

# VIRGINIA DUALS

## **GIRLS** INDIVIDUAL NATIONAL CHAMPIONSHIP



**JANUARY 13, 2019 (SUNDAY)**  
**HAMPTON COLISEUM**  
1000 Coliseum Drive  
HAMPTON, VIRGINIA 23666



**STYLE:** FOLKSTYLE, OPEN DIVISION

**FORMAT:** DOUBLE ELIMINATION. NO SEEDING, WRESTLEBACKS FOR TRUE SECOND.  
WRESTLING WILL BE CONDUCTED ON 2 MATS.

**DIVISIONS:** K-2: 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 93, 105, AND OVER 105  
3-5: 60, 65, 70, 75, 80, 85, 90, 95, 102, 110, 118, 127, 145, 160, AND OVER 160  
6-8: 72, 79, 85, 92, 97, 101, 105, 110, 119, 127, 136, 145, 185, AND OVER 185

**SCHEDULE:** START TIME IS 9:00 AM ALL DIVISIONS AND WEIGHT CLASSES

**REGISTRATION & PAYMENT:** [WWW.TRACKWRESTLING.COM](http://WWW.TRACKWRESTLING.COM)  
**DEADLINE FOR REGISTRATION IS FRIDAY, JAN.11<sup>th</sup> BY 5:00 PM.**  
**MUST BE PAID IN FULL (NO EXCEPTIONS)**

**WEIGH-INS:** SATURDAY, 12 JAN 2019 AT THE HAMPTON COLISEUM  
11:00 AM to 1:00PM WEIGH-INS & SKIN CHECKS FOR ALL AGE GROUPS  
\*\*\* NO WEIGH INS WILL OCCUR ON SUNDAY  
\*\*\* WRESTLERS MUST WEAR A SINGLET TO WEIGH IN.

**WEIGHT CHANGES MUST BE CHANGED BEFORE 5 PM THURSDAY EVENING**  
**(AFTER THAT, THERE WILL BE AN EXTRA CHARGE OF \$10.00)**

\*\*\*\*\*SATELITE SITES ARE: TBD

**ENTRY FEE:** \$35.00 FOR PARTICIPANTS,  
\$10.00 SPECTATOR ADMISSION FEE (does not include Hampton Coliseum service charge)

**NO CARD REQUIRED THIS EVENT IS PRIVATELY INSURED, BRING YOUR SIGNED LIABILITY WAIVER**

**AWARDS:** OUTSTANDING CUSTOM MEDALS FOR 1<sup>ST</sup> – 6<sup>TH</sup> PLACE,

**CONCESSIONS:** WILL BE AVAILABLE (NO COOLERS WILL BE ALLOWED)

**HOTELS:** SEE ATTACHED HOTEL LIST FOR SPECIAL EVENT RATES

**COACH FEE:** \$10.00; COACHES MUST HAVE A COACHES BAND TO GET ON THE FLOOR TO  
COACH YOUR WRESTLER (CAN BE PURCHASED AT THE COLISEUM DURING  
WEIGHINS OR SUNDAY MORNING)

**TOURNAMENT DIRECTOR:** RODNEY GRAINGER, 757-286-7982 or [vadualskids@aol.com](mailto:vadualskids@aol.com)  
(Any parent willing to work tables will get in free and we will feed you.) But you will need to  
contact me one week before the tournament so we can schedule you your table.

**Waiver and Release from Liability**

1. I, \_\_\_\_\_, the undersigned, on behalf of myself, my heirs and next of kin, personal representative, agents, insurers, successors and assigns (all hereinafter "Releasers") hereby **FOREVER RELEASE, DISCHARGE AND COVENANT NOT TO SUE THE Virginia Duals Wrestling Club., its insurers, its affiliated clubs, administrators, agents, directors, officers, state organizations, members, committees, volunteers, all employees of the Virginia Duals, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, advertisers, local organizing committees (and if applicable) owners, lessors and operators of premises used to conduct any Virginia Duals sponsored event, meet, practice or activity (all hereinafter "Releases")** from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential that I may hereafter have for **PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at or traveling to and from any USA Wrestling sanctioned event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.**

