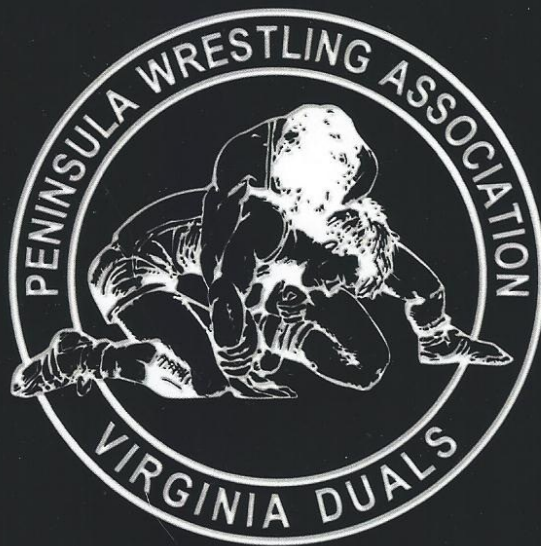


Virginia DUALS

thirty second annual

2012 Virginia Duals High School Coach's Handbook



January 13-14, 2012 • Hampton Coliseum • Hampton, Virginia

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VIRGINIA DUALS

January 13-14 2012

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PENSINULA WRESTLING ASSOCIATION

P.O. Box 12003
Newport News, VA 23612



30 November, 2012

Dear Coach,

On behalf of the PWA, I would like to take this opportunity to welcome you and your team to the 32nd Annual Virginia Duals Wrestling Tournament. Our tournament staff is very excited about this year's event and we all look forward to what will surely be an action packed weekend! This packet of information contains several items for your review. Please look these items over and let me know if you have any questions.

The Dual Team advancement concept started here in Hampton, Virginia in 1981. We started with 8 colleges and 4 high schools and over the years it has grown to 24 colleges, 48 high schools, and 8 middle school all-star teams. Not bad for a concept that we were told would never work. We were the very first wrestling tournament to use team advancement and now our format has spread throughout the wrestling community across the United States and the globe. But this is the Virginia Duals and it is the "Grand Daddy of them All!"

The 2012 VA Duals consists of 6 tournaments and at the end of Saturday night will have completed 122 dual meets and 1660 bouts to determine 6 championship teams and 6 Outstanding Wrestler Awards.

We wish you and your team Good Luck and hope that you have a safe and enjoyable weekend!

If you have any questions or comments, I can be found at the Head Table.

Respectfully,

Mike Casey
Virginia Duals 2012
High School Tournament Director

www.virginiaduals.org

Hampton Coliseum Drop-Off/Bus Parking

Bus Drop-Off Location

Rear Parking Lot by Back Doors of the Coliseum: All wrestlers, coaches, and staff can be dropped off in the rear parking lot at the competitor entry doors. DO NOT use the side parking slot along the street due to potential damage to the Coliseum marble decorator boulders. Each year we have several busses that hit and damage them.

Bus Parking Location

Rear Parking Lot at Back of the Coliseum: With exception of the first 2 rows, all busses and vans may park anywhere in the remaining rear parking lot at the back the Coliseum. The first 2 rows are reserved for the VA Duals Staff, referees, and Coliseum workers.

Hampton Coliseum Security Procedures

Access to Coliseum

Front Doors: Will be controlled by the Hampton Coliseum.

Back Door: Will be controlled by the Hampton Coliseum and PWA Security Personnel.

Food

Food: Wrestlers will be allowed to bring in fruit, drinks, and snacks for **personal use ONLY** into the warm-up and competition area.

Coolers and large food containers are **not permitted** in the general seating stands (where the fans sit).

Inspections

All personnel entering the coliseum may be subject to the following inspection:

- Personal Bags may be checked!
- Walk-thru metal detectors
- Wand of personnel and property
- Dogs

General Information

State Competition Rules

It is the responsibility of all high school coaches attending the Virginia Duals to ensure their competition schedule meets their home State competition rules.

Coaches must ensure they have the correct number of competition dates, points, and/or in State-dual percentages required. For example:

- VHSL uses a 12-date competition date system:
 - VHSL holds the Virginia Duals as 1 Date
- NJSIAA requires 70% of all dual meets to be wrestled in State
 - The Virginia Competition Bracket has a maximum of 6 dual meets, please ensure you have enough in-State duals to compensate
- PIAA uses point system

Coaches that fail to ensure enough competition dates, points, or percentages which result in their team not being able to continue in the event will not be invited back to the tournament.

General Information

Thursday Workouts/Weight Checks

Workouts

Due to the Coliseum schedule, the facility is not available prior to Thursday afternoon for teams to work out. Teams are welcome to use the facility after the tournament set-up committee has completed laying down the mats and taped them into place. Prior to taping the mats into place, teams WILL NOT be allowed onto the mats.

As a general rule of thumb, mat setup is accomplished by 3pm on Thursday. Teams seeking a workout at the Duals should schedule to arrive after this time and must complete their workouts prior to 11pm.

The tournament uses 14 wrestling mats. Ten (10) competition mats are located on the main Coliseum floor, 2 are located next to security where the teams enter, and the other 2 can be found on the opposite side of the Coliseum near the weigh-in area.

