



**HyVee Hall
Des Moines, Iowa
April 1st & 2nd, 2017**

...where the path begins

Twin Rivers Girls National Duals

Be the first team to win the Twin Rivers Girls National Duals?

Iowa AAU is offering for the first time the Twin Rivers Girls National Duals. They will be held in conjunction with the AAU Lee Pamulak Middle School National Duals and the AAU Freshman/Sophomore National Duals in Des Moines, Iowa

WHEN: March 31st, April 1st and April 2nd, 2017

Weigh-ins:

Friday March 31, 2017

5:00 TO 8:00 PM at HyVee Hall
730 3rd Street
Des Moines, IA 50309

WHERE: Wrestling: April 1st and 2nd, 2017 - HyVee Hall, Des Moines, Iowa

WHO: Two division will be wrestled. The division will be K-8 and High School. Athletes must be in the designed grade levels. AAU Card and Copy Of Birth Certificate Required At Weigh-ins.
AAU CARDS CAN BE PURCHASED ON LINE AT www.aausports.org FOR \$15.00.

FORMAT: Youth Duals : Modified Folk Style: Neutral Restarts, and Free Style Push Out Point

All Matches 1 1/2- 1 1/2 - 1 1/2 minutes periods.

Pool wrestling followed by team championship brackets.

High School Duals: Modified Folk Style: Neutral Restarts, and Free Style Push Out Point.

All Matches 2-2-2 minute periods.

Pool wrestling followed by team championship brackets.

AWARDS: Twin Rivers Championship medals for teams and individuals.
Team Trophies/Plaques for 1st through 8th place plus consolation bracket champions.

TEAMS: 10 Weights, 5 Alternates, 3 Coaches, and 2 Workers.

Youth Girls WGTS 58, 65, 73, 82, 91, 100, 112, 125, 140, HWT (not to exceed 160#)

High School Girls WGTS: 100, 106, 112, 118, 124, 130, 138, 148, 160, HWT (Not to exceed 200)

COST: \$400.00/ Team (1ST 48 Teams with intent to participate filed & deposit of \$200.00/Team Received by March 5, 2017–
Balance due March 25, 2017.
\$100.00 Late fee for any additional teams or deposits received after March 15th or balance payments made after March 25, 2017.

OFFICIALS: HS Certified Officials Only
DAILY ADMISSION \$15.00, 2 DAY PASS \$25.00 ADULTS/ \$15.00 KIDS (Age 5-16)/Under 5 Free

MORE INFORMATION: CONTACT Ron Peterson AT 515-249-3586 OR E-MAIL AT: rpeterson1956@gmail.com

Hotel Information: Rooms are blocked under “AAU MIDDLE SCHOOL DUALS”
At the following Wrestling Friendly Host:
See Attached List

*****MAKE YOUR RESERVATIONS PRIOR TO 3/5/2017*****

HOSTED BY: IOWA AAU WRESTLING

Twin Rivers Girls National Duals
April 1 and 2, 2017
HyVee Hall B & C Des Moines, IOWA

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

GENERAL INFORMATION

WEIGH IN: Friday March 31, 2017 5 – 8 PM HyVee Hall, 730 3rd St, Des Moines, Iowa 50309

All competitors have until the close of weigh-ins to make weight. **MUST MAKE SCRATCH WEIGHT.** (NO SCALE ALLOWANCE)
All competitors must wear a singlet to weigh-ins.

COMPETITION: Teams will be randomly seeded for the pools. (Size of pools will be subject to adjustment based on total number of teams entered.) After pool wrestling, teams will be seeded into preliminary brackets based on pool performance and then on point differential seeding. Based on the number of teams entered teams will then move to either championship or consolation brackets. Every effort will be made to make sure all alternates get as many exhibition matches as possible.

AWARDS: Top 8 teams will receive team awards. Consolation bracket champions will also receive team awards.

INDIVIDUAL MEDAL CRITERIA: Minimum of 6 matches wrestled: No Losses—Gold, 1 Loss—Silver, 2 Losses—Bronze, 3 Losses--Copper

ELIGIBILITY: Coaches please make sure you have the following information available for your team members at weigh ins.

- Current AAU Card (Available online at: www.aausports.org)
- Copy of Birth Records
- Copy of Report Card or School Grade Certification (On School Letterhead)

QUESTIONS: CALL Ron Peterson at 515-249-3586 or E-MAIL rpeterson1956@gmail.com



Twin Rivers Girls National Duals

April 1 & 2, 2017
HyVee Hall C Des Moines, Iowa

TEAM ENTRY FORM – INTENT TO PARTICIPATE

ENTRY FEE: \$400.00 IF DEPOSIT RECEIVED BY MARCH 5, 2017
(\$100.00 DEPOSIT WILL GUARANTEE A SPOT FOR YOUR TEAM)
\$300.00 BALANCE DUE BY MARCH 25, 2017 or ADD \$100.00 LATE FEE.

MAIL YOUR INFO NOW TO RESERVE A SPOT

TEAM NAME _____

AAU DISTRICT or STATE _____

CONTACT _____ **PHONE** _____

E-MAIL _____ **FAX** _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

MAIL TO: Twin Rivers Girls National Duals
% Ron Peterson
1500 W. 6th Avenue
INDIANOLA, IA 50125

MAKE CHECKS PAYABLE TO: Twin Rivers Girls National Duals
Coaches: You must have an AAU Coaching Card and Certification to coach matside.