2. Releaser understands and acknowledges that Virginia Duals sponsored activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. **RELEASOR EXPRESSLY AND VOLUNTARILY ASSUMES ALL RISK OF PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, sustained while participating in, attending, preparing for or traveling to and from any Virginia Duals sponsored event, meet, practice or activity, including the risk of PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent or obvious defects in the facilities or equipment used.**

3. Releaser acknowledges and fully understands that each participant in any Wrestling sanctioned event, meet, practice or activity, including Releaser, will be engaging in activities that involve risk of serious injury, including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death, and that severe social and economic losses may result not only from releaser's own action, inactions or negligence, but also from the actions, inactions or negligence of other notwithstanding the rules of play or the condition of the premises or of any equipment used. Further Releaser acknowledges and fully understands that there may be other associated risks with such activities that are not known or not reasonably foreseeable at this time.

**I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THIS DOCUMENT AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT.**

\_\_\_\_\_  
(Participant's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Print Name)

The undersigned, \_\_\_\_\_ does hereby represent that he/she is, in fact, the parent or Legal guardian of \_\_\_\_\_ and acting in such capacity agrees to the terms and conditions of the above stated waiver and release.

\_\_\_\_\_  
(Signature of parent or legal guardian)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Print Name)

\_\_\_\_\_  
(Relationship to minor)

# Hotels for the Virginia Duals

## (Please Tell Hotel Reservations you are with the Virginia Duals)

### **Best Western**

1916 Coliseum Drive - Hampton, VA 23666

757-827-5052

Call-In: Ask for Virginia Duals block

Rate: \$79.99 breakfast included

Reserve by: December 12, 2018

### **Courtyard Marriott**

1917 Coliseum Drive - Hampton, VA 23666

757-838-3300

800-321-2211

On-Line: [Book your group rate for Virginia Duals 2019](#)

Call-In: Ask for Virginia Duals block

Rate: \$109

Reserve by: December 19, 2018

### **Crowne Plaza Hampton Marina**

700 Settlers Landing Road - Hampton, VA 23669

Contact: Lisa Ward

757-727-8912

[Lisa.ward@cphamptonmarina.com](mailto:Lisa.ward@cphamptonmarina.com)

On-Line: [VA Duals 2019](#)

Group Code: VD9

Call-In: Ask for Virginia Duals Block

Rate: \$119 (*includes Breakfast for 4*)

Rate: \$109 (*no breakfast included*)

Reserve by: December 19, 2018

### **Hampton Inn**

3101 Coliseum Drive - Hampton, VA 23666

757-838-1400

Call-In: Ask for Virginia Duals block

Rate: \$99 (King) – *Breakfast Included*

Rate: \$109 (Queen/Queen) – *Breakfast Included*

Reserve by December 20, 2018

### **Hilton Garden Inn**

1999 Power Plant Pkwy - Hampton, VA 23666

757-310-6323

Call-In: Ask for Virginia Duals block

Rate:

Reserve by December 12, 2018

**Holiday Inn Express**

1813 West Mercury Blvd. - Hampton, VA 23666

757-838-8484 (Ask for Sales Office)

On-Line: <https://www.hiexpress.com/redirect?path=event-facilities&brandCode=EX&localeCode=en&regionCode=1&hotelCode=PHFHV& PMID=99801505&GPC=VAD&viewfullsite=true>

On-Line CODE: VAD

Call-In: Ask for Virginia Duals Block

Rate: \$114 – *includes Breakfast*

Reserve by December 10, 2018

**SpringHill Suites**

1997 Power Plant Parkway - Hampton, VA 23666

757-310-6333

On-Line: [Book your group rate for Va. Duals](#)

Call-In: Ask for Virginia Duals block

Rate \$129 – *includes Breakfast*

Reserve by December 12, 2018