | Eastern National Champ                                    |                             |                             |