

BRUTE-adidas present



Flo/Journeymen NATIONAL DUALS



Hosted at the Lake Placid Olympic Center Lake Placid, NY/1980 Olympic Rink

Come scrap with the best guys in the country. Flowrestling and Journeymen Wrestling join forces to create one of the top alliances in wrestling. This will be one of the top tournaments in wrestling, hosted in one of the most historic buildings in athletics. Flo will cover the event on their website, while college coaches from around the nation will be invited to come meet the best high school talent in the land.

Saturday & Sunday, May 22 & 23, 2010

Tentative Schedule

Wrestling on Saturday, May 22: 8:30 a.m.-8:30 p.m. and Sunday, May 23: 8:00 a.m.-3:30 p.m.

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

Tournament Format: The tournament is based on 40 teams on 10 mats, guaranteeing each club a minimum of five duals, no matter where they lose within the tournament. All 40 teams will start out in the championship bracket. The 16 teams that lose in the first round will go into their own bracket for a separate tournament. The 16 teams that lose in the second round (round of 32) will go into their own bracket for a separate tournament. When each team in their respective bracket has had two bouts, we will end up with five eight-team brackets, and 40 teams will wrestle it out for titles in those divisions.

Eligibility:

- A. Any high school, combined high schools or regional club teams are eligible. This event is looking to attract teams that train and develop athletes from a particular region or school (i.e., Journeymen Wrestling - Albany, NY Area). We would like to refrain from "ultra all-star squads" (accomplished athletes made up from various states). Essentially we'd like to see teams made from wrestlers that have been developed within their school or club.
- B. Athletes from seventh through 12th grade are eligible (seventh and eighth graders must be selective classified – competed at the JV/varsity level in the 2010 season). Graduating seniors are allowed to participate.
- C. Only when entry fees are received will the committee consider your team as one of the possible 40 teams. If a team is not selected, they will be refunded the entire entry fee. An email will be sent to notify you on your status.
- D. Selected teams are required to stay at one of the three predetermined host hotels. This is to ensure proper organization and thorough communication. Hotel details on reverse side.

Weigh Ins: 1980 Olympic Rink, Lake Placid NY
6:30-7:30 p.m. (Friday, May 21, 2010)
or 7:00-7:45 a.m. (Saturday, May 22, 2010)

Weight Classes: (+ 5 lbs on NYSPHAA weights – exception 285)
101, 108, 117, 124, 130, 135, 140, 145, 150, 157, 165, 176, 194, 220, and 285.
* Minimum weights of 88 and 211 lbs are required for 101 & 285 respectively.



sponsored by



Rules

- NFHS Rules
- Folkstyle
- Bout Length: 2-minute periods for championship rounds. All other bouts: 1 ½-minute periods
- College boundary rules in effect
- Each team should consist of
 - 15 wrestlers, 4 alternates, 1 head coach, 2 assistant 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)

Seeding Only the top 10 teams will be seeded. 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. Clubs will be separated based on this information to make two balanced pools.

Drive Time From

Wilmington, DE – 6 ¾ hours
Lakewood, NJ – 6 hours
Easton, PA – 5 ½ hours
Wilkes Barre, PA – 5 ½ hours
Buffalo, NY - 5 ½ hours
Newark, NJ – 5 hours
Boston, MA - 5 hours
NYC, NY – 5 hours
Concord, NH – 4 ½ hours
Rochester, NY - 4 ½ hours
Syracuse, NY - 3 1/2 hours
Bennington, VT – 3 hours
Albany, NY – 2 ¼ hours

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 \$500.00
made payable to:
Pop & Flo Productions, LLC
2220 Balltown Rd.
Niskayuna, NY 12309

Entry fee includes

- a. Entry for 19 wrestlers (15 starters, 4 reserves)
- b. two coaching passes
- c. one 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 Flo/Journeymen National Duals. It is a mandatory charge from ORDA. This will be collected upon your arrival (Separate check should be made out to ORDA.).

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 \$35.

- Spectators/Parents: \$25.00 for both days

Other Pertinent Information Trainer will be on-site throughout the competition.

Accommodations

Host Hotels: Discounted rates are reserved under the Flo/Journeymen Wrestling Nationals

Northwoods Inn – \$109 per night
2520 Main Street
Lake Placid, NY 12946
(518) 523-1818

Comfort Inn – \$119 per night
2125 Saranac Avenue
Lake Placid, NY 12946
(518) 523-9555

Golden Arrow – \$135 per night
2559 Main Street
Lake Placid, NY 12946
(518) 523-3353

