



# **VIRGINIA DUALS**

## **KIDS ROOKIE OPEN**

**(USA WRESTLING SANCTIONED)**  
**Tournament of Champions Qualifier**  
**JANUARY 11, 2026 (SUNDAY)**  
**HAMPTON COLISEUM**  
1000 Coliseum Drive  
HAMPTON, VIRGINIA 23666



**NO wrestling experience  
prior to: 1 Sep 2024**

- STYLE:** **“FOLKSTYLE WITH 0-1 YEARS EXPERIENCE ONLY”**
- FORMAT:** DOUBLE ELIMINATION. SEEDING CRITERIA WILL BE IN ON-LINE REGISTRATION. WRESTLING WILL BE CONDUCTED ON 5 MATS. (HEADGEAR IS MANDATORY)
- 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\*\*\*  
(\*\*\* MAX LIMITS WILL BE APPLIED FOR SEPARATION)
- SCHEDULE:** DOORS OPEN 8:15 AM / START TIME IS 9:30 AM FOR ALL DIVISIONS & WEIGHT CLASSES
- REGISTRATION & PAYMENT:** [WWW.TRACKWRESTLING.COM](http://WWW.TRACKWRESTLING.COM) (MAX EVENT CUTOFF: 650 PARTICIPANTS)  
**DEADLINE FOR REGISTRATION IS FRIDAY, 9 JAN BY 11:59 PM EST.**  
**MUST BE PAID IN FULL (NO EXCEPTIONS) / ENSURE YOU REGISTER UNDER KIDS ROOKIE**
- WEIGH-INS:** SATURDAY, 10 JAN EMBASSY SUITES (1700 COLISEUM DRIVE, HAMPTON, VA 23666)  
3:00 PM to 4:30 PM WEIGH-INS & SKIN CHECKS FOR ALL AGE GROUPS  
SUNDAY, 11 JAN AT THE HAMPTON COLISEUM 7:30 – 8:00 AM (EXTRA \$50 CHARGE)  
\*\*\* WRESTLERS MUST WEAR A SINGLET FOR WEIGH IN.  
**REGISTRATION WEIGHT CHANGES MUST BE CHANGED BEFORE 5 PM THURSDAY NIGHT  
(AFTER THAT, THERE WILL BE AN EXTRA \$20 CHARGE)**
- ENTRY FEE:** \$35.00 FOR PARTICIPANTS  
\$12.00 SPECTATOR ADMISSION FEE (DOES NOT INCLUDE COLISEUM SERVICE CHARGE)
- SANCTION:** THIS IS A USAW WRESTLING EVENT. MUST HAVE/PRESENT USAW CARD TO PARTICIPATE
- AWARDS:** ALL K-2 MEDAL AND ALL OTHER DIVISIONS MEDAL 1<sup>ST</sup>- 6<sup>TH</sup> PLACE.
- CONCESSIONS:** WILL BE AVAILABLE (NO COOLERS WILL BE ALLOWED)
- HOTELS:** SPECIAL EVENT RATES (REFER TO HOTELS LINK ON THE VA DUALS WEBSITE:  
[HTTPS://VIRGINIADUALS.MATTALKONLINE.COM](https://virginiaduals.mattalkonline.com))
- COACH FEE:** \$10.00; MUST HAVE CURRENT USA COACHES CARD & ID PRESENT AT REGISTRATION  
(BAND IS FOR THAT COACH); MUST HAVE COACH'S BAND TO GET ON 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/DARLENE 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.

# VIRGINIA DUALS

## KIDS INDIVIDUAL NATIONAL CHAMPIONSHIP

(USAW WRESTLING SANCTIONED)

Tournament of Champions Qualifier

JANUARY 11, 2026 (SUNDAY)

