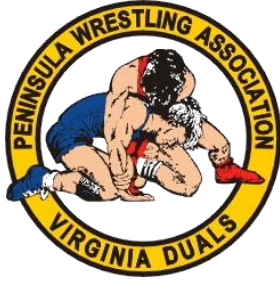


# VIRGINIA DUALS

## KIDS INDIVIDUAL NATIONAL CHAMPIONSHIP

(USAW WRESTLING SANCTIONED)

Tournament of Champions Qualifier



**JANUARY 14, 2024 (SUNDAY)**  
**HAMPTON COLISEUM**  
1000 Coliseum Drive  
HAMPTON, VIRGINIA 23666

STYLE: FOLKSTYLE

FORMAT: DOUBLE ELIMINATION. NO SEEDING, WRESTLEBACKS FOR TRUE SECOND.  
WRESTLING WILL BE CONDUCTED ON 5 MATS.

DIVISIONS: K-2: 40, 44, 48, 52, 56, 60, 64, 68, 72, AND OVER 72  
3-5: 48, 52, 56, 60, 64, 68, 72, 76, 80, 84, 88, 92, 96, 105, AND OVER 105  
6-8: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 145, 165, 185, OVER 185

SCHEDULE: START TIME IS 9:30 AM ALL DIVISIONS AND WEIGHT CLASSES

REGISTRATION & PAYMENT: [WWW.TRACKWRESTLING.COM](http://WWW.TRACKWRESTLING.COM)

**DEADLINE FOR REGISTRATION IS FRIDAY, 12 JAN BY 8:00 PM.**

**MUST BE PAID IN FULL (NO EXCEPTIONS) / ENSURE YOU REGISTER UNDER KIDS NATIONAL**

WEIGH-INS: SATURDAY, 13 JAN 2024 EMBASSY SUITES (1700 COLISEUM DRIVE, HAMPTON, VA 23666)  
3:00 PM to 6:00 PM WEIGH-INS & SKIN CHECKS FOR ALL AGE GROUPS  
SUNDAY, 14 JAN 2024 AT THE HAMPTON COLISEUM 7:30 – 8:00 AM (**EXTRA \$50 CHARGE**)  
\*\*\* 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 \$20 CHARGE)**

ENTRY FEE: **\$40.00 FOR PARTICIPANTS,**  
**\$12.00 SPECTATOR ADMISSION FEE** (Does not include Hampton Coliseum service charge)

THIS IS A USAW WRESTLING EVENT. MUST HAVE AND PRESENT A USAW CARD TO PARTICIPATE

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

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

HOTELS: SPECIAL EVENT RATES [2024 VA Duals - Hotel Booking Site](http://2024.VA.DUALS-HOTELBOOKING.SITE)  
LINK ALSO AVAILABLE ON THE WEBSITE: [HTTPS://VIRGINIADUALS.MATTALKONLINE.COM](https://VIRGINIADUALS.MATTALKONLINE.COM)

COACH FEE: \$10.00; COACHES MUST HAVE A CURRENT USA COACHES CARD & PRESENT IT AT  
REGISTRATION; MUST HAVE A COACHES BAND TO GET ON THE FLOOR TO COACH

SPECTATORS: ANY INDIVIDUAL THAT IS NOT A COMPETITOR, COACH, OR ASSIGNED VOLUNTEER IS A  
SPECTATOR AND WILL NOT HAVE ACCESS TO THE FLOOR PER USA WRESTLING EVENT  
SANCTIONING RULES REQUIRING THE SAFE SPORT CERTIFICATION. ONLY EXCEPTION  
WILL BE IN THE EVENT OF AN EMERGENCY FOR THE PARENT OR GUARDIAN.

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.) BUT YOU NEED TO CONTACT ME  
ONE WEEK BEFORE THE TOURNAMENT SO WE CAN SCHEDULE YOU YOUR TABLE.