

2010 AAU WORLD'S



NATIONAL FOLKSTYLE CHAMPIONSHIPS

VETERANS AUDITORIUM

DES MOINES, IOWA

APRIL 2 – 3, 2010

DON'T MISS YOUR CHANCE TO COMPETE AND TEST YOUR LIMITS AT A NATIONAL TOURNAMENT THAT WILL GIVE YOU 5 MATCHES. THE AAU NATIONAL WRESTLING COMMITTEE HAS CHANGED THE FORMAT FOR THIS EVENT IN ORDER TO GIVE EACH ATHLETE THE OPPORTUNITY TO WRESTLE 5 ROUND ROBIN MATCHES AGAINST OPPONENTS FROM ACROSS THE COUNTRY.

VENUE INFO: VETERAN'S MEMORIAL AUDITORIUM IS LOCATED IN DOWNTOWN DES MOINES AT 833 FIFTH AVE. IT IS WITHIN WALKING DISTANCE OF HOTELS AND LOCAL RESTURANTS & ENTERTAINMENT AND IS CONNECTED TO THE DOWNTOWN SKYWALK SYSTEM. FOR YEARS THE AUDITORIUM (CALLED "THE BARN") HOSTED THE IOWA HIGH SCHOOL STATE WRESTLING TOURNAMENT.

ENTRY INFORMATION: ENTRY FEE \$30.00 IF POSTMARKED PRIOR TO MARCH 20, 2010. \$40.00 FROM MARCH 21 UNTIL CLOSE OF ENTRY ON MARCH 29, 2010. ALL ENTRIES MUST BE MAILED TO: **AAU WORLDS, PO BOX 513, INDIANOLA, IA 50125** AND RECEIVED PRIOR TO DEADLINE DATE. MAKE ALL CHECKS PAYABLE TO: **AAU WORLDS**.

EVENT ADMISSION: ADULTS (18 & OVER) \$12.00/DAY or \$20.00 FOR 2 DAY PASS, STUDENTS (5 TO 18) \$8.00/DAY or \$12.00 FOR 2 DAY PASS, CHILDREN (UNDER 5) FREE.

COACHES PASS: ALL COACHES MUST HAVE A COACHES PASS IN ORDER TO HAVE ACCESS TO THE FLOOR OF THE AUDITORIUM COST IS \$10.00. NO COACHES PASSES AVAILABLE FOR THOSE UNDER 18 AND WRESTLERS COMPETING IN ELITE DIVISION OR BELOW WILL NOT BE ALLOWED MATSIDE TO COACH.

ALL WRESTLERS AND COACHES MUST BE CURRENTLY CARDED AAU MEMBERS. AAU CARDS ARE AVAILABLE ON LINE AT: www.ausports.org

AWARDS: AAU NATIONAL CHAMPIONSHIP MEDALS AWARDED TO TOP 6 PLACE WINNERS

WEIGH IN: APRIL 1, 2010 - 4PM UNTIL 8PM - VETERANS AUDITORIUM
833 FIFTH AVE.
DES MOINES, IA

WEIGHT AND AGE DIVISIONS: ALL WRESTLERS MUST MAKE WEIGHT DECLARED ON ENTRY. IF YOU DO NOT MAKE YOUR REGISTERED WEIGHT YOU MAY BE REBRACKETED SUBJECT TO A \$10 REBRACKETING FEE AND SUBJECT TO AVAILABLE SPACE IN YOUR WEIGHT CLASS. WEIGH IN WEARING SINGLET IS REQUIRED. WEIGHT CHANGES CAN BE MADE UP UNTIL MARCH 31, 2010 BY E-MAIL TO: Lpamulak@aol.com WE WANT EVERY WRESTLER TO HAVE AN OPPORTUNITY TO HAVE 5 MATCHES SO PLEASE MAKE YOUR REGISTERED WEIGHT.

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.

Tot Division	2004/after
Bantam Division	2003/2002
Midget Division	2001/2000
Novice Division	1999/1998
Schoolboy Division	1997/1996
Cadet Division	1995/1994
Elite Division	1993/1992/1991*
*For Elite Division	-birth year 1991 Must provide proof of high school enrollment
Senior Division	1991/1981
Masters Division	1980/before

ALL BRACKETS IN EACH DIVISION WILL BE WRESTLED AS 6 MAN ROUND ROBINS WITH A MAXIMUM OF 5 LB. WEIGHT DIFFERENTIALS WHERE POSSIBLE IN SCHOOLBOY AND BELOW DIVISIONS AND WITHIN RECOGNIZED WEIGHT CLASSES FOR CADET & ABOVE.

ALL BRACKETS WILL BE DIVIDED BY DIVISION, STATE AND WEIGHT TO THE BEST OF HOST'S ABILITY.

HOST RESERVES THE RIGHT TO ADJUST SIZE OF ROUND ROBIN BASED ON NUMBER OF COMPETITORS WITHIN A REASONABLE WEIGHT RANGE IN THEIR DIVISION IN ORDER TO GIVE EACH WRESTLER THE OPTIMUM OPPORTUNITY TO COMPETE.

MATCH TIMES: TOTS, BANTAM, MIDGET, NOVICE AND MASTERS DIVISIONS WILL WRESTLE 3 - 1 ½ MINUTE PERIODS. SCHOOLBOY, CADET, ELITE AND SENIOR DIVISIONS WILL WRESTLE 3 - 2 MINUTE PERIODS. SUBJECT TO CHANGE BASED ON ENTRY NUMBERS.

