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# VIRGINIA DUALS January 11-12, 2019

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# PENSINULA WRESTLING ASSOCIATION

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P.O. Box 12003 Newport News, VA23612

**28 December 2018** 

Dear Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 39<sup>th</sup>Annual Virginia Duals Wrestling Tournament. Our tournament staff is very excited about this year's event and we all look forward to what will surely be an action packed weekend! This packet of information contains several items for your review. Please look these items over and let me know if you have any questions.

The Dual Team advancement concept started here in Hampton, Virginia in 1981. We started with 8 colleges and 4 high schools and over the years it has grown to 16 colleges, 48 high schools. Not bad for a concept that we were told would never work. We were the very first wrestling tournament to use team advancement and now our format has spread throughout the wrestling community across the United States and the globe. But this is the Virginia Duals and it is the "Grand Daddy of them All!"

The VA Duals consists of 5 tournaments and at the end of Saturday night we will have completed 122 dual meets and 1660 bouts to determine 5 championship teams and 5 Outstanding Wrestler Awards.

We wish you and your team Good Luck and hope that you have a safe and enjoyable weekend!

If you have any questions or comments, I can be found at the Head Table.

Respectfully,

Mike McCormick Virginia Duals College Tournament Director

www.virginiaduals.org

# Hampton Coliseum Drop-Off/Bus Parking

## **Bus Drop-Off Location**

Rear Parking Lot by Back Doors of the Coliseum: All wrestlers, coaches, and staff can be dropped off in the rear parking lot at the competitor entry doors. DO NOT use the side parking slot along the street due to potential damage to the Coliseum marble decorator boulders. Each year we have several busses that hit and damage them.

## **Bus Parking Location**

**Rear Parking Lot at Back of the Coliseum:** With exception of the first 2 rows, all busses and vans may park anywhere in the remaining rear parking lot at the back the Coliseum. The first 2 rows are reserved for the VA Duals Staff, referees, and Coliseum workers.

# Hampton Coliseum Security Procedures

#### **Access to Coliseum**

**Front Doors:** Will be controlled by the Hampton Coliseum.

**Back Door:** Will be controlled by the Hampton Coliseum and PWA

Security Personnel.

#### **Food**

**Food:** Wrestlers will be allowed to bring in fruit, drinks, and snacks for **personal use ONLY** into the warm-up and competition area.

Coolers and large food containers are **not permitted** in the general seating stands (where the fans sit).

## **Inspections**

All personnel entering the coliseum may be subject to the following inspection:

- Personal Bags may be checked!
- Walk-thru metal detectors
- Wand of personnel and property
- Dogs

#### **Medical**

# **SKIN CHECKS** will be an emphasis point at the Virginia Duals.

Coaches, please ensure your wrestler's skin conditions have all been addressed and proper medical forms are brought with each wrestler. Our medical staff has been informed to emphasize skin checks this year and will strictly enforce them.

The Virginia Duals provides one of the most robust on site medical staffs in the Nation. All our on-site doctors are volunteers that support the sport of wrestling! We typically have 3 emergency room doctors, 2 orthopedic doctors, 2 sports medicine doctors, a dentist, and an oral surgeon on call for any facial fractures. The event will also have 3-5 professional trainers at all times. The Coliseum further provides a direct radio channel to the Hampton Fire Department and Ambulance Service, which can be on site in less than 3 minutes with two primary care hospitals within 1.5 miles of the building.

#### Media

#### **VA Duals Media Relations Director:**

Mr. Jim Heath Cell: 757-503-8107 Phone: 757-503-8107

E-mail: james.heath@theuscaa.com

All Press, Radio, or Video Personnel Must Pre-Coordinate Their Activities with Mr. Heath

## **Hotel Information**

#### **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: Kelli Lantz 757-727-8915

Kelli.Lantz@cphamptonmarina.com

On-Line: <u>VA Duals 2019</u> 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: <a href="https://www.hiexpress.com/redirect?path=event-">https://www.hiexpress.com/redirect?path=event-</a>

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

## Hospitality

THURSDAY EVENING: 2018 VA Duals Coach's Social

Location: Embassy Suites
Time: 7:00 pm - 10:00 pm

Dress: Casual Attire
Invitation Only: Cash Bar

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#### **HAMPTON COLISEUM:**

Hours of Operation: Open during tournament hours, will close prior to

final round each night

Open For: Coaches, staff, sponsors, hosts, and tournament.

