

NYAC Open Holiday International Wrestling Championships

*Friday, Saturday & Sunday
November 17-19, 2006*

*At the New York Athletic Club
180 Central Park South (59th Street and 7th Avenue)
New York, New York 10019*

GRECO-ROMAN

FREESTYLE

WOMEN'S FREESTYLE

SPONSORED BY THE NEW YORK ATHLETIC CLUB AND THE METROPOLITAN
WRESTLING ASSOCIATION, AND SANCTIONED BY USA WRESTLING, INC.

COMPETITION WEIGHTS

*****All competitors will receive a 2 Kilogram (kg) allowance*****

MEN FREESTYLE & GRECO-ROMAN: 55 kg/121 lbs., 60 kg/132 lbs., 66 kg/145.5 lbs., 74 kg/163 lbs., 84 kg/185 lbs., 96 kg/211.5 lbs., and 120 kg/264.5 lbs. (All men weigh-in on Friday --- see below)

WOMEN'S FREESTYLE: 48 kg/105.5 lbs., 51 kg/112.25 lbs., 55 kg/121 lbs., 59 kg/130 lbs., 63 kg/138.5 lbs., 67 kg/147.5 lbs., and 72 kg/158.75 lbs. (All women weigh-in on Saturday --- see below)

EVENT INFORMATION

USA WRESTLING COMPETITORS MEMBERSHIP: All wrestlers must have a valid USA Wrestling competitor's membership in order to compete. Memberships will be available for purchase at weigh-ins for \$35.

ENTRY FEE: \$35 --- Make checks payable to NYAC. Tournament entry will be available until weigh-ins. Tournament entries will be accepted until the start of weigh-ins.

SCHEDULE:

- Friday, November 17th
 - Greco-Roman weigh-ins: 4:00 pm – 4:30 pm
 - Men's Freestyle weigh-ins: 4:30 pm – 5:00 pm
- Saturday, November 18th
 - Greco-Roman & Men's Freestyle Competition: 9:00 am – 12:00 pm, 1:00 pm – 6:00 pm
 - Women's Freestyle weigh-ins: 4:00 pm – 4:30 pm
- Sunday, November 19th
 - Greco-Roman, Men's & Women's Freestyle Competition: 9:00 am – 12:00 pm, 1:00 pm – 3:00 pm, 4:00 pm --- FINALS FOR ALL STYLES

*****NOTE – Women weigh in on Saturday and compete on Sunday only*****

WEIGH-INS: Basement wrestling room of NYAC

COMPETITION: 6th floor gymnasium

COMPETITION PROCEDURES:

- Current FILA international competition rules will apply
- Double-elimination bracketing, wrestle back to third place
- There will be a rules clinic prior to the start of competition
- Only FILA approved competition uniforms will be accepted.

AWARDS:

- Men's Freestyle & Greco-Roman
 - Champion = \$1000.00
 - 2nd Place = \$500.00
 - 3rd Place = \$250.00
- Women's Freestyle
 - Champion = \$400.00
 - 2nd Place = \$200.00

***FOREIGN ATHLETES: Only tournament champions are eligible for prize money.

Outstanding Wrestler Awards in each division.

DRESS CODE IF IN LOBBY OF THE NEW YORK ATHLETIC CLUB:

- Males must wear a sport coat and slacks (no sneakers, no jeans)
- Females must wear casual business attire (no sneakers, no jeans)

IMPORTANT: NYAC personnel will not allow admission to anyone not meeting the above requirements, regardless of whether the individual is a participant or spectator. Therefore, we strongly suggest participants and coaches plan accordingly in order to participate in the event.

HOUSING: Tournament organizers have reserved rooms at the Crowne Plaza – LaGuardia Airport at \$119/per room (approximately \$138.50 with tax). Transportation to NYAC is available. Rooms must be reserved by November 2, 2006 to guarantee availability and rate. Call 1-800-692-5424 and reference the NYAC Wrestling Tournament in order to get listed rate.

It is also suggested that you go to the website www.hotels.com and look for a hotel on the west side of New York City, located near the address of the NYAC (58th street and 7th avenue).

IF ANY QUESTIONS, PLEASE CONTACT SONNY GREENHALGH:

- E-MAIL: SONNY@CNJGROUP.COM
 - PHONE: 973/256-0670
 - ADDRESS: 32 Mill Pond Road, W. Paterson, NJ 07424
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WAIVER & RELEASE

NAME: _____ DATE OF BIRTH: _____ WEIGHT: _____ kg

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

USA WRESTLING CARD#: _____ CLUB: _____

In consideration of your acceptance of my entry, I, intending to be legally bound thereby, do for myself, my heirs, executors and administrators, waive and release the NYAC, the Metropolitan Wrestling Association and The United States of America Wrestling Association, Inc., d/b/a USA Wrestling, Inc., and its directors, officers, members, employees, officials, committees, clubs, affiliates, agents and their successors and assignees, from any and all claims or rights to damages which I may now or in the future have for injuries or losses suffered by me directly, or indirectly, in training for, traveling to or from the tournament, and participating in same.

SIGNED _____

OPEN TO ANY REGISTERED AMATEUR ATHLETE ABOVE HIGH SCHOOL AGE

DRESS: Competition – Only legal uniforms can be worn in this tournament. This includes the one piece international uniform in red or blue. Loose fitting shirts, sweat shirts and sweat pants cannot be worn. Low cut shoes are not allowed. Rules regarding beards, long hair and mustaches will be allowed.

THERE IS A DRESS CODE FOR EVERYONE ENTERING THE NYAC LOBBY. Men – shirt, jacket. Jeans and warm-ups are not acceptable outside gymnasium/locker area. Women – casual business attire. Slacks, jump suits and dungarees are not permissible.

NYAC personnel are instructed not to allow admission to anyone not meeting the above requirements, regardless of whether it is a competitor or spectator and we, therefore suggest that you plan accordingly so that you will be able to participate in this event.