Weight Checks

The tournament uses 10 scales that are all professionally calibrated on the Thursday morning/afternoon prior to the Duals.

Weight checks can be performed in the weigh-in area after 6pm on Thursday. The weigh check scales will close by 11pm, so please plan accordingly. If there is an issue with your weight, you can be assured the scales are not wrong!

General Information

Medical

SKIN CHECKS will remain an emphasis point at the Virginia Duals.

Coaches, please ensure your wrestler's skin conditions have all been addressed and proper medical forms are brought with each wrestler. Our medical staff has been informed to emphasize skin checks this year and will strictly enforce them.

The Virginia Duals provides one of the most robust on site medical staffs in the Nation. All our on-site doctors are volunteers that support the sport of wrestling! We typically have 3 emergency room doctors, 2 orthopedic doctors, 2 sports medicine doctors, a dentist, and an oral surgeon on call for any facial fractures. The event will also have 3-5 professional trainers at all times. The Coliseum further provides a direct radio channel to the Hampton Fire Department and Ambulance Service, which can be on site in less than 3 minutes with two primary care hospitals within 1.5 miles of the building.

General Information

Media

VA Duals Media Relations Director:

Mr. Jim Heath
Cell: 757-846-5369
Phone: 757-688-4935
Fax: 757-688-3750
E-mail: james.heath@hii-nns.com

All Press, Radio, or Video Personnel Must Pre-Coordinate Their Activities with Mr. Heath

General Information

Hotel Information

HILTON GARDEN INN

Hampton Coliseum Central

Contact : Taryn Boone

757-513-4260

Email: tboone@ltdhospitality.com

Rate \$84.00

SPRING HILL SUITES

(adjacent to Hilton Garden)

Contact: Taryn Boone

757-513-4260

Email: tboone@ltdhospitality.com

Rate \$ 94.00

Includes breakfast

Pull out sofa in every room

THE HAMPTON COURTYARD BY MARRIOTT

Contact: Mary Hall

804-201-8838

Email: mary.hall@marriott.com

Team Rate; \$84.00

Fan Rate: \$89.00

General Information

Hospitality

THURSDAY EVENING: 2012 VA Duals Coach's Social

Location: HILTON GARDEN INN
Hampton Coliseum Central
Time: 7:00 pm – 10:00 pm
Dress: Casual Attire
Invitation Only: Cash Bar

HAMPTON COLISEUM:

- **Hours of Operation:** Open during tournament hours, will close prior to final round each night
- **Open For:** Coaches, staff, sponsors, hosts, and tournament. Must have armband or VIP pass to enter.

General Information

Timeliness

Be on time!

The Virginia Duals is noted for many things, but one item we strive extremely hard to maintain is timeliness. The Virginia Duals start on time, every time! It is one of the particular areas that sets us apart of the all the other major tournaments. This is highly appreciated by the fans, coaches, athletes, and volunteer staff.

- **Please have your team ready at your Pre-Assigned Weigh-In Time. An entire team is weighed in every 3 minutes!**
- **10 minutes prior to start of each round, please be at your assigned mat or location. Each round will start at its designed time sharp.**
- **If you are in the Grand March, please form up at the rear (North end) of the Coliseum at 7:30 pm Saturday night. The Grand March will start at exactly 8:00 pm.**

General Information

Security Armbands

A major focus point at this year's event will be security passes (armbands) for high school teams. There has been a continuous issue with friends, parents, and self-declared coaches (non-VHSL or other official State-sanctioned interscholastic card holders) tailgating at the entry door and receiving coach's arm bands for inappropriate entry. To assist our Security Staff and to reduce issues at our entry point, we have implemented the following VA Duals High School Coaching/Staff Armband Policy below.

High School Coaching/Staff Armband Policy:

- High School Teams will be strictly limited to 6 arm bands per team for coaches, trainers, etc.
- Anyone receiving an armband **MUST** be acting in an **OFFICIAL** capacity of the high school they have declared. (Head Coach will be held accountable for them)
- All names must be identified on the Team Roster (please list trainers in the additional Assistant Coaches field) and sent to Mr. Swartz sent via e-mail to john.swartz.ctr@langley.af.mil or vadualswc@aol.com. Late changes to the roster for staff must be e-mailed or hand carried to the VA Duals.

NOTE: Separate arm bands will be provided to team sponsors.

General Information

Guaranteed 3rd Matches

To ensure every team gets 3 matches at the tournament, a 3rd match will be wrestled amongst the 4 National High School team eliminated in the 1st Round Consolation (Friday 11:00 am & 1:00 pm) on Saturday 8:00 am on Mat 5 and Mat 10.

The guaranteed 3rd matches for the American and Black & Blue High School Divisions will be wrestled Saturday at 12:00 pm. American Division teams will be on Mat 3 and Mat 4, while the Black & Blue Division teams will be on Mat 1 and Mat 6.

In general the losing top upper bracket team will be paired with the losing bottom lower bracket team, with the remaining two teams wrestling each other.

However, depending on resulting pairings, teams may be manually matched by the High School Tournament Director to avoid 2 teams from the same district getting automatically paired. Coaches' requests may also be accepted given that all teams agree.