Must have armband or VIP pass to enter.

#### **Timeliness**

## Be on time!

The Virginia Duals is noted for many things, but one item we strive extremely hard to maintain is timeliness. The Virginia Duals start on time, every time! It is one of the particular areas that sets us apart of the all the other major tournaments. This is highly appreciated by the fans, coaches, athletes, and volunteer staff.

- Please have your team ready at your Pre-Assigned Weigh-In Time. An entire team is weighed in every 3 minutes!
- 10 minutes prior to start of each round, please be at your assigned mat or location. Each round will start at its designed time sharp.
- If you are in the Grand March, please form up at the rear (North end) of the Coliseum at 7:30 pm Saturday night. The Grand March will start at exactly 8:00 pm.



#### **Tournament Schedule**

#### 2019 Virginia Duals Tournament Schedule

#### Thursday, January 10th



8:30 a.m.	National High School Coaches Meeting	
9:00 a.m.	National College, 1st Round, Top Bracket American College, 1st Round, Top Bracket National High School, 1st Round, Top Bracket Two open mats	2 mats 2 mats 4 mats 2 mats
11:00 a.m.	National College, 1st Round, Bottom Bracket American College, 1st Round, Bottom Bracket National High School, 1st Round, Bottom Bracket Two open mats	2 mats 2 mats 4 mats 2 mats
1:00 p.m.	National College, 1 <sup>st</sup> Round Consolation, Top Bracket American College, 1st Round Consolation, Top Bracket National High School, Quarter Finals – Top Bracket National High School 1st Round Consolations – Top Bracket Four open mats	1 mat 1 mat 2 mats 2 mats 4 mats
3:00 p.m.	National College, 1 <sup>st</sup> Round Consolation, Bottom Bracket American College, 1st Round Consolation, Bottom Bracket National High School, Quarter Finals – Bottom Bracket National High School, 1st Round Consolation – Bottom Four open mats	1 mat 1 mat 2 mats 2 mats 4 mats
4:30 p.m.	American/Black & Blue High School Coaches Meeting	
5:00 p.m.	American High School 1st Round – Top Bracket Black & Blue High School, 1st Round – Top Bracket National High School – Loser & Loser Consolation (Top) Open mat	4 mats 4 mats 1 mat 1 mat
7:00 p.m.	American High School, 1st Round – Lower Bracket Black & Blue High School 1st Round – Lower Bracket National High School – Loser & Loser Consolation (Bottom) H.S. JV Scrimmage Mat	4 mats 4 mats 1 mat 1 mat
8:30 p.m.	American High School, Quarter Finals – Upper & Lower Black & Blue H. School, Quarter Finals – Upper & Lower H.S. JV Scrimmage Mat Open Mat	4 mats 4 mats 1 mat 1 mat

