



**HyVee Hall  
Des Moines, Iowa  
March 27-29, 2020**

*...where the path begins*

**LEE PAMULAK MIDDLE  
SCHOOL NATIONAL DUALS**

**WHO WILL BE THE 2020 #1 MIDDLE SCHOOL TEAM IN THE NATION?**

In 2020, The Legends of Gold Captured The Championship. Can Legends of Gold Survive The 2020 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 27-29, 2020

**Weigh-ins:**

Friday, March 27, 2020

5:00 TO 8:00 PM at HyVee Hall

730 3<sup>rd</sup> Street

Des Moines, IA 50309

**Wrestling:** Saturday, March 28<sup>th</sup> and Sunday, March 29<sup>th</sup>, 2020 – Starting at 8:00 A.M. Both Days

**WHERE:** HyVee Hall, Des Moines, Iowa

**WHO:** Members of Any Wrestling Organization Currently Enrolled In 6<sup>TH</sup> Through 8<sup>TH</sup> Grade. Maximum Age 15 (If You Turn 16 In 2020 - 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](http://www.aausports.org) FOR \$14.00.

**TEAMS WILL BE ALLOWED UP TO 3 WRESTLERS FROM ADJOINING AAU DISTRICT.**

**Please contact Wes Creason at [auwrestlingiowa@gmail.com](mailto:auwrestlingiowa@gmail.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 ½- 1½ - 1 ½ minutes periods.  
Pool wrestling followed by team championship brackets.

**AWARDS:** AAU Championship medals for teams and individuals.  
Team Trophies/Plaques for 1<sup>st</sup> through 4<sup>th</sup> 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:** \$800.00/ Team (1<sup>ST</sup> 48 Teams with intent to participate filed & deposit of \$200.00/Team Received by February 15, 2020—  
Balance due March 15, 2020.  
\$100.00 Late fee for any additional teams or deposits received after February 15<sup>th</sup> or balance payments made after March 15, 2020.

**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](mailto: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 2/15/2020\*\*\*\*\*

# **LEE PAMULAK MIDDLE SCHOOL NATIONAL DUALS**

**March 27-29, 2020**

**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](http://www.aausports.org) to obtain their membership.

## **GENERAL INFORMATION**

### **WEIGH IN:**

Friday - March 27, 2020 5PM – 8 PM HyVee Hall, 730 3<sup>rd</sup> St, Des Moines, Iowa 5030

**Wrestling:** Saturday, March 28th and Sunday, March 29th, 2020 – Starting at 8:00 A.M. Both Days – HyVee Hall

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 4 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 6<sup>th</sup> through 8<sup>th</sup> grades and not turn 16 in 2020 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](http://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 DISTRICTS (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](mailto:rpeterson1956@gmail.com)



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**Des Moines, Iowa**

**TEAM ENTRY FORM – INTENT TO PARTICIPATE**

**ENTRY FEE: \$800.00 IF DEPOSIT RECEIVED BY FEBRUARY 15, 2020  
(\$200.00 DEPOSIT WILL GUARANTEE A SPOT FOR YOUR TEAM)  
\$600.00 BALANCE DUE BY MARCH 15, 2020 or ADD \$100.00 LATE FEE.**

**MAIL YOUR INFO NOW TO RESERVE A SPOT**

**TEAM NAME** \_\_\_\_\_

**AAU DISTRICT or STATE** \_\_\_\_\_

**CONTACT** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**EMAIL** \_\_\_\_\_ **FAX** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**MAIL TO:** Lee Pamulak MSN Duals  
% Ron Peterson  
1500 W. 6<sup>th</sup> 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.