- MINIMUM REST TIME BETWEEN BOUTS 15 MINUTES
- NUMBERED BOUT SYSTEM WILL BE USED
- ROUND ROBIN BRACKETS OF 6 WRESTLERS SEPERATED BY DIVISION, STATE AND WEIGHT

NATIONAL HIGH SCHOOL RULES WILL BE FOLLOWED EXCEPT AS NOTED AND AAU WRESTLING RULE EXCEPTIONS

- AAU WRESTLING EXECUTIVE COMMITTEE WILL BE IN PLACE

WRESTLING SCHEDULE: WRESTLING BEGINS AT 9AM FRIDAY APRIL 2 AND WILL CONTINUE UNTIL 9PM, WRESTLING RESUMES SATURDAY MORNING (IF NECESSARY) AT 9AM UNTIL CONCLUSION. EXACT TIMES FOR EACH DIVISION SESSION WILL BE AVAILABLE AT WEIGH-IN.

- ALL MATCHES WILL BE RUN ON THE NUMBERED BOUT SYSTEM

PLEASE NOTE THAT VETERANS AUDITORIUM DOES NOT ALLOW COOLERS OR FOOD AND DRINK BROUGHT IN F ROM OUTSIDE THE VENUE.

- 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 connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

NEED MORE INFO? CALL LEE PAMULAK AT 515 961 6116 or E-MAIL Lpamulak@aol.com

Amateur Athletic Union Folkstyle World Championships April 1 - 3, 2010	Phone	Toll Free Phone	Rate - this rate may be cut off 3 weeks prior to the event	Free Parking	Restaurant	Free Continental Breakfast	Free Breakfast	Indoor Pool	Pool Hours	Fitness Center	Sauna	Whirlpool	Laundry	Free Wireless Internet	Rollaways	Refrigerator in Rooms	Coach Parking
Downtown																	
Des Moines Marriott Downtown - 700 Grand Avenue www.desmoinesmarriott.com	(515) 245-5500	(800) 228-9290	\$69.00		X			X	5:00a- midnight	X		X	X		X		X
Embassy Suites on the River - 101 E Locust Street www.embassysuitesdesmoines.com	(515) 244-1700	(800) 362-2779	\$142.00		X	X	X	X	8:00a- 10:00p	X	X	X	X		X	X	X
Holiday Inn Downtown at Mercy Campus - 1050 6th Avenue www.dsm-downtown.holiday-inn.com	(515) 283-0151	(800) 465-4329	\$89.95 rate includes breakfast for 4	X	X	yes - must ask for wrestling room rate		X	7:00a- midnight	X				X	X		X
Quality Inn & Suites Event Center - 929 3rd Street www.desmoinesqualityinn.com	(515) 282-5251	(800) 424-6423	\$89.95	X	X	X	X	X	8:00a- 11:00p	X				X		X	X
Renaissance Savery Hotel- 401 Locust Street www.renaissancesavery.com	(515) 244-2151	(800) 514-4706	\$92.00		X			X	6:00a- 11:00p	X	X	X		X	X	X	X
Northwest																	
Holiday Inn Hotel & Suites - 4800 Merle Hay Road www.holidayinn.com/desmoinesia	(515) 278-4755	(800) 465-4329	\$94.00	X	X			X	24 Hours	X	X		X				X
Ramada Tropics Resort & Conference Center 5000 Merle Hay Road www.ramada.com	(515) 278-0271		\$99.00	X	X			X	7:00a- 11:00p	X			X				X
West																	
Best Western - 1450 NW 118th Street www.bestwestern.com	(515) 221-2345	(866) 788-7013	\$69.00	X		X	X	X	8:00a- 11:00p	X				X			X
Country Inn & Suites - 1350 NW 118th Street www.countryinns.com/cliveia	(515) 223-9254	(800) 456-4000	\$89.00	X		X	X	X	5:00a- midnight	X		X	X	X	X	X	X
Hampton Inn West Des Moines - 7060 Lake Drive www.hamptoninnwestdesmoines.com	(515) 223-4700	(800) 426-7866	\$89.00	X		X	X	X	n/a	X		X	X	X	X	Some	X
Note: Rates do not include taxes, are subject to availability & blackout dates may occur.																	
Rates are set for these dates only, will fluctuate throughout the year																	
Visit www.seedesmoines.com for local information																	
You must ask for the AAU Wrestling or Folkstyle Wrestling rate to receive this special																	

Amateur Athletic Union Folkstyle World Championships April 1 - 3, 2010	Microwave in Rooms
<i>Downtown</i>	
Des Moines Marriott Downtown - 700 Grand Avenue www.desmoinesmarriott.com	
Embassy Suites on the River - 101 E Locust Street www.embassysuitesdesmoines.com	X
Holiday Inn Downtown at Mercy Campus - 1050 6th Avenue www.dsm-downtown.holiday-inn.com	
Quality Inn & Suites Event Center - 929 3rd Street www.desmoinesqualityinn.com	X
Renaissance Savery Hotel- 401 Locust Street www.renaissancesavery.com	X
<i>Northwest</i>	
Holiday Inn Hotel & Suites - 4800 Merle Hay Road www.holidayinn.com/desmoinesia	
Ramada Tropics Resort & Conference Center 5000 Merle Hay Road www.ramada.com	
<i>West</i>	
Best Western - 1450 NW 118th Street www.bestwestern.com	
Country Inn & Suites - 1350 NW 118th Street www.countryinns.com/cliveia	X
Hampton Inn West Des Moines - 7060 Lake Drive www.hamptoninnwestdesmoines.com	Some
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