#### Saturday, January 12th

8:30 a.m.	American High School, 1st Round Consolations Black & Blue High School, 1st Round Consolations H.S. Scrimmage Mat Open mat	4 mats 4 mats 1 mat 1 mat
10:00 am	National College, 7 <sup>th</sup> & 8 <sup>th</sup> Place match American College, 7 <sup>th</sup> & 8 <sup>th</sup> Place match National High School 2 <sup>nd</sup> Round Consolations Black & Blue High School, Loser & Loser Consolation Two open mats	1 mat 1 mat 4 mats 2 mats 2 mats
12:00 pm	American High School 2 <sup>nd</sup> Round Consolations Black & Blue High School 2 <sup>nd</sup> Round Consolations American High School Loser & Loser Consolations	4 mats 4 mats 2 mats
2:00 p.m.	National College Semi-Finals American College, Semi-Finals National High Schools, Semi-Finals American High School, Semi-Finals Black & Blue High School, Semi-Finals	2 mats 2 mats 2 mats 2 mats 2 mats 2 mats
4:00 p.m.	National College, Consolation Semi-Finals American College, Consolation Semi Finals National High School, Consolation Quarter Finals American High School, Consolation Quarter Finals Black & Blue High School, Consolation Quarter Finals	2 mats 2 mats 2 mats 2 mats 2 mats 2 mats
6:00 p.m.	National College, 5 <sup>th</sup> & 6 <sup>th</sup> Place match American College, 5th & 6th Place match National High School, Consolation Semi-Finals American High School, Consolation Semi-Finals Black & Blue, Consolation Semi-Finals Open Mats	1 mat 1 mat 2 mats 2 mats 2 mats 2 mats
8:30 p.m.	National College Finals National College 3rd & 4th Place match American College Finals American College 3rd & 4 <sup>th</sup> Place match National High School Finals National High School 3rd & 4th Place match American High School Finals American High School 3rd & 4th Place match Black & Blue High School Finals Black & Blue High School 3 <sup>rd</sup> & 4 <sup>th</sup> Place match	1 mat 1 mat 1 mat 1 mat 1 mat 1 mat 1 mat 1 mat 1 mat

#### 2018 Team Tie-Breaker Criteria

When two teams finish in a tie, the following criteria shall be applied to determine a winner.

- 1. Greater number of victories. (Including forfeits, defaults and disqualifications)
- 2. Combined total number of falls, forfeits, defaults and disqualifications.
- 3. Total match points scored only from decisions, majors and tech falls.
- 4. Total number of fall points scored pm; from decisions, major decisions and tech falls.
- 5. Total number of takedowns scored from only from decision, major decisions, and tech falls.
- 6. Least number of unsportsmanlike conduct calls.
- 7. First takedown scored during the dual meet.

Note: The method of recording the score in breaking team ties shall be to award one team point to the team winning by criteria followed by the letter of criteria that broke the tie (e.g., Team A 17, Team B 16, criteria A.)

#### **Grand March/Awards Presentation**

#### **GRAND MARCH**

**JANUARY 12, 2019** 

All teams wrestling in the Finals on Saturday night will participate in the Virginia Duals Grand March. The participants in the Grand March will gather at the rear (North end) of the Coliseum at 7:30pm sharp. All wrestlers must be in uniform/warm-ups. Coaches and all other participants should be appropriately dressed. Contact Johnny Graham for instructions and Grand March position.

The Virginia Duals Grand March will start at 8:00 PM sharp!

## **AWARDS PRESENTATION**

All teams wrestling in the Finals on Saturday are requested to remain in their seats at the conclusion of their match. Awards for both college and all high school place winners shall be presented to the team coach at the center of their mat. The Outstanding Wrestler Awards for each tournament division will be presented in the center of Mat #7 after all team awards have been presented. All teams and wrestlers are to remain in place until all awards have been presented and Announcer Ken Berger releases them.

### **Outstanding Wrestler Award**

An Outstanding wrestler will be selected for each of the tournament divisions at the Virginia Duals. At the end of each match, coaches will be given a ballot and asked to vote for the wrestler on the <u>opposing team</u> as their outstanding wrestler for the match. Ballots will be returned to the table workers at the mat upon completion of the form at the end of the match.

It is important that these ballots be completed and turned in after each match. The awards will be made at the end of the tournament on Saturday.

#### SAMPLE BALLOT



#### 2019 VIRGINA DUALS OUTSTANDING WRESTLER BALLOT

Peninsula Wrestling Association (PWA)



The Outstanding Wrestler (OW) in the tournament is selected by the coaches. At the end of each Dual Meet, you are asked to choose the outstanding wrestler from the <u>opponent team</u> in that Dual. (Please

provide your opponent's OW vote below and then sign the form.)

