



AAU FRIENDS OF COAL POWER NATIONALS NOVEMBER 27 & 28, 2009

OPEN TOURNAMENT - NO PRE-QUALIFYING REQUIRED

Tournament Information for Athletes and Coaches

* **ENTRY FEE IS \$40.00.** No personal checks. Cashiers check or money orders only. **Pre-registration ONLY.** Entries **MUST** be postmarked by **November 20, 2009.** No Walk-ins. All participating Wrestlers receive a AAU Wrestling T-Shirt. We are placing 1st-4th place in each age and weight division. Champions will receive Championship t-Shirt.

* Make cashiers check or money order payable to: National Wrestling Promotions, Inc.

* Event is being held at the Raleigh County Convention Center located at 200 Armory Drive, Beckley, WV 25801. Click here for directions:

www.raleighcoarmory.com

* Mail all forms to: National Wrestling Promotions, Inc. 287 Country Roads Estates, Shady Spring, WV 25918

* Weight **MUST** be declared on the entry form. Weigh ins located at the Tournament Headquarters, The Resort at Glade Springs. Click here for Directions to weigh ins: www.gladesprings.com

All wrestlers must have a current AAU membership card to participate. Membership cards may be purchased at www.aausports.org or at weigh-ins. Coaches with current AAU membership cards will be allowed entry into the Tournament and welcome to the Hospitality room for \$15.00.

IMPORTANT INFORMATION

Wrestlers are expected to make their pre-registered weight class. If you do not make your pre-registered weight class, you may pay a "second chance" registration fee of \$35.00. You will be added to the bracket only if there is a "Bye" or a "No Show". If we are unable to re-bracket you, your re-bracket penalty fee will be refunded. The Bracketing Director reserves the right to refuse re-bracketing changes if they are a hindrance to the tournament start times. We are giving wrestlers a "second chance" to wrestle, and it is a benefit to those wrestlers who may have traveled and not made the pre-registered weight. **The tournament committee encourages all WRESTLERS to MAKE THEIR DECLARED WEIGHT.**

* You **MUST** wear a singlet to weigh in.

* Medals will be awarded to the top 4 placers. 1st place winners in each age division & weight class will get a champion T-Shirt.

* Once entry has been processed - there are **no** refunds. Tournament committee is not responsible for entries lost in the mail.

* If there are excessive entries, tournament officials reserve the right to adjust bout times and rest periods in consolation rounds.

* National High School Federation Rules apply except as noted.

Match Duration

* Tots, Bantam, Midget, Novice and Masters Divisions will wrestle three - one and 1/2 minute periods [Championship rounds].

* Schoolboy, Cadet, Elite and Senior Divisions will wrestle three - two minute periods [Championship rounds].

* Rest time between bouts is a minimum of 15 minutes.

ADMISSION

| | | |
|---------------------|---------|--|
| Adults | \$10.00 | |
| Children [under 12] | \$5.00 | |

SCHEDULE

| | | | |
|----------|-------------|-------------------|--|
| Friday | November 27 | 2:00 pm - 9:00 pm | Weigh-ins for all divisions. Weigh-ins will be held at The Resort at Glade Springs. For directions click: www.gladesprings.com |
| Saturday | November 28 | 8:00 am | Doors open for wrestlers and spectators |
| Saturday | November 28 | 8:10 am | Rob Waller's All American |
| Saturday | November 28 | 9:10 am | Wrestling begins following clinic |

*****THIS TOURNAMENT IS A PARTICIPATION QUALIFIER FOR THE 2010 AAU GRAND NATIONALS*****

The 2010 AAU Grand Nationals

*Participation in the AAU Friends of Coal Power Nationals automatically qualifies you to wrestle in the 2010 AAU GRAND NATIONALS
 This **Tournament** is also a place qualifier for the **Tournament of Champions (TOC)** The top 4 place finishers in each weight and age division will qualify to wrestle in the **Tournament of Champions in Ohio April 25, 2010.**

The birth year shall determine the individual's eligibility for specific competition. Proof of age shall be a machine photocopy of the original birth record issued by county, state, or federal government, photocopy of original driver's license. **Do not send originals.** Tournament Committee will not be responsible for the return of any documents. There is no separate division for male and female participants.