General Information



Tournament Schedule

2012 Virginia Duals Tournament Schedule

Thursday, January 12th



7:00 p.m. – 11:00 p.m. Coaches Social at HILTON GARDEN INN

Friday, January 13th

9:00 a.m.	National High School, 1 st Round American College, 1 st Round – Top Bracket	8 mats 2 mats
11:00 a.m.	National College, 1 st Round American College, 1 st Round – Bottom Bracket National High School, 1 st Round Consolations – Top Bracket	6 mats 2 mats 2 mats
1:00 p.m.	National High School, Quarter Finals National High School 1 st Round Consolations – Bottom Bracket National College, 1 st Round Consolations American College, 1 st Round Consolations (Top & Bottom)	4 mats 2 mats 2 mats 2 mats
3:00 p.m.	National College, Quarter Finals National High School, 2 nd Round Consolations National College, Loser & Loser Consolations American College, Loser & Loser Consolation	4 mats 4 mats 1 mat 1 mat
5:00 p.m.	American High School 1st Round – Top Bracket Black & Blue High School, 1 st Round – Top Bracket Middle School Division, 1 st Round – Top Bracket	4 mats 4 mats 2 mats
7:00 p.m.	American High School, 1st Round – Bottom Bracket Black & Blue High School, 1 st Round – Bottom Bracket Middle School Division, 1 st Round – Bottom Bracket	4 mats 4 mats 2 mats
9:00 p.m.	American High School, Quarter Finals – Top & Bottom Black & Blue High School, Quarter Finals – Top & Bottom Middle School Division – 1 st Round Consolations	4 mats 4 mats 2 mats

Saturday, January 14th

8:00 a.m.	American High School, 1 st Round Consolations	4 mats
	Black & Blue High School, 1 st Round Consolations	4 mats
	National High School, Loser & Loser Consolation	2 mats
10:00 a.m.	National College, 2 nd Round Consolations	4 mats
	Black & Blue High School, 2 nd Round Consolation	4 mats
	American High School, 2 nd Round Consolation – Top Bracket	2 mats
12:00 p.m.	National High School, Consolations Quarters	2 mats
	American High School, 2 nd Round Consolation – Bottom Bracket	2 mats
	Black & Blue High School, Loser & Loser Consolation	2 mats
	American High School, Loser & Loser Consolation	2 mats
	Middle School Division, Semi-Finals	2 mats
2:00 p.m.	National College, Semi-Finals	2 mats
	American College, Semi-Finals	2 mats
	National High Schools, Semi-Finals	2 mats
	American High School, Semi-Finals	2 mats
	Black & Blue High School, Semi-Finals	2 mats
4:00 p.m.	National College, 3 rd Round Consolations	2 mats
	American College, Consolation Semi Finals	2 mats
	National High School, Consolation Quarter Finals	2 mats
	American High School, Consolation Quarter Finals	2 mats
	Black & Blue High School, Consolation Quarter Finals	2 mats
6:00 p.m.	National College, 5 th & 6 th Place	1 mat
	National College, 7 th & 8 th Place	1 mat
	American College, 3 rd & 4 th Place	1 mat
	American High School, Consolation Semi-Finals	2 mats
	Black & Blue, Consolation Semi-Finals	2 mat
	Middle School Division, 3 rd & 4 th Place	1 mat
	Middle School Division, 5 rd & 6 th Place	1 mat
	Middle School Division, Loser & Loser Consolation	1 mat
8:30 p.m.	National College Finals	1 mat
	Nation College 3 rd & 4 th Place	1 mat
	American College Finals	1 mat
	National High School Finals	1 mat
	National High School 3 rd & 4 th Place	1 mat
	American High School Finals	1 mat
	American High School 3 rd & 4 th Place	1 mat
	Black & Blue High School Finals	1 mat
	Black & Blue 3 rd & 4 th Place	1 mat
Middle School Finals	1 mat	

General Information

Protest Procedures

Protest may be lodged only for errors in the recording of points, match results and/or for non-judgment errors in the application of rules. The coach must inform the official scorer and the referee of his intent to protest the bout before the bout sheet is removed from the scorer's table. The referee will note this intent to protest the bout on the bout sheet and will notify the opposing wrestler not to leave the area until the matter is settled. A protest must be filed in writing with the protest committee within a 10-minute period after the bout. The protest must be in written form and accompanied by a \$25.00 protest fee. Should the appellant's protest be upheld, the fee will be returned. Film or videotapes will not be used in the appeals process.

The committee will review your protest and rule within 30 minutes.

PROTEST COMMITTEE

- **PWA President – John Swartz**
- **Tournament Director – Jim Casey**
- **College Director – Mike McCormick**
- **Table Director – Amy Ferguson**
- **Supervisor of Officials – Pat McCormick**
- **Head Official**

General Information

Team Tie-Breaker NFHS Criteria

When two teams finish in a tie, the following criteria shall be applied to determine a winner.