DUAL MEET:	vs
Opposing Team's OW:	/ Weight Class
OW's TEAM:	
VOTING COACH:	
	VADUALS_OW_2007_V01

# Weigh-In Schedule

#### **General Information**

We will have a total of (3) scales each manned with (2) operators for each team. On the first and second weigh-in, medical checks will begin 15 minutes prior to each scheduled weigh-in. Teams will proceed through the skin check area in the order they are scheduled to be weighed-in. Weight classes will be assigned to a specific scale and weight must be made on that scale. Weigh-in time is scheduled by team and each wrestler will have one attempt to make weight. If he does not make weight on the first attempt, he will be permitted to step on any or all additional official scales one time in an attempt to make weight immediately following the heavyweight weight class. Wrestlers are not permitted to leave the weigh-in room during their team's weigh-in. Specific team weigh-in times will be assigned when the seeding has been completed. Weigh-ins will be held two (2) hours before the first session on Friday. On Saturday morning, weigh ins for all college teams will be done one hour before the first college match begins. A one pound growth allowance will be granted on the second day if the wrestler weighed in on the first day. A wrestler cannot weigh in the second day if he/she did not weigh in on Friday.

The weigh-in room will be in the Hampton Coliseum and will be open (1) hour before weigh-ins. Preferably only fifteen (15) wrestlers per team will weigh-in each day. Please notify me if you plan on bringing more wrestlers. The Scales will be available at the Coliseum at 2:30 p.m. Thursday for weight checks.

If you cannot make your scheduled time, call Mike McCormick at 757-570-1439, in advance.

# Weigh-In Schedule

#### **Schedule**

#### Friday-January 12th

**6:00 AM** Weigh-in room open. Scales available for weight

checks.

6:45 AM Skin checks National College Division 1st Round (all

13 Teams.) Skin checks follow the same order as

team weigh-in schedule below.

7:00 AM Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

#### **National College All Pool Teams (13)**

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team	Time	Team
7:00 am		7:12 am	
7:03 am		7:15 am	
7:06 am		7:18 am	
7:09 am			

7:03 AM Skin checks AmericanCollegeDivision1st Round,

Top Bracket (2 Teams.) Skin checks follow the same

order as team weigh-in schedule below.

#### **7:21AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team		·
7:21 am	Ferrum		
/;21 am	Alderson Broaddus		

# 8:45 AM Skin checks American College Division 1st Round, Top Bracket (2 Teams.) Skin checks follow the same

order as team weigh-in schedule below.

**9:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team		
9:00 am			

## 12:45 PM Skin checks American College Division 1st Round,

Bottom Bracket (4 Teams.) Skin checks follow the

same order as team weigh-in schedule below.

**1:00 PM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team	Time	Team
1.00 nm		1.02 nm	
1:00 pm		1:03 pm	

#### Saturday-January 13th

**8:00 AM** Weigh-in room open. Scales available for weight

checks.

8:45 AM Skin checks National College Teams (12 Teams.)

Skin checks follow the same order as team weigh-in

schedule below.

**9:00 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

#### **National College Silver & Bronze Bracket Teams (8)**

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team	Time	Team
9:00 am		9:06 am	
9:03 am		9:09 am	

#### **National College Gold Bracket Teams (4)**

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team	Time	Team
9:12 am		9:15 am	

9:03 AM Skin checks American College Division Semi-Finals

(4 Teams) and the two teams in consi-semis Skin

checks

**9:18 AM** Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
<b>National Division</b>		<b>American Division</b>	
Time	Team	Time	Team
9:18 am		9:24 am	
9:21 am		No teams	