2010 AAU WRESTLING AGE & WEIGHT

| Division Birth Year # of Weights Color Code | Tot 2004/after 6 Orange | Bantam 03/02 11 Lt. Green | Midget 01/00 15 Lt. Pink | Novice 99/98 15 Lt. Blue | Schoolboy 97/96 18 Yellow | Cadet 95/94 17 White | Elite 93/92/91* 15 Gray | Senior 91/81 10 Goldenrod | Masters 80/before 11 Ivory |
|--|----------------------------------|------------------------------------|-----------------------------------|-----------------------------------|------------------------------------|-------------------------------|----------------------------------|------------------------------------|-------------------------------------|
| | 35 | 40 | 50 | 60 | 70 | 84 | 98 | 125 | 125 |
| | 40 | 45 | 55 | 65 | 75 | 91 | 103 | 133 | 133 |
| | 45 | 50 | 60 | 70 | 80 | 98 | 112 | 141 | 141 |
| | 50 | 55 | 65 | 75 | 85 | 103 | 119 | 149 | 149 |
| | 55 | 60 | 70 | 80 | 90 | 112 | 125 | 157 | 157 |
| | hwt | 65 | 75 | 85 | 95 | 119 | 130 | 165 | 165 |
| | | 70 | 80 | 90 | 100 | 125 | 135 | 174 | 174 |
| | | 75 | 85 | 95 | 105 | 130 | 140 | 185 | 185 |
| | | 80 | 90 | 100 | 110 | 135 | 145 | 197 | 197 |
| | | 90 | 95 | 105 | 115 | 140 | 152 | hwt | 215 |
| | | hwt | 103 | 112 | 120 | 145 | 160 | | hwt |
| | | | 112 | 120 | 125 | 152 | 171 | | |
| | | | 120 | 130 | 130 | 160 | 189 | | |
| | | | 130 | 140 | 140 | 171 | 215 | | |
| | | | hwt | hwt | 150 | 189 | 285 | | |
| | | | | | 160 | 215 | | | |
| | | | | | 180 | 285 | | | |
| | | | | | hwt | | | | |

***1991 Elite – Still in High School / must provide proof**

HOTEL EVENT SPONSORS*

*Parents, Wrestlers and Coaches please support the following hotels; they are the preferred hotel of the AAU FRIENDS OF COAL POWER NATIONALS and are supporting this event. Please choose them first if it all possible.