- A. The team whose opposing wrestlers or team has been penalized the greater number of team points for flagrant or unsportsmanlike conduct shall be declared the winner.
- B. The team whose opposing wrestlers or team personnel has been penalized the greater number of team point deductions shall be declared the winner
- C. The team whose opposing wrestlers were penalized the greater number of match points for unsportsmanlike conduct during the match shall be declared the winner.
- D. The team having accumulated the greater total number of falls, defaults, and forfeits shall be declared the winner.
- E. The team having the greater number of technical falls shall be declared the winner.
- F. The team having the greater number of major decisions shall be declared the winner.
- G. The team having the greater number (total match points) of first-points(s) scored shall be declared the winner.
- H. The team having the greater number of points for near-falls shall be declared the winner.
- I. The team having the greater number of takedowns shall be declared the winner.
- J. The team having the greater number of reversals shall be declared the winner.
- K. The team having the greater number of escapes shall be declared the winner.
- L. The team whose opponent has been penalized the greater number of points for stalling.
- M. The team whose opponent has been warned more often for stalling.
- N. The team whose opponent has the greater number of points for all other infractions (i.e. false starts).
- O. If none of the above resolves the tie, a flip of a disk will determine the winner. Upon determining the winning team by use of the tiebreaking system, a single team point shall be added to the prevailing team. The method of recording the score in breaking team ties shall be the scored followed by the letter of the criterion that broke the tie (e.g. Team A-16; Team B-17, criterion e)
- P. Championship Finals Only – The two teams shall be declared Co-Champions

General Information

Grand March/Awards Presentation

GRAND MARCH

JANUARY 14, 2012

All teams wrestling in the Finals on Saturday night will participate in the Virginia Duals Grand March. The participants in the Grand March will gather at the rear (North end) of the Coliseum at 7:30pm sharp. All wrestlers must be in uniform/warm-ups. Coaches and all other participants should be appropriately dressed. Contact Johnny Graham for instructions and Grand March position.

The Virginia Duals Grand March will start at 8:00 PM sharp!

AWARDS PRESENTATION

All teams wrestling in the Finals on Saturday are requested to remain in their seats at the conclusion of their match. Awards for college, high school, and middle school place winners shall be presented to the team coach at the center of their mat. The Outstanding Wrestler Awards for each tournament division will be presented in the center of Mat #7 after all team awards have been presented. All teams and wrestlers are to remain in place until all awards have been presented and Announcer Ken Berger releases them.

General Information

Outstanding Wrestler Award

An Outstanding wrestler will be selected for each of the tournament divisions at the Virginia Duals. At the end of each match, coaches will be given a ballot and asked to vote for the wrestler on the opposing team as their outstanding wrestler for the match. Ballots will be returned to the table workers at the mat upon completion of the form at the end of the match.

It is important that these ballots be completed and turned in after each match. The awards will be made at the end of the tournament on Saturday.

SAMPLE BALLOT



**2012 VIRGINIA DUALS
OUTSTANDING WRESTLER BALLOT**
Peninsula Wrestling Association (PWA)



The Outstanding Wrestler (OW) in the tournament is selected by the coaches. At the end of each Dual Meet, you are asked to choose the outstanding wrestler from the opponent team in that Dual. (Please provide your opponent's OW vote below and then sign the form.)

DUAL MEET: _____ vs _____

Opposing Team's OW: _____ / *Weight Class* _____

OW's TEAM: _____

VOTING COACH: _____

VADUALS_OW_2007_V01

Weigh-In Schedule

General Information

(Note: VHSL Mandates Weigh-ins on 2nd Day)

Weight Classes: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

We will have a total of three (3) scales, each manned with two (2) operators on the first weigh-in. Medical checks will begin 15 minutes prior to each scheduled weigh-in. Weigh classes will be assigned to specific scales and weight must be made on that scale. Weigh-in times will be schedules by team. Scales will be available at the Hampton Coliseum at 2:30 p.m. on Thursday for weight checks. Only 24 wrestlers per team are permitted to weigh-in each day and all weight classes must make scratch plus two (2) pounds. A one (1) additional pound allowance will be given on Saturday's weigh-in. If a wrestler does not make weight he goes to a designated holding area until his team has finished weighing-in. No form of dehydration will be allowed in the holding area. He will not be allowed to leave the weigh-in room at any time during his team's weigh-ins. The wrestler will then be permitted a second chance to weigh-in on the scale of his choice immediately after the completion of his teams weigh-in.

Additional Notes:

- If a wrestler only weighs-in at the second weigh-in, they are only allowed the first weigh-in allowance (scratch + 2 lbs).
- **Weight Class Eligibility:** At the second weigh-in, a wrestler cannot declare a weight class below the original weight class. (Example: 1st Weigh-in is 132.6, individual is over the 132.0 weight class, so wrestler qualifies for 135. At second weigh-in, the wrestler weighs 132.2, although they are under 133, they cannot wrestle below the original qualifying weigh class for the event.

If you cannot make your scheduled time, call Mike Casey at 757-928-1979, in advance.

Weigh-In Schedule

Schedule

Friday-January 13th

6:00 AM Weigh-in room open. Scales available for weight checks.

6:45 AM Skin checks **National High School Division, 1st Round (16 Teams.)** Skin checks follow the same order as team weigh-in schedule below.

