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VIRGINIA DUALS January 10-11, 2025

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PENSINULA WRESTLING ASSOCIATION



P.O. Box 12003 Newport News, VA23612

1 January 2025

Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 44th 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 19 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 national college duals and 4 tournaments and at the end of Saturday night we will have completed 100+ dual meets and 1500+ bouts to determine 4 championship teams and 4 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

http://virginiaduals.mattalkonline.com/

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 and will strictly enforce them.

The Virginia Duals provides one of the most robust on-site medical staffs in the Nation. All of our on-site doctors are volunteers that support the sport of wrestling! We typically have 3 emergency room doctors, 2 orthopedic surgeons, 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

The Virginia Duals works with the Hampton Convention & Visitor Bureau to get the best rates in the local area.

Information also available on the VA Duals website: HTTPS://VIRGINIADUALS.MATTALKONLINE.COM



Hampton Convention & Visitor Bureau

1919 Commerce Drive Suite 290 Hampton, VA 23666 757-722-1222 800-487-8778 fax: 757-896-4600

We are excited to welcome back the *Virginia Duals* to Hampton, VA - January 10-12 2025 As you start to make preparations for the upcoming tournament please note the below hotels are offering special discounted rates to VA Duals participants and families

YOU MUST CALL, OR USE RESERVATION LINK, IF PROVIDED, & MENTION THAT YOU ARE WITH THE VIRGINIA DUALS TO TAKE ADVANTAGE OF DISCOUNTED RATES

Best Western - Hampton Coliseum Inn

1916 Coliseum Drive - Hampton, VA 23666

757-827-5052

Rate: \$149.00 - Includes Breakfast

Call-In: Ask for Virginia Duals block or Click Here to Book

Reserve by: December 22, 2024

Element - Hampton Peninsula Town Center

1851 Merchant Lane, Hampton, VA 23666

757-251-6586

Rate: \$134.00 - Includes Breakfast Call-in: Ask for VA Duals block Reserve by: December 20, 2024

Hampton Inn Hampton

3101 Coliseum Drive, Hampton, VA 23666

757-838-1400

Rate: \$139.00 - Includes Breakfast Call-in: Ask for VA Duals 2025 Block Book On-Line: Click Here to Book Reserve by: December 16, 2024

Holiday Inn Express Hampton

1813 W. Mercury Blvd. Hampton, VA 23666 757-838-8484 (ask for Sales Department)

Rate: \$159.00 - Includes Breakfast Call-In: Ask for VA Duals 2025 block Reserve by: December 10, 2024

The Landing at Hampton Marina

700 Settlers Landing Road, Hampton, VA 23669

757-727-9700 Rate: \$119.00

Call-In: Ask for VA Duals 2025 block Reserve by: December 8, 2024

Courtyard by Marriott

1917 Coliseum Drive, Hampton, VA 23666

757-838-3300

Rates: \$134.00-139.00

Call-In: Ask for Virginia Duals block Reserve by: December 9, 2024

Embassy Suites

1700 Coliseum Drive, Hampton, VA 23666

757-827-8200

Rate: \$179.00 - Includes Breakfast Call-in: Ask for VA Duals (VAD) block Reserve by: December 8, 2024

Hyatt Place

1905 Coliseum Drive, Hampton, VA 23666 757-788-8400 (ask for Sales Department)

Rate: \$159.00

Call-In: Ask for 2025 Virginia Duals block Reserve by: December 10, 2024

SpringHill Suites Hampton Coliseum

1997 Power Plant Parkway, Hampton, VA 23666

757-310-6333 Rate: \$154.00

Call-In: Ask for 2025 Virginia Duals block

Reserve by: TBD

Hospitality

THURSDAY EVENING: VA Duals Coach's Social

Location: Embassy Suites

Hampton Coliseum Central

Time: 7:00 pm – 10:00 pm

Dress: Casual Attire

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

Virginia Duals Tournament Schedule

Thursday

Coaches Social at The Embassy Suites Hotel 7:00 pm



8:30 AM	Friday Cliff Keen and TowneBank High School Coaches Meeting on	ı Mat 1
9:00 AM	TowneBank High School, all teams 1st Round Open Mat	8 mats 2 mats
10:30 AM	Cliff Keen High School, all teams 1st Round High School Scrimmage Mat Open Mat	8 mats 1 mat 1 mat
12:00 PM	TowneBank High School, Champ Quarters TowneBank High School, 9th Quarters High School Scrimmage Mat Open Mat	4 mats 4 mats 1 mat 1 mat
1:30 PM	Cliff Keen High School, Champ Quarters Cliff Keen High School, 9th Quarters Open Mat	4 mats 4 mats 2 mats
3:00 PM	American College, all teams 1st Round Open Mat	8 mats 2 mats
4:30 PM	American College, Champ Quarters American College, 9th Quarters Open Mat	4 mats 4 mats 2 mats
5:30 PM	Getem Services Black & Blue High School Coaches Meeting	on Mat 1
6:00 PM	Getem Services B&B High School, all teams 1st Round High School Scrimmage Mat Open Mat	8 mats 1 mat 1 mat
7:30 PM	Getem Services B&B High School, Champ Quarters Getem Services B&B High School, 9th Quarters High School Scrimmage Mat Open Mat	4 mats 4 mats 1 mat 1 mat

