

California All-Star Team

California All-Star team will be comprised of the Elementary and Jr. High champions.

California Elementary All-Star Team

55, 59, 64, 69, 74, 79, 84, 89, 94, 99, 108, 118, 130, 158 **Plus 2 alternates**

California Jr. High State All-Star Team

75, 80, 85, 90, 95, 100, 105, 112, 119, 127, 135, 142, 154, 165, 180, 230

All-Star Coaches

1 - North

1 - Central Coast

1 - Central Section #1

1 - Central Section #2

1 - South

2011 NHSCA National Wrestling Duals

The National Duals is wrestled over the Memorial Day holiday weekend. This is an opportunity to determine the best club/state teams in the country for the elementary, middle school, and high school divisions. The National Wrestling Duals is the largest dual meet, team event in the history of scholastic wrestling. Last year, 108 teams, with 1,900 individual wrestlers representing 21 states competed in this event. It is an honor to represent your club or state and compete in "The Battle at the Beach". State Champions will go through this event and not win one match! The competition is intense. Participants from the top 4 place finishing teams will be officially declared All-American Team Members.

Divisions

High School - Grades 9-12, 3 lb. allowance, 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285

Middle School - Grades 6*-8, 2 lb. allowance, 75, 80, 85, 90, 95, 100, 105, 112, 119, 127, 135, 142, 154, 165, 180, 230

Elementary School - Grades 4-6*, 1 lb. allowance, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 125, 132, 160

* **6th** grade eligibility: 6th graders can determine which division they wish to wrestle. You can only wrestle in one division throughout the event.

Dates - May 27-30, 2011

Location - Virginia Beach Convention Center

1000 19th Street Virginia Beach, Virginia 23451

Cost - \$700 per team. Each team may have a maximum of 18 wrestlers, 14 starters and 4 reserves. (This is an average of \$40 per wrestler for a team of 18 wrestlers)

Format

Championship tournament format with complete consolation rounds. *Each team is guaranteed 7 matches.* Challenge matches will be offered at a cost of \$50 per team, after the 7 guaranteed matches.

Matches

High School Division - 1.30-1.30-1.30

Middle School Division - 1.15-1.15-1.15

Elementary School Division - 1-1-1

Friday, May 28

6 pm - 9 pm Registration and Weigh Ins (Practice area and scales will be available)

Monday, May 31

9 am Completion of Pools & Consolations

2 pm Championship and Consolation Finals