HAMPTON COLISEUM

1000 Coliseum Drive  
HAMPTON, VIRGINIA 23666



- STYLE:** FOLKSTYLE
- FORMAT:** DOUBLE ELIMINATION. SEEDING CRITERIA WILL BE IN ON-LINE REGISTRATION. WRESTLING WILL BE CONDUCTED ON 5 MATS. (HEADGEAR IS MANDATORY)
- 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\*\*\*  
(    MAX LIMITS WILL BE APPLIED FOR SEPARATION)
- SCHEDULE:** DOORS OPEN 8:15 AM / START TIME IS 9:30 AM FOR ALL DIVISIONS & WEIGHT CLASSES
- REGISTRATION & PAYMENT:** [WWW.TRACKWRESTLING.COM](http://WWW.TRACKWRESTLING.COM) (MAX EVENT CUTOFF: 650 PARTICIPANTS)  
**DEADLINE FOR REGISTRATION IS FRIDAY, 9 JAN BY 11:59 PM EST.**  
**MUST BE PAID IN FULL (NO EXCEPTIONS) / ENSURE YOU REGISTER UNDER KIDS NATIONAL**
- WEIGH-INS:** SATURDAY, 10 JAN EMBASSY SUITES (1700 COLISEUM DRIVE, HAMPTON, VA 23666)  
4:30 PM to 6:00 PM WEIGH-INS & SKIN CHECKS FOR ALL AGE GROUPS  
SUNDAY, 11 JAN AT THE HAMPTON COLISEUM 7:30 – 8:00 AM (EXTRA \$50 CHARGE)  
\*\*\* WRESTLERS MUST WEAR A SINGLET FOR WEIGH IN.  
**REGISTRATION WEIGHT CHANGES MUST BE CHANGED BEFORE 5 PM THURSDAY NIGHT**  
**(AFTER THAT, THERE WILL BE AN EXTRA \$20 CHARGE)**
- ENTRY FEE:** \$40.00 FOR PARTICIPANTS,  
\$12.00 SPECTATOR ADMISSION FEE (DOES NOT INCLUDE COLISEUM SERVICE CHARGE)
- SANCTION:** THIS IS A USAW WRESTLING EVENT. MUST HAVE/PRESENT 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 (REFER TO HOTELS LINK ON THE VA DUALS WEBSITE:  
[HTTPS://VIRGINIADUALS.MATTALKONLINE.COM](https://virginiaduals.mattalkonline.com))
- COACH FEE:** \$10.00; MUST HAVE CURRENT USA COACHES CARD & ID PRESENT AT REGISTRATION  
(BAND IS FOR THAT COACH); MUST HAVE COACH'S BAND TO GET ON 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.
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# **VIRGINIA DUALS**

## **GIRLS CHAMPIONSHIP**

**(USAW WRESTLING SANCTIONED)**



**JANUARY 11, 2026 (SUNDAY)**  
**HAMPTON COLISEUM**  
1000 Coliseum Drive  
HAMPTON, VIRGINIA 23666

- STYLE:** FOLKSTYLE
- FORMAT:** DOUBLE ELIMINATION. SEEDING CRITERIA WILL BE IN ON-LINE REGISTRATION. WRESTLING WILL BE CONDUCTED ON 5 MATS. (HEADGEAR IS MANDATORY)
- DIVISIONS:** K-2: MADISON SYSTEM BASED ON WEIGH-INS.  
3-5: MADISON SYSTEM BASED ON WEIGH-INS.  
6-8: MADISON SYSTEM BASED ON WEIGH-INS.
- SCHEDULE:** DOORS OPEN 8:15 AM / START TIME IS 9:30 AM FOR ALL DIVISIONS & WEIGHT CLASSES
- REGISTRATION & PAYMENT:** [WWW.TRACKWRESTLING.COM](http://WWW.TRACKWRESTLING.COM) (MAX EVENT CUTOFF: 650 PARTICIPANTS)  
**DEADLINE FOR REGISTRATION IS FRIDAY, 9 JAN BY 11:59 PM EST.**  
**MUST BE PAID IN FULL (NO EXCEPTIONS) / ENSURE REGISTERED UNDER GIRLS DIVISION**  
**GIRLS CAN ALSO REGISTER FOR KIDS ROOKIE OR NATIONAL DIVISION.**
- WEIGH-INS:** SATURDAY, 10 JAN EMBASSY SUITES (1700 COLISEUM DRIVE, HAMPTON, VA 23666)  
**4:30 PM to 6:00 PM WEIGH-INS & SKIN CHECKS FOR ALL AGE GROUPS**  
**SUNDAY, 11 JAN AT THE HAMPTON COLISEUM 7:30 – 8:00 AM (EXTRA \$50 CHARGE)**  
**\*\*\* WRESTLERS MUST WEAR A SINGLET FOR WEIGH IN.**  
**REGISTRATION WEIGHT CHANGES MUST BE CHANGED BEFORE 5 PM THURSDAY NIGHT**  
**(AFTER THAT, THERE WILL BE AN EXTRA \$20 CHARGE)**
- ENTRY FEE:** \$40.00 FOR PARTICIPANTS,  
\$12.00 SPECTATOR ADMISSION FEE **(DOES NOT INCLUDE COLISEUM SERVICE CHARGE)**
- SANCTION:** **THIS IS A USAW WRESTLING EVENT. MUST HAVE/PRESENT 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 (REFER TO HOTELS LINK ON THE VA DUALS WEBSITE:  
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