7:36 AM 1st Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

National Teams Top Bracket (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:06 am	Canon McMillan	7:18 am	Timber Creek
7:09 am	Chantilly	7:21 am	St. Marks
7:12 am	Cox	7:24 am	Franklin County
7:15 am	Caesar Rodney	7:27 am	McDonogh

National Teams Bottom Bracket (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:30 am	South Plainfield	7:42 am	Camden Catholic
7:33 am	Matoaca	7:45 am	Wheeling Park
7:36 am	New Kent	7:48 am	St. Christopher's
7:39 am	Nazareth	7:51 am	Christiansburg

2:10 PM Skin checks **Black & Blue and American High School Divisions, 1st Round Top Bracket (8 Teams each.)** Skin checks follow the same order as team weigh-in schedule below.

2:30 PM 1st Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

American Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
2:30 pm	Fauquier	2:42 pm	Liberty
2:33 pm	Deep Creek	2:45 pm	Kempsville
2:36 pm	Millbrook	2:48 pm	Gloucester
2:39 pm	Smithfield	2:51 pm	Haddonfield

Black and Blue Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
2:54 pm	Brookville	3:06 pm	Nansemond River
2:57 pm	Grafton	3:09 pm	Cave Spring
3:00 pm	Indian River	3:12 pm	Poquoson
3:03 pm	Hampton	3:15 pm	Cape Henry

4:10 PM Skin checks **Black & Blue and American High School Divisions, 1st Round Bottom Bracket (8 Teams each.)** Skin checks follow the same order as team weigh-in schedule below.

4:30 PM 1st Weigh-in Schedule (3 Scales, 6 Operators, 1 Medic)

American Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
4:30 pm	Kellam	4:42 pm	Ocean Lakes
4:33 pm	Hanover	4:45 pm	Grundy
4:36 pm	Great Bridge	4:48 pm	Grassfield
4:39 pm	Eastern Regional	4:51 pm	Lexington

Black and Blue Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
4:54 pm	Chancellor	5:06 pm	York
4:57 pm	Tabb	5:09 pm	Currituck County
5:00 pm	Salem	5:12 pm	Hermitage
5:03 pm	Phoebus	5:15 pm	Western Branch

SATURDAY-January 14th

(Schedule set Friday Night)

5:00 AM Weigh-In room open. Scales available for weight checks.

6:00 AM **American Division and Black & Blue Division 1st Round Consolations (8 Teams each). National Division – Loser – Loser Consolation (4 Teams).**
(3 Scales, 6 Operators, 1 Medic)

American Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
6:00 am		6:12 am	
6:03 am		6:15 am	
6:06 am		6:18 am	
6:09 am		6:21 am	

Black & Blue Teams (8)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
6:24 am		6:36 am	
6:27 am		6:39 am	
6:30 am		6:42 am	
6:33 am		6:45 am	

National Loser – Loser Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
6:48 am		6:54 am	
6:51 am		6:57 am	

7:00 AM **Black & Blue Division – 2nd Round Consolations (4 Teams) and American Division – 2nd Round Consolations Top Bracket (2 Teams).**

(3 Scales, 6 Operators, 1 Medic)

Black & Blue Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:00 am		7:06 am	
7:03 am		7:09 am	

American Teams (2)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:12 am		7:15 am	

7:18 AM **National Division Consolation Quarters (4 Teams), American Division 2nd Round Consolations – Bottom Bracket (2 Teams), and American and Black & Blue Division Loser-Loser Matches (8 Teams).**

(3 Scales, 6 Operators, 1 Medic)

National Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:18 am		7:24 am	
7:21 am		7:27 am	

American Teams (2)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:30 am		7:33 am	

American Loser – Loser A/B/C/D Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:36 am		7:42 am	
7:39 am		7:45 am	

Black & Blue Loser – Loser A/B/C/D Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
7:55 am		8:01 am	
7:58 am		8:04 am	

8:07 AM National/American/Black & Blue Semi-Finals (12 Teams).

(3 Scales, 6 Operators, 1 Medic)

National Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
8:07 am		8:13 am	
8:10 am		8:16 am	

American Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
8:19 am		8:25 am	
8:22 am		8:28 am	

Black & Blue Teams (4)

	Scale # 1	Scale # 2	Scale # 3
Weight Class	106, 113, 120, 126	132, 138, 145, 152, 160	170, 182, 195, 220, 285
Time	Team	Time	Team
8:31 am		8:37 am	
8:34 am		8:40 am	

Bracket Sheets

"32 Years of Excellence"



