



**HyVee Hall
Des Moines, Iowa
March 26 & 27, 2016**

...where the path begins

**LEE PAMULAK MIDDLE
SCHOOL NATIONAL DUALS**

WHO WILL BE THE 2016 #1 MIDDLE SCHOOL TEAM IN THE NATION?

In 2015, The Iowa Black Team Captured The Championship. Can The Iowa Black Team Survive The 2016 Challenge? Start Planning Now To Bring Your AAU District/State All-Star Team To This Outstanding Tournament. Each Team Will Be Guaranteed 7 Duals.

WHEN: March 25, 26, and 27, 2016
Weigh-ins:
Friday March 25, 2016
5:00 TO 8:00 PM at HyVee Hall
730 3rd Street
Des Moines, IA 50309

WHERE: Wrestling: March 26 & 27, 2016 - HyVee Hall, Des Moines, Iowa

WHO: Members Of Any Wrestling Organization Currently Enrolled In 6TH Through 8TH Grade. Maximum Age 15 (If You Turn 16 In 2016 You're Ineligible). AAU Card and Copy Of Birth Certificate Required At Weigh-ins. AAU CARDS CAN BE PURCHASED ON LINE AT www.aausports.org FOR \$14.00. **TEAMS WILL BE ALLOWED UP TO 3 WRESTLERS FROM ADJOINING AAU DISTRICT.** Please contact Karen Wilson at kwilson424@yahoo.com for approval of any wrestlers in this category to make sure they meet the guidelines. All out of AAU District wrestlers must be approved.

FORMAT: Folkstyle, 7 Matches Minimum. All Matches 1 1/2- 1 1/2 - 1 1/2 minutes periods. Pool wrestling followed by team championship brackets.

AWARDS: AAU Championship medals for teams and individuals. Team Trophies/Plaques for 1st through 8th place plus consolation bracket champions.

TEAMS: 20 Weights, 5 Alternates, 3 Coaches, and 2 Workers.

WGTS: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, 250

COST: \$1000.00/ Team (1ST 48 Teams with intent to participate filed & deposit of \$200.00/Team Received by February 15, 2016- Balance due March 15, 2016.
\$100.00 Late fee for any additional teams or deposits received after February 15th or balance payments made after March 15, 2016.

OFFICIALS: HS Certified Officials Only

DAILY ADMISSION \$15.00, 2 DAY PASS \$25.00 ADULTS/ \$15.00 KIDS (Age 5-16)/Under 5 Free

MORE INFORMATION: CONTACT Ron Peterson AT 515-249-3586 OR E-MAIL AT: rpeterson1956@gmail.com

Hotel Information: Rooms are blocked under "AAU MIDDLE SCHOOL DUALS"

At the following Wrestling Friendly Host:

HOLIDAY INN/AIRPORT
6111 FLEUR DR, DES MOINES, IOWA
515 287 2400
1 800 248 4013

See additional attachment for more choices.

*****MAKE YOUR RESERVATIONS PRIOR TO 2/15/2016*****

HOSTED BY: IOWA AAU WRESTLING

LEE PAMULAK MIDDLE SCHOOL NATIONAL DUALS

March 26 & 27, 2016

HyVee Hall B & C

Des Moines, IOWA

- This event is sanctioned 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 membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

GENERAL INFORMATION

WEIGH IN: Friday March 25, 2016 5 – 8 PM HyVee Hall, 730 3rd St, Des Moines, Iowa 50309

All competitors have until the close of weigh-ins to make weight. **MUST MAKE SCRATCH WEIGHT.** (NO SCALE ALLOWANCE)
All competitors must wear a singlet to weigh-ins.

COMPETITION: All Teams will be seeded in team pools based on past finish by team. First time teams will be randomly seeded. (Size of pools will be subject to adjustment based on total number of teams entered.) After pool wrestling, teams will be seeded into preliminary brackets based on pool performance and then on point differential seeding. Based on the number of teams entered teams will then move to either championship or consolation brackets. Every team should wrestle a minimum of 7 dual meets. Every effort will be made to make sure all alternates get as many exhibition matches as possible.

AWARDS: Top 8 teams will receive team awards. Consolation bracket champions will also receive team awards. National Championship individual medals will be awarded to team members and individuals.

INDIVIDUAL MEDAL CRITERIA: Minimum of 6 matches wrestled: No Losses—Gold, 1 Loss—Silver, 2 Losses—Bronze, 3 Losses—Copper

ELIGIBILITY: All wrestlers must be enrolled in 6th through 8th grades and not turn 16 in 2016 to be eligible to compete. Coaches please make sure you have the following information available for your team members at weigh ins.

- Current AAU Card (Available online at: www.aausports.org)
- Copy of Birth Records
- Copy of Report Card or School Grade Certification (On School Letterhead)
- Email approval of out of AAU District/State Team Members

ONLY 3 TEAM MEMBERS CAN BE FROM ADJOINING DISTRICT (ASSOCIATION)

All teams must meet AAU National guidelines as stated in the AAU National Code as well as meet both the grade and age requirements for this championship. Your 3 athletes from outside your AAU district must reside in an adjoining district.

Here are the Code Guidelines:

4.3 Membership and Residency.

4.3.1 Adult members will not be bound by residence requirements.

4.3.2 Youth members must register in the District of their bona fide residency, except as follows:

4.3.2.1 A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.

4.3.2.2 A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.

4.3.2.3 A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.

4.3.3 Persons living outside the U.S. may register in the closest District or with the District where the competition they are first participating in will take place. The respective National Sports Committee rules shall govern their participation in AAU competitions.

BYLAW 6. ELIGIBILITY

6.1 A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team sports a maximum of three (3) members may participate with a team in an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer, softball, wrestling and volleyball.]

QUESTIONS: CALL Ron Peterson at 515-249-3586 or E-MAIL rpeterson1956@gmail.com



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HyVee Hall C

Des Moines, Iowa

TEAM ENTRY FORM – INTENT TO PARTICIPATE

**ENTRY FEE: \$1000.00 IF DEPOSIT RECEIVED BY FEBRUARY 15, 2016
(\$200.00 DEPOSIT WILL GUARANTEE A SPOT FOR YOUR TEAM)
\$800.00 BALANCE DUE BY MARCH 15, 2016 or ADD \$100.00 LATE FEE.**

MAIL YOUR INFO NOW TO RESERVE A SPOT

TEAM NAME _____

AAU DISTRICT or STATE _____

CONTACT _____ **PHONE** _____

E-MAIL _____ **FAX** _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

MAIL TO: Lee Pamulak MSN Duals
% Ron Peterson
1500 W. 6th Avenue
INDIANOLA, IA 50125

MAKE CHECKS PAYABLE TO: Lee Pamulak MSN Duals

Coaches: You must have an AAU Coaching Card and Certification to coach matside.