# **Bracket Sheets**

# "39 Years of Excellence" VIRGINIA DUALS 2019

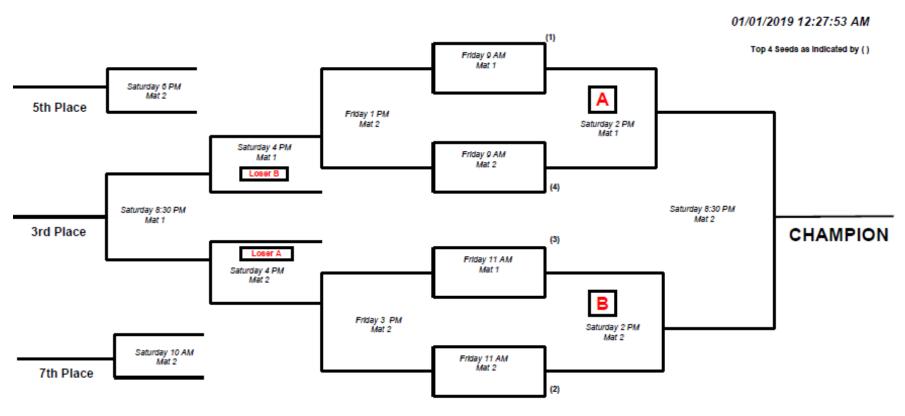


National Invitational Team Championships

#### NATIONAL COLLEGE TOURNAMENT BRACKET

The 2019 Virginia Duals National College Tournament Championship Sponsored by

**Towne Bank** 



"39 Years of Excellence"

# **VIRGINIA DUALS 2019**



National Invitational Team Championships

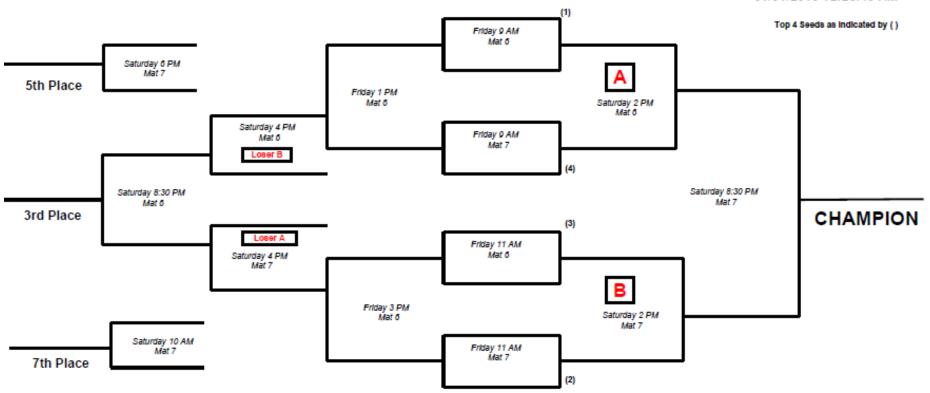
#### AMERICAN COLLEGE DIVISION

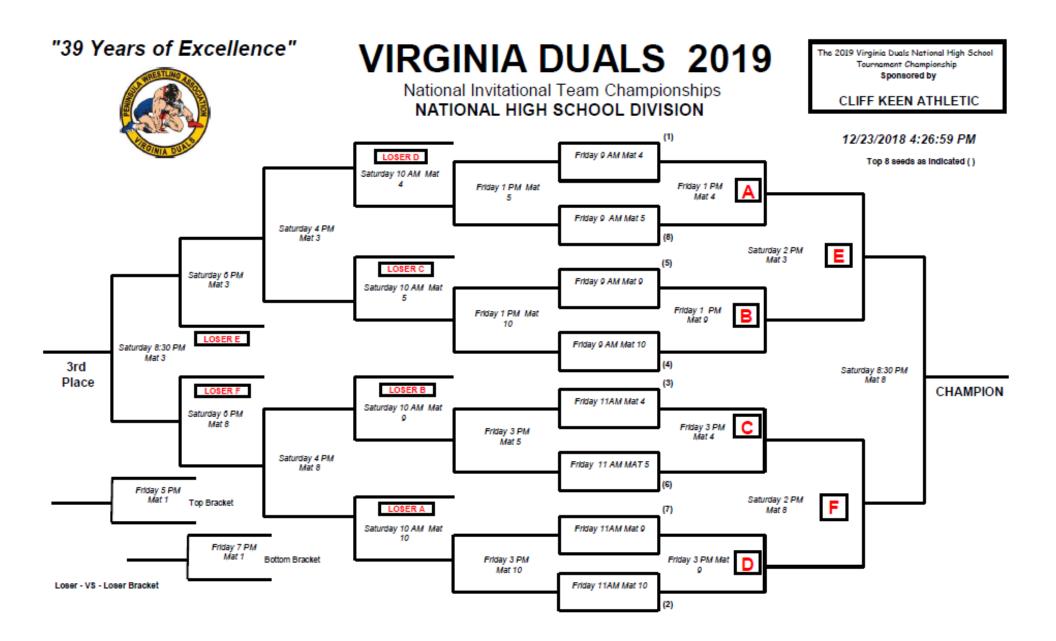
The 2019 Virginia Duals American College Tournament Championship