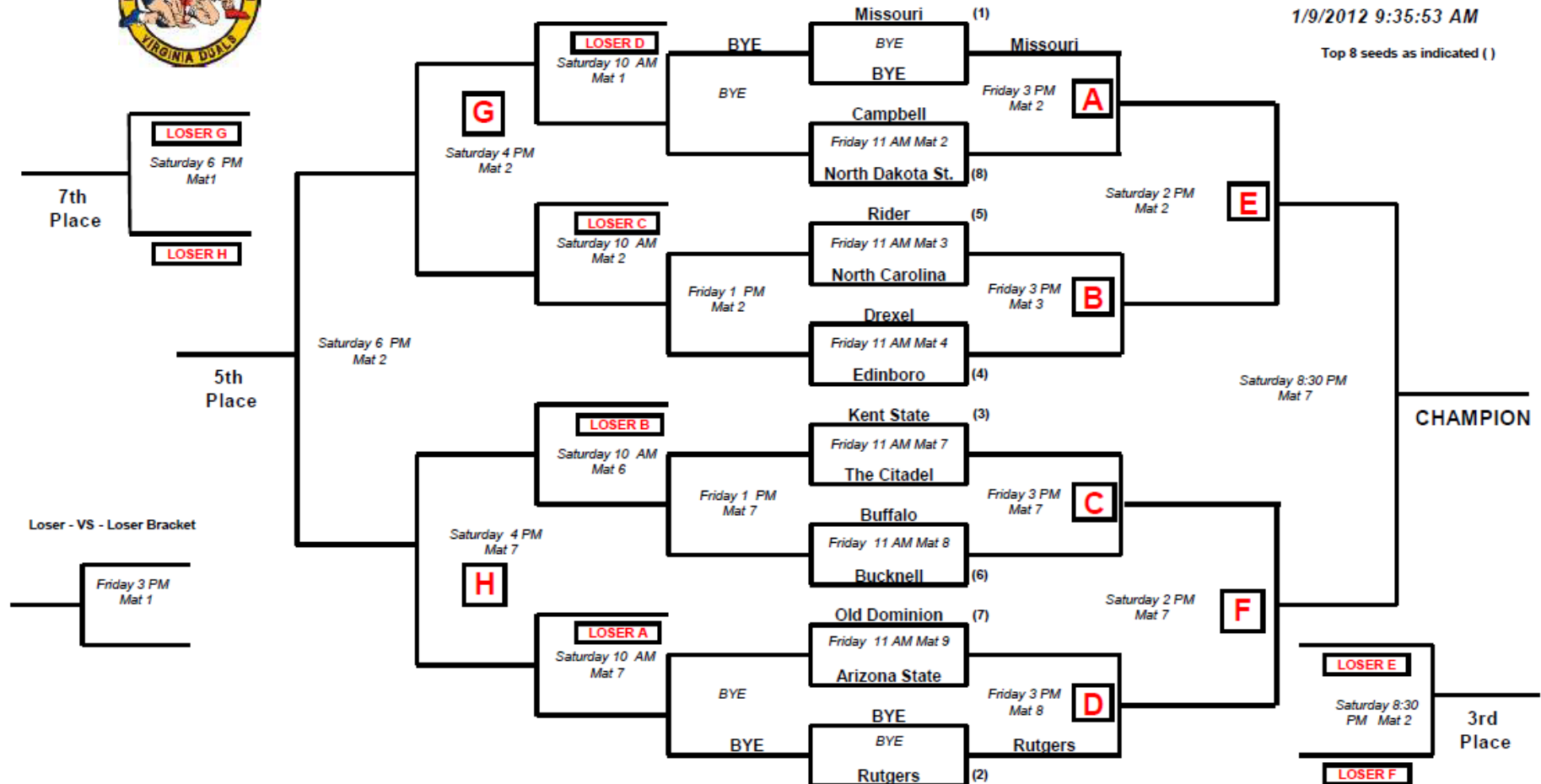
VIRGINIA DUALS 2012

National Invitational Team Championships
NATIONAL COLLEGE TOURNAMENT BRACKET

The 2012 Virginia Duals National College
Tournament Championship
Sponsored by
Towne Bank

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Top 8 seeds as indicated ()



"32 Years of Excellence"



VIRGINIA DUALS 2012

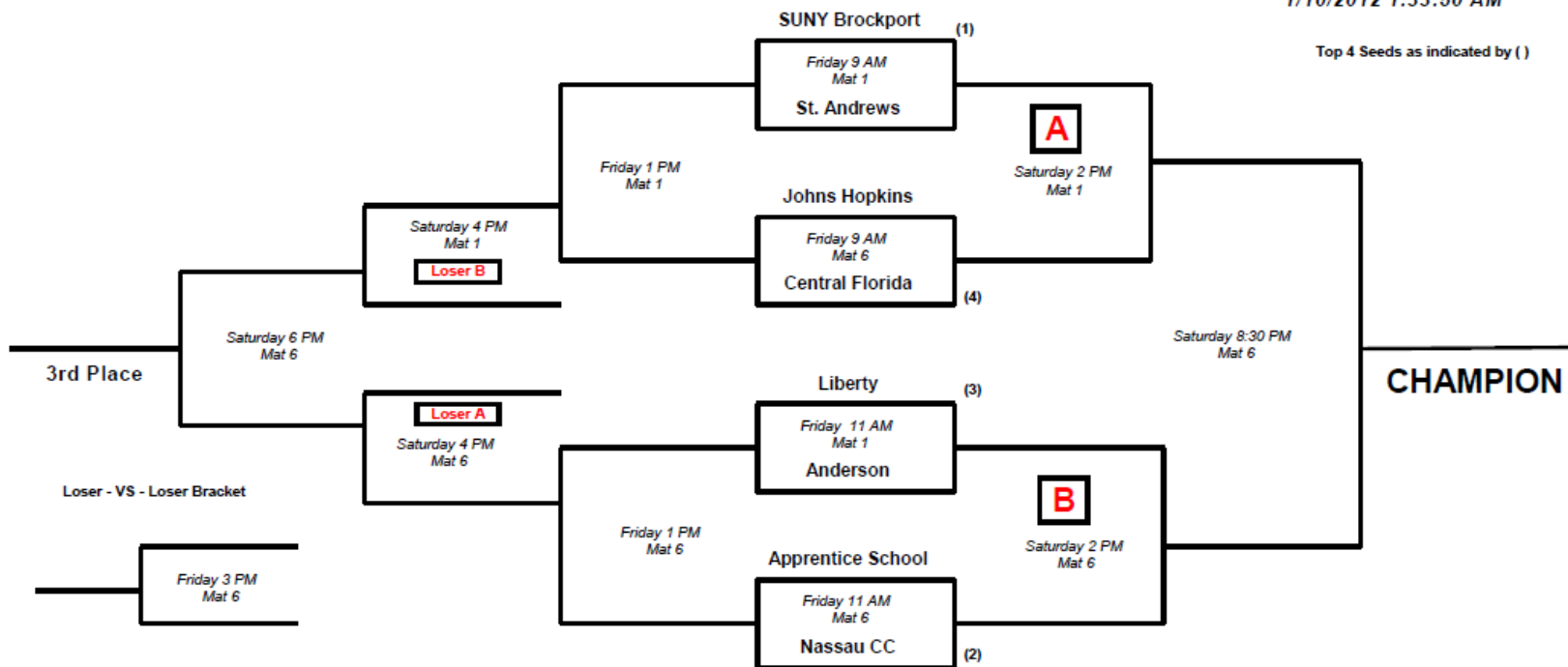
National Invitational Team Championships

