



2009 AAU WORLD FOLKSTYLE CHAMPIONSHIPS

VETERANS AUDITORIUM

DES MOINES, IOWA

APRIL 10 – 11, 2009

**DON'T MISS YOUR CHANCE TO COMPETE AND TEST YOUR LIMITS AT THE
AAU WORLD FOLKSTYLE CHAMPIONSHIPS AS THEY RETURN HOME TO
DES MOINES, IOWA AND VETERANS MEMORIAL AUDITORIUM IN 2009**

VENUE INFO: VETERAN'S MEMORIAL AUDITORIUM IS LOCATED IN DOWNTOWN DES MOINES AT 833 FIFTH AVE. IT IS WITHIN WALKING DISTANCE OF HOTELS AND LOCAL RESTURANTS & ENTERTAINMENT AND IS CONNECTED TO THE DOWNTOWN SKYWALK SYSTEM. FOR YEARS THE AUDITORIUM (CALLED "THE BARN") HOSTED THE IOWA HIGH SCHOOL STATE WRESTLING TOURNAMENT.

ENTRY INFORMATION: ENTRY FEE \$30.00 IF RECEIVED PRIOR TO MARCH 30, 2009. \$40.00 FROM MARCH 31 UNTIL CLOSE OF ENTRY ON APRIL 6, 2009. ALL ENTRIES MUST BE MAILED TO: **AAU WORLDS, PO BOX 513, INDIANOLA, IA 50125** AND RECEIVED PRIOR TO DEADLINE DATE. MAKE ALL CHECKS PAYABLE TO: **AAU WORLDS.**

EVENT ADMISSION: ADULTS (18 & OVER) \$12.00/DAY or \$20.00 FOR 2 DAY PASS, STUDENTS (5 TO 18) \$8.00/DAY or \$12.00 FOR 2 DAY PASS, CHILDREN (UNDER 5) FREE.

COACHES PASS: ALL COACHES MUST HAVE A COACHES PASS IN ORDER TO HAVE ACCESS TO THE FLOOR OF THE AUDITORIUM COST IS \$10.00. NO COACHES PASSES AVAILABLE FOR THOSE UNDER 18 AND WRESTLERS COMPETING IN ELITE DIVISION OR BELOW WILL NOT BE ALLOWED MATSIDE TO COACH.

ALL WRESTLERS AND COACHES MUST BE CURRENTLY CARDED AAU MEMBERS. AAU CARDS ARE AVAILABLE ON LINE AT: www.ausports.org

AWARDS: AAU NATIONAL CHAMPIONSHIP MEDALS AWARDED TO TOP 8 PLACE WINNERS

WEIGH IN: APRIL 9, 2009 - 4PM UNTIL 8PM - VETERANS AUDITORIUM
833 FIFTH AVE.
DES MOINES, IA

WEIGHT AND AGE DIVISIONS: ALL WRESTLERS MUST MAKE WEIGHT DECLARED ON ENTRY. IF YOU DO **NOT MAKE YOUR REGISTERED WEIGHT YOU MAY BE REBRACKETED SUBJECT TO A \$10 REBRACKETING FEE AND SUBJECT TO AVAILABLE SPACE IN YOUR WEIGHT CLASS.** WEIGH IN WEARING SINGLET IS REQUIRED. WEIGHT CHANGES CAN BE MADE UP UNTIL APRIL 6, 2009 BY E-MAIL TO: Lpamulak@aol.com WE WANT EVERY WRESTLER TO HAVE AN OPPORTUNITY TO COMPETE SO PLEASE MAKE YOUR REGISTERED WEIGHT. HWT CLASS WRESTLERS PLEASE STATE YOUR ACTUAL WEIGHT ON ENTRY. HWT BRACKETS SCHOOLBOY AND BELOW WILL BE BASED ON MAXIMUM 10% WEIGHT DIFFERENCE.

THE BIRTH YEAR SHALL DETERMINE THE INDIVIDUAL'S ELIGIBILITY FOR SPECIFIC COMPETITION. PROOF OF AGE SHALL BE A MACHINE PHOTOCOPY OF THE ORIGINAL BIRTH RECORD ISSUED BY COUNTY, STATE, OR FEDERAL GOVERNMENT, PHOTOCOPY OF ORIGINAL DRIVER'S LICENSE. **DO NOT SEND ORIGINALS.** TOURNAMENT COMMITTEE WILL NOT BE RESPONSIBLE FOR THE RETURN OF ANY DOCUMENTS. THERE IS NO SEPARATE DIVISION FOR MALE AND FEMALE PARTICIPANTS.

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| Tot Division | 2003/after | 35-40-45-50-55-Hwt |
| Bantam Division | 2002/2001 | 40-45-50-55-60-65-70-75-80-90-Hwt |
| Midget Division | 2000/1999 | 50-55-60-65-70-75-80-85-90-95-103-112-120-130-Hwt |
| Novice Division | 1998/1997 | 60-65-70-75-80-85-90-95-100-105-112-120-130-140-Hwt |
| Schoolboy Division | 1996/1995 | 70-75-80-85-90-95-100-105-110-115-120-125-130-140-150-160-180-Hwt |
| Cadet Division | 1994/1993 | 84-91-98-103-112-119-125-130-135-140-145-152-160-171-189-215-285 |
| Elite Division | 1992/1991/1990* | 98-103-112-119-125-130-135-140-145-152-160-171-189-215-285 |
| *For Elite Division | -birth year 1990 | Wrestler must be born in 1990, still in high school and provide proof, otherwise wrestler is in Senior Division |
| Senior Division | 1990/1980 | 125-133-141-149-157-165-174-185-197-Hwt |
| Masters Division | 1979/before | 125-133-141-149-157-165-174-185-197-215-Hwt |

MATCH TIMES: TOTS, BANTAM, MIDGET, NOVICE AND MASTERS DIVISIONS WILL WRESTLE 3 - 1 ½ MINUTE PERIODS (CHAMPIONSHIP ROUNDS). SCHOOLBOY, CADET, ELITE AND SENIOR DIVISIONS WILL WRESTLE 3 - 2 MINUTE PERIODS (CHAMPIONSHIP ROUNDS). SUBJECT TO CHANGE BASED ON ENTRY NUMBERS.

- MINIMUM REST TIME BETWEEN BOUTS 15 MINUTES
- NUMBERED BOUT SYSTEM WILL BE USED
- ROUND ROBIN BRACKETS FOR 6 or LESS WRESTLERS, 8, 16, 32 and 64 MAN BRACKETS AS NECESSARY.

NATIONAL HIGH SCHOOL RULES WILL BE FOLLOWED EXCEPT AS NOTED AND AAU WRESTLING RULE EXCEPTIONS

- AAU WRESTLING EXECUTIVE COMMITTEE WILL BE IN PLACE

WRESTLING SCHEDULE: WRESTLING BEGINS AT 9AM FRIDAY APRIL 10 AND WILL CONTINUE UNTIL 9PM, WRESTLING RESUMES SATURDAY MORNING AT 9AM UNTIL CONCLUSION. EXACT TIMES FOR EACH DIVISION SESSION WILL BE AVAILABLE AT WEIGH-IN.

- ALL MATCHES WILL BE RUN ON THE NUMBERED BOUT SYSTEM

PLEASE NOTE THAT VETERANS AUDITORIUM DOES NOT ALLOW COOLERS OR FOOD AND DRINK BROUGHT IN FROM OUTSIDE THE VENUE.

- 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 connect. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

NEED MORE INFO? CALL LEE PAMULAK AT 515 961 6116 or E-MAIL Lpamulak@aol.com