Saturday

9:00 AM	Cliff Keen High School, 9th/13th Semi-Finals TowneBank High School, 9th/13th Semi-Finals High School Scrimmage Mat Open Mat	4 mats 4 mats 1 mat 1 mat
10:30 AM	Cliff Keen, TowneBank, Getem Services HS, 5th Semi-Finals Getem Services B&B High School, 9th/13th Semi-Finals	6 mats 4 mats
12:00 PM	Iowa St. vs Rider Cliff Keen High School, 11th Place Cliff Keen, TowneBank, Getem Services HS 13th/15th Place Open Mat	1 mat 1 mat 6 mats 2 mats
1:30 PM	Rider vs. Bucknell Cliff Keen High School, Champ Semi-Finals TowneBank High School, Champ Semi-Finals Getem Services B&B High School, Champ Semi-Finals TowneBank High School, 11th Place Open Mat	1 mat 2 mats 2 mats 2 mats 1 mat 2 mats
3:00 PM	Iowa St. vs. Bucknell American College, 9th/13th Semi-Finals High School Scrimmage Mat Open Mat	1 mat 4 mats 2 mats 3 mats
4:30 PM	American College Champ Semi-Finals American College, 5th Semi-Finals American College, 13th/15th Place Cliff Keen, TowneBank, Getem Services HS 9th Place Getem Services B&B High School, 11th Place	2 mats 2 mats 2 mats 3 mats 1 mat
6:00 PM	American College, 7th/9th/11th Places Cliff Keen, TowneBank, Getem Services HS 5th Place Cliff Keen, TowneBank, Getem Services HS 7th Place High School Scrimmage Mat	3 mats 3 mats 3 mats 1 mat
8:00 PM	American College, 1st/3rd/5th Place Cliff Keen High School, 1st/3rd Place TowneBank High School, 1st/3rd Place Getem Services B&B High School, 1st/3rd Place Open Mat	3 mats 2 mats 2 mats 2 mats 1 mat

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

SATURDAY NIGHT

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



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. For National Teams, weigh-ins will be two (2) hours prior to the beginning of their competition. For American Teams, the weigh-ins will be held two (2) hours before the first session on Friday and Saturday. A one-pound growth allowance will be granted on the second day.

The weigh-in room will be in the Hampton Coliseum and will be open (1) hour before weigh-ins. Preferably National Division teams will be allowed twenty (20) wrestlers and the American Division rosters will be limited to twenty (20) wrestlers per team for weigh-ins 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

12:45 PM Skin checks American College Division First Round

(All 16 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)

American College Teams (16)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team	Time	Team
1:00 pm	Kutztown	1:12 pm	Elizabethtown
	St. Andrews		St. Vincent
1:03 pm	Apprentice School	1:15 pm	Marymount
	Muhlenberg		Ferrum
1:06 pm	Coker	1:18 pm	Liberty
	Johns Hopkins		Frostburg State
1:09 am	Davis & Elkins	1:21 pm	Buena Vista
	Reinhardt		Averett

Saturday

6:45 AM Check Scale available for weight checks.

9:45 AM Skin checks National College Division Teams

10:00 AM Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

National College Teams (6)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
10:00 am	Iowa State		
	Rider		
10.02	Bucknell		
10:03 am			

12:45 PM Skin checks American College 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)

American College Teams (16)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	125, 133, 141	145, 157, 165	174, 184, 197, HWT
Time	Team	Time	Team
1:00 pm		1:03 pm	
(9th Semi-Final)		(9th Semi-Final)	
1:06 pm		1:09 pm	
(13 th Semi-Final)		(13 th Semi-Final)	
1:12 pm		1:15 pm	
(Champ Semi-Final)		(Champ Semi-Final)	
1:18 pm		1:21 pm	
(5 th Semi-Final)		(5 th Semi-Final)	

Bracket Sheets

"44 Years of Excellence"

VIRGINIA DUALS 2025



National Team Invitational NATIONAL COLLEGE DUALS

National College Team Duals Sponsored by

Worley's Home Services

> 12/13/2024 9:55:56 PM

lowa State_	Bucknell	Bucknell
Saturday 12:00 PM Mar 2 Rider	Seturday 1.30 PM Ner 2 Rider	Saturolay 3:00 PM Mat 2 Iowa State