AMERICAN COLLEGE DIVISION

The 2012 Virginia Duals American College
Tournament Championship
Sponsored by
**CITY OF HAMPTON,
VIRGINIA**

1/10/2012 1:33:50 AM

Top 4 Seeds as indicated by ()



"32 Years of Excellence"



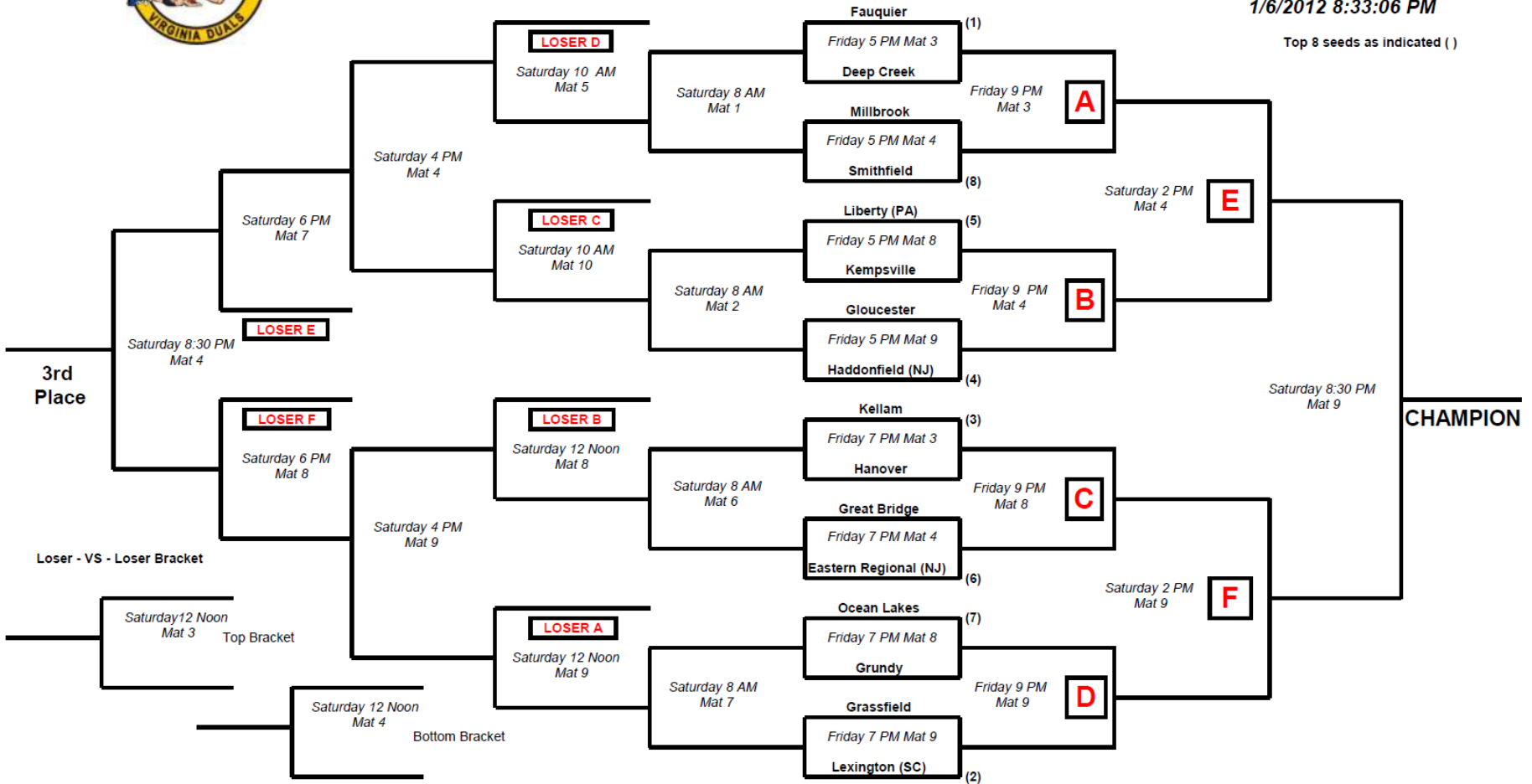
VIRGINIA DUALS 2012

National Invitational Team Championships
AMERICAN HIGH SCHOOL DIVISION

The 2012 Virginia Duals American High School
Tournament Championship
Sponsored by
VIRGINIA ENTERPRISES INC