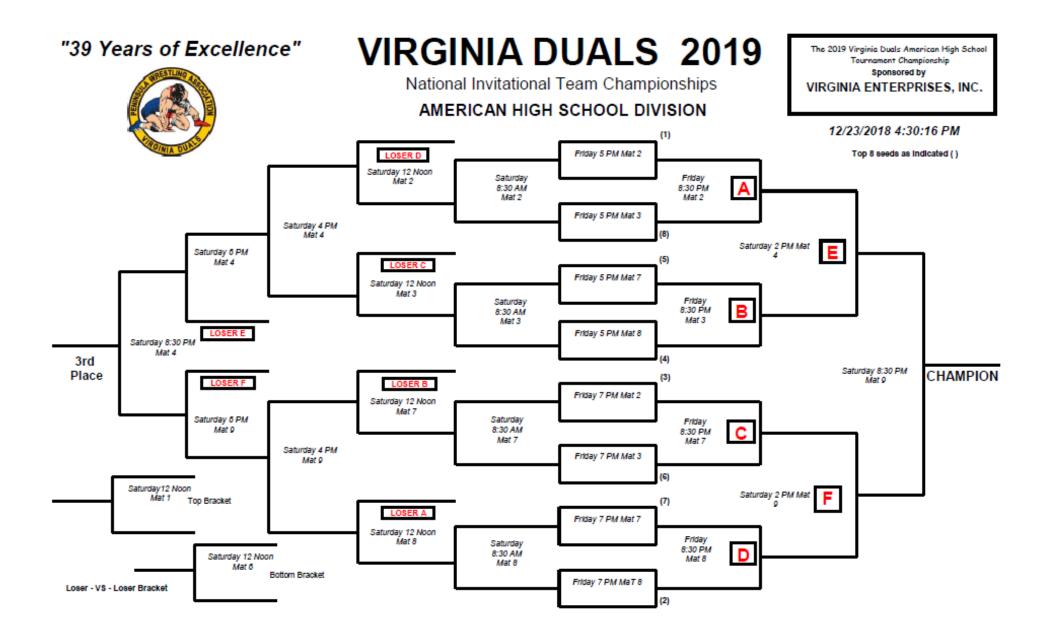
Sponsored by

CITY OF HAMPTON, VIRGINIA

01/01/2019 12:26:49 AM







#### "39 Years of Excellence" **VIRGINIA DUALS 2019** The 2019 Virginia Duals Black and Blue High School Tournament Championship Sponsored by National Invitational Team Championships BAY PORT CREDIT UNION BLACK and BLUE HIGH SCHOOL DIVISION 12/23/2018 4:26:03 PM Top 8 seeds as Indicated () Friday 5 PM Mat 4 Saturday 12 Noon Saturday Friday Mat 4 Α 8:30 AM 8:30 PM Mat 4 Friday 5 PM Mat 5 Saturday 4 PM Saturday 2 PM Mat Saturday 6 PM Mat 5 Friday 5 PM Mat 9 Saturday 12 Noon Mat 5 Friday 8:30 PM Saturday В 8:30 AM Mat 5 Mat 5 LOSER E Friday 5 PM Mat 10 Saturday 8:30 PM Mat 5 (4) 3rd Saturday 8:30 PM Mat 10 Place CHAMPION (3)Friday 7 PM Mat 4 Saturday 12 Noon Mat 9 Saturday Saturday 6 PM Friday 8:30 AM Mat 10 С 8:30 PM Mat 9 Mat 9 Saturday 4 PM Friday 7 PM Mat 5 Mat 10 Saturday 10 AM Mat (6) Top Bracket Saturday 2 PM Mat Friday 7 PM Mat 9 Saturday 12 Noon Mat 10 Saturday Friday Saturday 10 AM Mat D 8:30 PM 8:30 AM Mat 10 Bottom Bracket Friday 7 PM Mat 10 Loser - VS - Loser Bracket (2)