



## **Capitol Area Wrestling League**

### **“CAWL Star Duals”**

### **Sunday, December 17, 2017**

The CAWL Stars Duals is an elite junior league dual meet tournament that pits some of the best clubs in the Capitol Area Wrestling League (CAWL) as well as a CAWL all-star team of wrestlers comprised of various clubs within the CAWL against outside teams/clubs looking for an opportunity to wrestle the best of our league.

**Location: Hayfield Secondary School**  
7630 Telegraph Rd  
Alexandria, VA 22315

**Time:** Weigh-Ins 7:00-8:15 AM, 6pm estimated finish  
**Coaches' meeting** 8:45 AM **Wrestling begins at** 9:00 AM  
**Admission fee:** \$5 per adult, **kids 17 and under are free**

**Weight Classes:** 50,55,60,65,70,75,80,85,90,95,100,105,110,115,122,130,145,175  
**Wrestlers must wear singlet for weigh-in. No weight allowances.**

#### **Rules:**

- Folkstyle - National Federation of High Schools Wrestling Rules
- Singlets and Headgear Required
- Certified trainer on site
- Each team must provide one table worker for each dual meet
- Metropolitan Washington Official's Association referees will be used
- Wrestlers may move up only one weight class. 2 coaches per corner.

**Eligibility:** Wrestlers must be enrolled in K- 8th grade. Teams should make every effort to fill all weight classes. Teams that have rosters with less than 15 wrestlers will not be invited back. It is not required that team rosters are comprised of wrestlers from the same club.

**Awards:** Team trophy for team champion.

**Entry Fee:** \$450 per team. Make checks payable to *Capitol Area Wrestling League*. Spots guaranteed to first teams who pay non-reimbursable \$150 deposit.

**Format:** Each team will wrestle a minimum of 5 dual meets. Pool format will be determined once the number of teams is finalized.

**Concessions:** Will be served all day

**Tournament Director:** Matt Burkett-Erice  
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Phone- 808-753-2417

## 2016 CAWL Star Duals Weigh In Sheet

**\*\*Please send no later than 12/13/17 @ 8PM) by email\*\***

Team Name \_\_\_\_\_

Head Coach \_\_\_\_\_

Contact Number \_\_\_\_\_

Assistant Coaches (3) \_\_\_\_\_

Email \_\_\_\_\_

WC	Wrestler A	Weight	Wrestler B	Weight
50				
55				
60				
65				
70				
75				
80				
85				
90				
95				
100				
105				
110				
115				
122				
130				
145				
175				