1/6/2012 8:33:06 PM

Top 8 seeds as indicated ()



"32 Years of Excellence"



VIRGINIA DUALS 2012

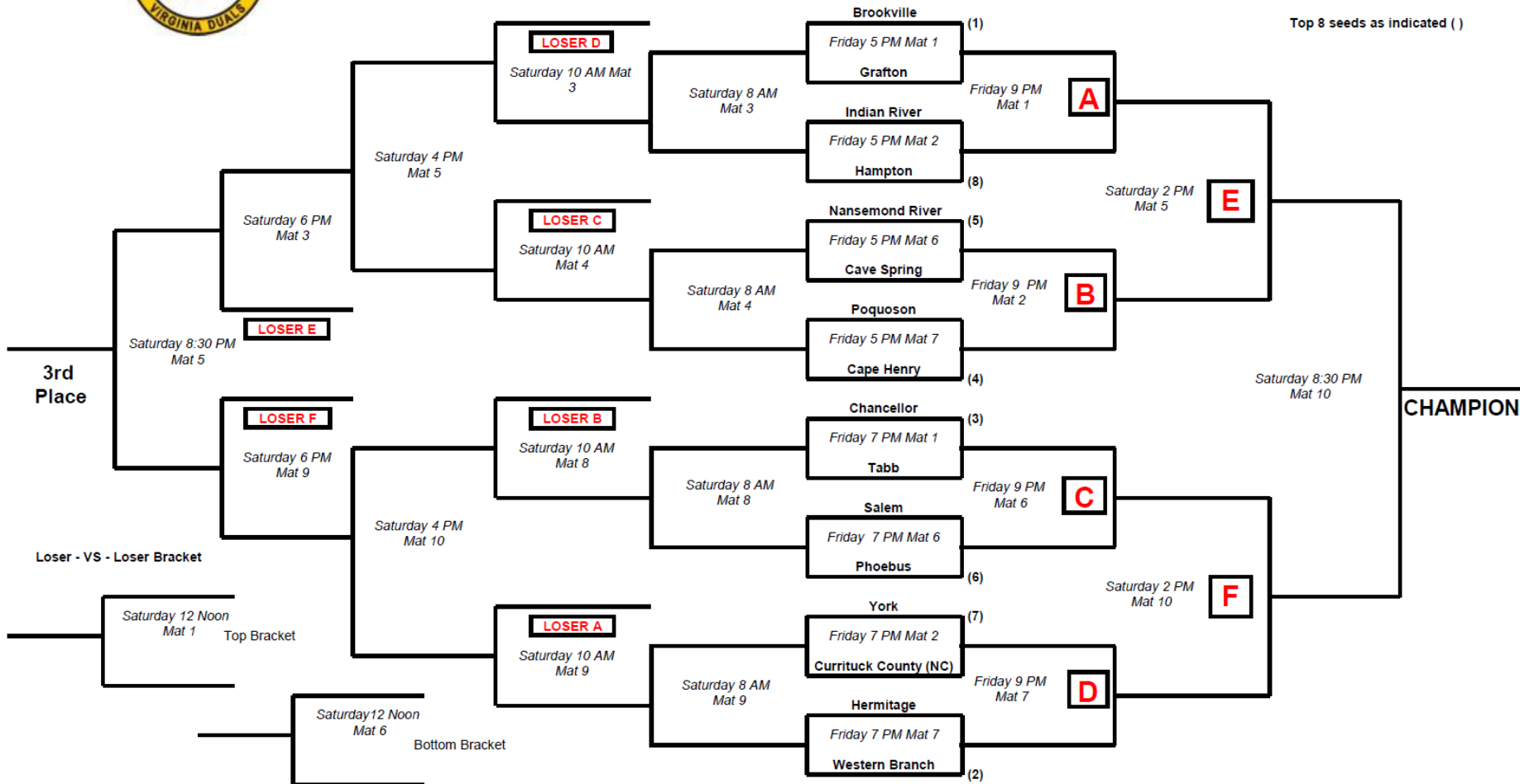
National Invitational Team Championships

BLACK and BLUE HIGH SCHOOL DIVISION

The 2012 Virginia Duals Black and Blue High School Tournament Championship
Sponsored by
BAY PORT CREDIT UNION

1/6/2012 8:39:36 PM

Top 8 seeds as indicated ()



"32 Years of Excellence"



VIRGINIA DUALS 2012

National Invitational Team Championships

MIDDLE SCHOOL DIVISION

The 2012 Virginia Duals Middle School
Tournament Championship
Sponsored by
ASICS

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Top 4 Seeds as indicated by ()