The Resort at Glade Springs

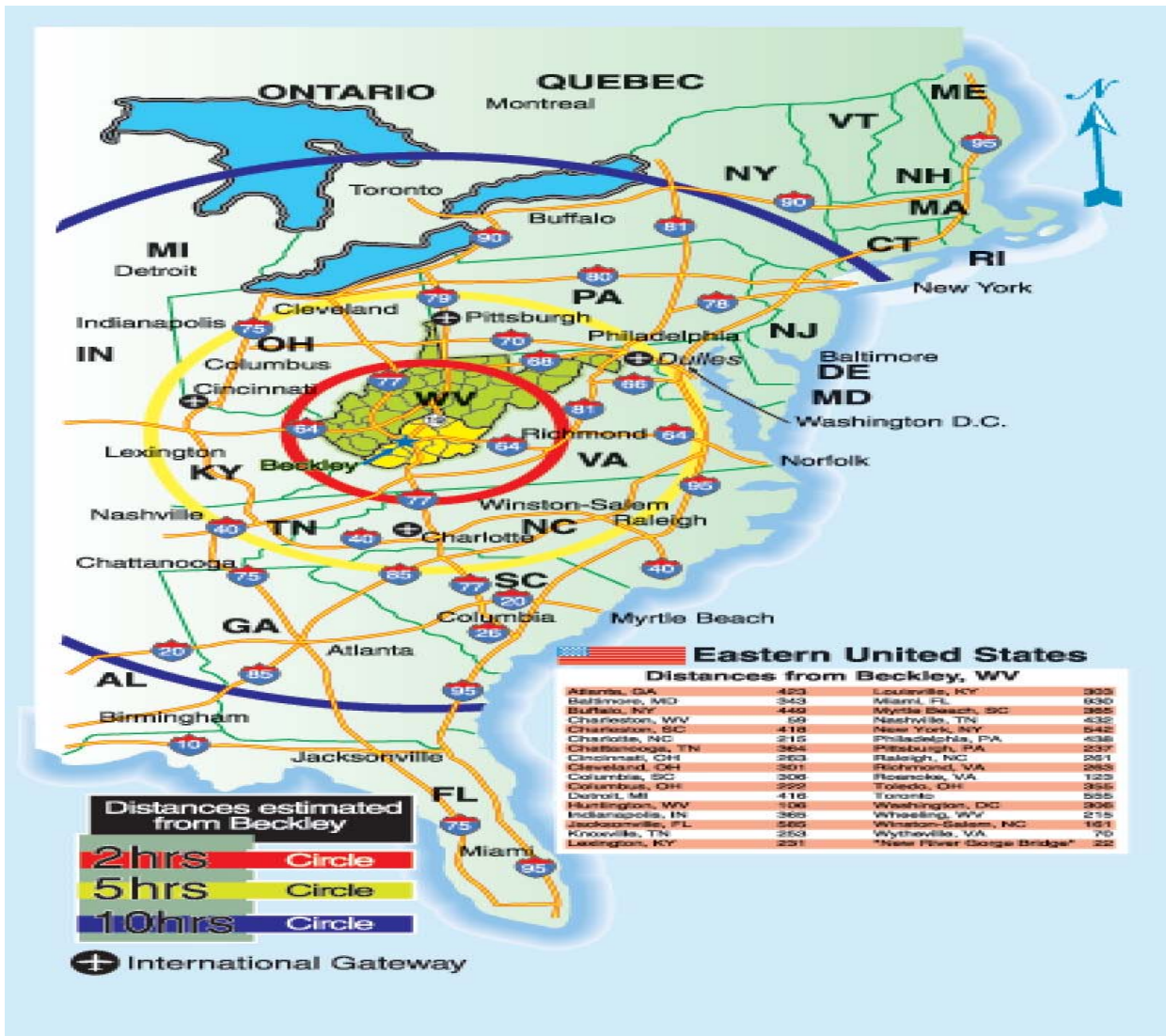
selected as Tournament Headquarters

Located less than a ten-minute drive to the Raleigh County Convention Center, The Resort at Glade Springs has been selected to serve as the official tournament headquarters hotel facility and the location for the weigh-ins on Saturday, November 23. In addition to sleeping room accommodations, the Resort offers a variety of sporting amenities and dining options including two championship golf courses, a 10-lane bowling center, indoor pool, cinema room, video arcade and full-service spa. For casual dining, there is Bunkers Sports Bar, Small Talk Café and the Rotunda Restaurant. For fine dining, Glade's Grill will be available at the Golf Clubhouse. The Resort at Glade Springs is offering a highly-discounted room rate of \$99 per night for all tournament participants, family and guests. To book your stay, please call toll-free **866-976-4382**. For more information about The Resort at Glade Springs please view their website at www.gladesprings.com *There is an additional \$9.90 charge per night which includes use of high-speed internet access, use of the fitness center, indoor pool, movie cinema, shuttle transportation throughout the resort and gratuities for housekeeping attendants and shuttle drivers.



The Resort at Glade Springs
255 Resort Drive
Daniels, WV 25832

Toll Free Reservations: 866-976-4382 www.gladesprings.com



EASTERN UNITED STATES
distances from Beckley, WV

| | | | |
|-----------------|-----|------------------|-----|
| Atlanta, GA | 423 | Louisville, KY | 303 |
| Baltimore, MD | 343 | Miami, FL | 930 |
| Buffalo, NY | 449 | Myrtle Beach, SC | 365 |
| Charleston, WV | 59 | Nashville, TN | 432 |
| Charleston, SC | 418 | New York, NY | 542 |
| Charlotte, NC | 215 | Philadelphia, PA | 438 |
| Chattanooga, TN | 364 | Pittsburgh, PA | 237 |
| Cincinnati, OH | 263 | Raleigh, NC | 261 |

| | | | |
|------------------|-----|--------------------------|-----|
| Cleveland, OH | 301 | Richmond, VA | 263 |
| Columbia, SC | 306 | Roanoke, VA | 123 |
| Columbus, OH | 222 | Toledo, OH | 355 |
| Detriot, MI | 416 | Toronto | 555 |
| Huntington, WV | 106 | Washington, DC | 306 |
| Indianapolis, IN | 365 | Wheeling, WV | 215 |
| Jacksonville, FL | 585 | Winston-Salem, NC | 161 |
| Knoxville, TN | 253 | Wytheville, VA | 70 |
| Lexington, KY | 231 | "New River Gorge Bridge" | 22 |

FOR MORE INFORMATION ON AAU WRESTLING OR TO PURCHASE AAU MEMBERSHIP'S PLEASE CLICK THE LINK BELOW:



www.wvaauwrestling.org

For further information, please contact:

WVAAU Wrestling Director

Jamison Humphrey

jamisonrhumphrey@msn.com

PROUD TOURNAMENT SUPPORTER:



