



**SIMPSON COLLEGE
INDIANOLA, IOWA
APRIL 10 & 11, 2010**

...where the path begins

MIDDLE SCHOOL NATIONAL DUALS

WHO WILL BE THE 2010 #1 MIDDLE SCHOOL TEAM IN THE NATION?
IN 2009 TEAM PA CAPTURED THE HONORS. CAN THE PA TEAM SURVIVE THE 2010 CHALLENGE? WHO
WILL SURVIVE THE 2010 BATTLE? START PLANNING NOW TO BRING YOUR AAU DISTRICT/STATE ALL-
STAR TEAM TO THIS OUTSTANDING TOURNAMENT. EACH TEAM WILL BE GUARANTEED 7 DUALS.

WHEN: APRIL 10 & 11, 2010 WEIGH IN FRIDAY APRIL 9, 2010 5:00 TO 8:00 PM

WHERE: SIMPSON COLLEGE INDIANOLA, IOWA (15 MILES SOUTH OF DES MOINES)

WHO: MEMBERS OF ANY WRESTLING ORGANIZATION CURRENTLY ENROLLED IN 6TH
THROUGH 8TH GRADE. MAXIMUM AGE 15 (IF YOU TURN 16 IN 2010 YOU'RE
INELIGIBLE). AAU CARD AND COPY OF BIRTH CERTIFICATE REQUIRED AT WEIGH
IN. AAU CARDS CAN BE PURCHASED ON LINE AT www.aausports.org FOR \$12.00.
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 GUIDELINES. ALL OUT OF
AAU DISTRICT WRESTLERS MUST BE APPROVED

FORMAT: FOLKSTYLE, 7 MATCHES MINIMUM. ALL MATCHES 1- 1 ½ - 1 ½ MINUTE PERIODS.
16 MATS AT SIMPSON, ADDITIONAL LOCATIONS AS NEEDED. POOL WRESTLING
FOLLOWED BY TEAM PRELIMINARY, THEN TEAM CHAMPIONSHIP BRACKETS.

AWARDS: AAU CHAMPIONSHIP MEDALS FOR TEAM AND INDIVIDUALS
TEAM TROPHIES 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: \$900.00/ TEAM (TEAMS WITH INTENT TO PARTICIPATE FILED & DEPOSIT OF \$200.00 /TEAM
RECEIVED BY FEB.15, 2010) BALANCE DUE APRIL 1, 2010
\$100.00 LATE FEE FOR ANY ADDITIONAL TEAMS OR DEPOSITS RECEIVED AFTER FEB.15
OR BALANCE PAYMENTS MADE AFTER APRIL 1, 2010.

OFFICIALS: HS CERTIFIED OFFICIALS ONLY

DAILY ADMISSION \$15.00, 2 DAY PASS \$20.00 ADULTS/ \$10.00 KIDS 16 & UNDER

MORE INFORMATION: CONTACT LEE PAMULAK AT 515 961 6116 OR
E-MAIL AT: Lpamulak@aol.com

HOTEL INFORMATION: ROOMS ARE BLOCKED UNDER "AAU MIDDLE SCHOOL DUALS"
AT THE FOLLOWING WRESTLING FRIENDLY HOST HOTEL:

ADDITIONAL ALTERNATE HOTEL INFO WILL FOLLOW

HOLIDAY INN/AIRPORT

6111 FLEUR DR, DES MOINES, IOWA

515 287 2400

1 800 248 4013

A FULL SERVICE HOTEL WITH EASY ACCESS TO MAIN ROUTE TO INDIANOLA AND SIMPSON COLLEGE
*****MAKE YOUR RESERVATIONS PRIOR TO 3/15/09*****

HOSTED BY: SIMPSON COLLEGE, IOWA AAU WRESTLING, & INDIANOLA MAT TRIBE

2010 AAU MIDDLE SCHOOL DUALS
APRIL 10 & 11, 2010
SIMPSON COLLEGE **INDIANOLA, 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 APRIL 9, 2010 5 – 8 PM SIMPSON COLLEGE, INDIANOLA, IA

ALL COMPETITORS HAVE UNTIL CLOSE OF WEIGH IN TO MAKE WEIGHT. **MUST MAKE SCRATCH WEIGHT. (NO SCALE ALLOWANCE)**

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 BRACKET BASED ON POOL PERFORMANCE AND THEN ON POINT DIFFERENTIAL IN TEAM SCORES. POOL CHAMPIONS WILL RECEIVE TOP SEEDS FOLLOWED BY POINT DIFFERENCE 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 6 MATCHES WRESTLED: NO LOSSES – GOLD, 1 LOSS – SILVER, 2 LOSSES – BRONZE AND 3 LOSSES – COPPER.

ELIGIBILITY: ALL WRESTLERS MUST BE ENROLLED 6TH THROUGH 8TH GRADES AND NOT TURN 16 IN 2010 TO BE ELIGIBLE. COACHES PLEASE MAKE SURE YOU HAVE FOLLOWING INFORMATION AVAILABLE FOR YOUR TEAM MEMBERS AT THE TOURNAMENT:

- CURRENT AAU CARD (AVAILABLE ONLINE AT www.aausports.org)
- COPY OF BIRTH RECORDS
- COPY OF REPORT CARD OR SCHOOL GRADE CERTIFICATION (ON SCHOOL LETTERHEAD)
- E-MAIL 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 NATIONAL CHAMPIONSHIP. YOUR 3 ATHLETES FROM OUTSIDE YOUR AAU DISTRICT MUST RESIDE IN AN ADJOINING AAU 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 and volleyball.]

QUESTIONS: CALL LEE PAMULAK at 515 961 6116 or E-MAIL Lpamulak@aol.com



2010 AAU MIDDLE SCHOOL DUALS

APRIL 10 & 11, 2010

SIMPSON COLLEGE

INDIANOLA, IOWA

INTENT TO PARTICIPATE (LET US KNOW YOUR PLANS ASAP)

ENTRY FEE: \$900.00 TEAMS ENTERED & DEPOSIT RECEIVED BY FEB 15, 2010 (\$200.00 DEPOSIT WILL GUARANTEE A SPOT FOR YOUR TEAM) \$700.00 BALANCE DUE BY APRIL 1, 2010 or ADD \$100.00 LATE FEE.

TEAMS WITH INTENT FORM FILED & DEPOSIT RECEIVED BY FEB 15, 2010 ALL ENTRIES AFTER FEB.15 TEAMS WILL BE CHARGED \$1000.00

MAIL YOUR INTENT INFO NOW TO RESERVE A SPOT

NUMBER OF TEAMS _____

TEAM NAME(S) _____

AAU DISTRICT or STATE _____

CONTACT _____ PHONE _____

E-MAIL _____ FAX _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MAIL TO: MSN DUALS

BOX 513

or E-MAIL: Lpamulak@aol.com

INDIANOLA, IA 50125



2010 AAU MIDDLE SCHOOL DUALS
APRIL 10 & 11, 2010
SIMPSON COLLEGE INDIANOLA, IOWA

TEAM ENTRY FORM (MAIL WITH DEPOSIT BY FEB.15, 2010)

ENTRY FEE: \$900.00 IF DEPOSIT RECEIVED BY FEB 15, 2010
(\$200.00 DEPOSIT WILL GUARANTEE A SPOT FOR YOUR TEAM)
\$700.00 BALANCE DUE BY APRIL 1, 2010 or ADD \$100.00 LATE FEE. ALL
ENTRIES AFTER FEB.15 TEAMS WILL BE CHARGED \$1000.00

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: MSN DUALS

BOX 513

INDIANOLA, IA 50125

MAKE CHECKS PAYABLE TO: MSNDuals/IOWA AAU WRESTLING

MIDDLE SCHOOL NATIONAL DUALS 2010

INDIVIDUAL BIOGRAPHY

TEAM NAME _____

WEIGHT	NAME	-	RECORD & ACCOMPLISHMENTS
• 75	_____	-	_____
• 80	_____	-	_____
• 85	_____	-	_____
• 90	_____	-	_____
• 95	_____	-	_____
• 100	_____	-	_____
• 105	_____	-	_____
• 110	_____	-	_____
• 115	_____	-	_____
• 120	_____	-	_____
• 125	_____	-	_____
• 130	_____	-	_____
• 135	_____	-	_____
• 140	_____	-	_____
• 145	_____	-	_____
• 152	_____	-	_____
• 160	_____	-	_____
• 171	_____	-	_____
• 189	_____	-	_____
• HWT	_____	-	_____
(250 MAX)			

ALTERNATES

• _____	_____	-	_____
• _____	_____	-	_____
• _____	_____	-	_____
• _____	_____	-	_____
• _____	_____	-	_____

REMEMBER ALL BUT 3 WRESTLERS MUST RESIDE IN YOUR AAU DISTRICT

MIDDLE SCHOOL DUALS ROSTER

PLEASE SUBMIT BY 4-6-2010

	TEAM NAME _____		GRADE	AGE	AAU CARD #	COUNTY	RESIDENCE	STATE
• 75	_____	-	-	-	_____	_____	_____	_____
• 80	_____	-	-	-	_____	_____	_____	_____
• 85	_____	-	-	-	_____	_____	_____	_____
• 90	_____	-	-	-	_____	_____	_____	_____
• 95	_____	-	-	-	_____	_____	_____	_____
• 100	_____	-	-	-	_____	_____	_____	_____
• 105	_____	-	-	-	_____	_____	_____	_____
• 110	_____	-	-	-	_____	_____	_____	_____
• 115	_____	-	-	-	_____	_____	_____	_____
• 120	_____	-	-	-	_____	_____	_____	_____
• 125	_____	-	-	-	_____	_____	_____	_____
• 130	_____	-	-	-	_____	_____	_____	_____
• 135	_____	-	-	-	_____	_____	_____	_____
• 140	_____	-	-	-	_____	_____	_____	_____
• 145	_____	-	-	-	_____	_____	_____	_____
• 152	_____	-	-	-	_____	_____	_____	_____
• 160	_____	-	-	-	_____	_____	_____	_____
• 171	_____	-	-	-	_____	_____	_____	_____
• 189	_____	-	-	-	_____	_____	_____	_____
• HWT	_____	-	-	-	_____	_____	_____	_____
(250 MAX)								
ALTERNATES								
•	_____	-	-	-	_____	_____	_____	_____
•	_____	-	-	-	_____	_____	_____	_____
•	_____	-	-	-	_____	_____	_____	_____
•	_____	-	-	-	_____	_____	_____	_____
•	_____	-	-	-	_____	_____	_____	_____

20 WEIGHTS ---- 5 ALTERNATES ---- 3 COACHES ---- 2 WORKERS
REMEMBER ALL BUT 3 WRESTLERS MUST RESIDE IN YOUR AAU DISTRICT

COACH _____ AAU CARD # _____
 COACH _____ AAU CARD # _____
 COACH _____ AAU CARD # _____