



"The Miracle on the Mat"

Hosted at the Lake Placid Olympic Center/1980 Olympic Rink

Journeymen and Flowrestling join forces to create one of the top alliances in wrestling. This event has taken the wrestling world by surprise. It has immediately been identified as one of the premier national tournaments in the country. Hosted in one of the most historic buildings in athletics, the ambiance and picturesque Adirondack landscape will rock you to the core. Flowrestling will cover the event on their website (certain rounds live), while college coaches from around the country will be invited to come meet the best high school talent in the land.

High School and Youth Duals: Saturday & Sunday, May 17 & 18, 2014 (LIVE ON FLO)

Tentative Schedule Wrestling on Saturday, May 17: 8:30 a.m.-8:30 p.m. and Sunday, May 18: 8:00 a.m.-3:30 p.m.

Website: <http://flonationals.org/> or <http://www.whiteface.com/plan/directions.php>

Tournament Format

High School: Tournament is based on 32 teams on 8 mats, guaranteeing each squad a minimum of 5 duals, no matter what round they lose in the competition. All 32 teams will begin in the championship bracket. The 16 teams that lose in their first round will go into their own bracket for a separate tournament. The 8 teams that lose in the second round will do the same – creating their own tournament bracketing. When each team in their respective bracket has had two bouts, we will end up with four 8-team brackets and 32 teams will wrestle it out for their respective titles.

Youth: Pool format. 16 teams (2 groups of 8. Each group of 8 will wrestle everyone in their respective pool - 7 matches; followed up with a crossover match against corresponding place finisher in other pool). 8 matches in all.

Eligibility

A. High School: 1980 Rink

- Any high school teams, combined high school teams, or regional club teams (eg. Journeymen Wrestling from the greater Capital Region of NY State) are eligible. If you or your coaching staff haven't developed or physically trained an athlete on your potential roster, you're not in line with the philosophy of this event. **We do not want recruited athletes from around the country, or the state for that matter.**
- Athletes from 7th through 12th grade are eligible. 7th and 8th graders must be selective classified – competed at the JV or Varsity level scholastically in 2013-14. Graduating seniors are also allowed to participate.
- Only once entry fees are received will the committee consider your team as one of the 32 teams. If a team is not ultimately selected, their entry fee will be refunded immediately. An email will be sent to notify you of your status.
- Selected teams must stay at one of the host hotels. This is to ensure proper organization and thorough communication. Hotel details on reverse side.**

B. Youth: 1932 Rink (NEW)

- 1st-grade through 8th-grade wrestlers are eligible. **JV and varsity experience is allowed in the youth segment as long as the contestant is in 8th grade or below!**
- Birth certificates must be available if requested by tournament directors.
- Selected teams must stay at one of the host hotels. This is to ensure proper organization and thorough communication. Hotel details on reverse side.**
- Recruiting of athletes is permitted in order to ensure full squads within the youth division.

Prizes

- Adidas/Outer Circle provides slick singlets for both youth and high school champ teams. Hoodies by Forever Fierce for second-tier high school champions.
- Team trophies for champions and runners up in the High School "A" and youth divisions.

prizes by



Lineups - Rosters

Once you have been officially selected to be one of the teams in 2014, you'll need to complete your team roster online (journeymenwrestling.com via Tourmaflex). You'll be issued a personal pin number and the actual web address that will allow you to change and adjust your lineup as much as you want as soon as you've been selected. You'll have time to adjust your lineups until 3:00 p.m. on Friday, May 16.

Rules

- NFHS Rules – Must have mouth guards if you have braces, head gear optional.
- Folkstyle
- High School Bout Length: 2:00, 1:30, 1:30 periods
- Youth Bout Length: 1:30, 1:30, 1:30 periods
- College boundary rules in effect for high school division only
- Each team should consist of
 - High School** 15 wrestlers, 4 alternates, 2 coaches and 1 table worker
 - Youth** 15 wrestlers, 4 alternates, 2 coaches and 1 table worker
 - one timer or one scorer for each of their team's dual meets
 - Each wrestler and their parent must print and sign the attached waiver!
 - NO CLUB JUMPING** (day of tournament)



July 13-14, 2014

18 teams – 7 matches over 2 days.

Entry Fee: \$550

Same weights, eligibility, payment process and rules apply as Pop & Flo Lake Placid, NY

Weigh ins: Sat., July 12

NC State University, Reynolds Coliseum, Raleigh, NC. Times to be announced.

Seeding Only the top 12 teams will be seeded in the high school division. All other teams will be randomly drawn. It is imperative that clubs indicate the most recent National, State or Sectional place finishing next to their name. Youth accolades need to be recognized, e.g., New England Champion in 7th grade... Youth or HS? Clubs will be separated based on this information to make two balanced brackets.

Weigh Ins • High School Returning champion has choice of weigh-in time. After that, first in, first choice. The teams that pay first and have been officially selected to compete will have choice of weigh-in time. This is a dual-meet event; therefore, everyone shows up and weighs in as a team. If you can't make your team's weigh in, you'll be assigned to the 7:00 a.m. Saturday, May 17 weigh-in period.

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| i. Fri., May 16 – 5:45-6:00 p.m. (3 teams) | v. Fri., May 16 – 7:10-7:25 p.m. (4 teams) | ix. Fri., May 16 – 8:40-9:00 p.m. (4 teams) |
| ii. Fri., May 16 – 6:00-6:20 p.m. (5 teams) | vi. Fri., May 16 – 7:30-7:50 p.m. (5 teams) | x. Fri., May 16 – 9:05-9:25 p.m. (5 teams) |
| iii. Fri., May 16 – 6:25-6:40 p.m. (4 teams) | vii. Fri., May 16 – 7:55-8:15 p.m. (4 teams) | xi. Fri., May 16 – 9:30-9:50 p.m. (4 teams) |
| iv. Fri., May 16 – 6:45-7:05 p.m. (5 teams) | viii. Fri., May 16 – 8:15-8:35 p.m. (5 teams) | xii. Sat., May 17 – 7:00-7:25 a.m. (individuals) |

Weight Classes – High School Duals 106, 113, 120, 125, 130, 135, 140, 145, 152, 160, 170, 182, 200, 225 and 285

Weigh Ins • Youth

- i. Fri., May 16 – 5:15-5:30 p.m. (3 teams) | ii. Fri., May 16 – 5:30-5:45 p.m. (3 teams) | iii. Fri., May 16 – 5:55-6:15 p.m. (4 teams)

Weight Classes – Youth Duals 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 115, 125, 135, HWT (150 max)

ALL-STAR SHOWCASE (NEW) Since there's so much individual as well as team talent in the field of competition, we want to showcase these individual studs in head-to-head matches. We will organize 6 individual matchups of the most talented competitors to be broadcast live on FLO. This will take place Saturday evening after the last round of competition.

OFFICIAL COACHES' SOCIAL (NEW) Saturday 9:00 p.m.-12:00 a.m. at Cabin Grill on the Roof Top – 2520 Main St., Lake Placid. Cost is \$25 per coach. Includes beer, hamburgers and hotdogs. Make payable to *Pop & Flo Productions, LLC* and mail to: 101 Mohawk Ave., Scotia, NY 12302. This payment needs to be separate from that of the team entry fee please.



Drive Time From

- Albany, NY – 2 ¼ hours
- Bennington, VT – 3 hours
- Syracuse, NY - 3 ½ hours
- Concord, NH – 4 ½ hours
- Rochester, NY - 4 ½ hours
- Boston, MA - 5 hours
- Newark, NJ – 5 hours
- NYC, NY – 5 hours
- Buffalo, NY - 5 ½ hours
- Easton, PA – 5 ½ hours
- Wilkes Barre, PA – 5 ½ hours
- Lakewood, NJ – 6 hours
- Wilmington, DE – 6 ¾ hours

Accommodations

Host Hotels: Discounted rates are reserved under Pop & Flo Wrestling

Crowne Plaza Resort & Golf Club

Traditional Room – \$144 per night, plus tax
Family Suite – \$319 per night, plus tax
101 Olympic Drive
Lake Placid, NY 12946
(518) 523-2556

The High Peaks Resort

Lakeview Building
Main Building Guest Room – \$154 per night
2384 Saranac Avenue
Lake Placid, NY 12946
(518) 523-4411 ext. 378

Comfort Inn – \$124 per night

2125 Saranac Avenue
Lake Placid, NY 12946
(518) 523-9555

Northwoods Inn – \$115 per night

2520 Main Street
Lake Placid, NY 12946
(518) 523-1818

Golden Arrow – \$139 per night

or \$250 Suites
2559 Main Street
Lake Placid, NY 12946
(518) 523-3353

Best Western Adirondack Inn – \$159 per night

2625 Main Street
Lake Placid, NY 12946
(518) 523-2424

Block pricing will only be honored up until three weeks prior to the event.

NORTH CAROLINA HOTELS

Holiday Inn Hotel & Suites Raleigh-Cary

\$99 per night
5630 Dillard Drive
Cary, NC 27518
(919) 851-1220 • www.hicaryhotel.com

SpringHill Suites by Marriott – \$109 per night

1109 Ledsome Lane
Cary, NC 27518
(781) 389-9440 • www.marriott.com/rdurh

Major Airports

The Lake Placid Region is within two hours' driving time of three major airports: Albany, NY; Burlington, VT; and Montreal, Quebec. All are serviced by major airline carriers and have car rentals available.

Entry Fee

Team entry fee is \$600

made payable to:

Pop & Flo Productions, LLC
101 Mohawk Ave., Scotia, NY 12302

Entry fee includes

- Entry for High School - 19 wrestlers (15 starters, 4 reserves)
- Entry for Youth - 19 wrestlers (15 starters, 4 reserves)
- High School and Youth: 2 coaching passes
- High School and Youth: 1 table-worker pass

- There is also an \$8 charge per athlete and coach for entry into the Olympic Center Grounds and Museum. This charge is not associated with the Pop & Flo National Duals. It is a mandatory charge from ORDA. This will be collected upon your arrival (separate check should be made out to ORDA or separate envelope with team's total fee in cash is acceptable.).

Even though there is an additional charge from ORDA associated with this tournament, the overall pricing is comparative or cheaper than other national-level competitions. The price per participant should average under \$45.

- Spectators/Parents: \$10 per day (\$20 for both days)

Other Pertinent Information

Trainer will be on-site throughout the competition.