

 presents



POP & FLO NATIONAL DUALS

"The Miracle on the Mat"

Hosted at the Lake Placid Olympic Center/1980 Olympic Rink

Journeymen and Flowrestling join forces to create one of the top alliances in wrestling. This event has taken the wrestling world by surprise. It has immediately been identified as one of the premier national tournaments in the country. Hosted in one of the most historic buildings in athletics, the ambiance and picturesque Adirondack landscape will rock you to the core. Flowrestling will cover the event on their website (certain rounds live), while college coaches from around the country will be invited to come meet the best high school talent in the land.

High School and Youth Duals: Saturday & Sunday, May 18 & 19, 2013

Tentative Schedule Wrestling on Saturday, May 18: 8:30 a.m.-8:30 p.m. and Sunday, May 19: 8:00 a.m.-3:30 p.m.

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

Tournament Format

High School: Tournament is based on 32 teams on 8 mats, guaranteeing each squad a minimum of 5 duals, no matter what round they lose in the competition. All 32 teams will begin in the championship bracket. The 16 teams that lose in their first round will go into their own bracket for a separate tournament. The 8 teams that lose in the second round will do the same – creating their own tournament bracketing. When each team in their respective bracket has had two bouts, we will end up with four 8-team brackets and 32 teams will wrestle it out for their respective titles.

Youth: Round-robin wrestling with 8 teams. Everyone wrestles everyone. 7 matches guaranteed.

Eligibility

A. High School

- Any high school teams, combined high school teams, or regional club teams (ex. Journeymen Wrestling from the greater Capital Region of NY State) are eligible. If you or your coaching staff haven't developed or physically trained an athlete on your potential roster, you're not in line with the philosophy of this event. **We do not want recruited athletes from around the country, or the state for that matter.**
- Athletes from 7th through 12th grade are eligible. 7th and 8th graders must be selective classified – competed at the JV or Varsity level scholastically in 2012-13. Graduating seniors are also allowed to participate.
- Only once entry fees are received will the committee consider your team as one of the 32 teams. If a team is not ultimately selected, their entry fee will be refunded immediately. An email will be sent to notify you of your status.
- Selected teams must stay at one of the host hotels. This is to ensure proper organization and thorough communication. Hotel details on reverse side.**

B. Youth

- 1st-grade through 8th-grade wrestlers are eligible. **JV and varsity experience is allowed in the youth segment as long as the contestant is in 8th grade or below!**
- Birth certificates must be available if requested by tournament directors.
- Selected teams must stay at one of the host hotels. This is to ensure proper organization and thorough communication. Hotel details on reverse side.**

Prizes

- Flo visit for the champions – there are no more secrets! Flowrestling will fly out to cover your club's practice to uncover why you're the toughest sons of guns in the land and broadcast it so the wrestling world can see!
- BRUTE provides slick singlets for both youth and high school champ teams.
Hoodies by Forever Fierce for second-tier high school champions.

prizes by



FOREVER FIERCE



Lineups - Rosters

Once you have been officially selected to be one of the teams in 2013, you'll need to complete your team roster online (journeymenwrestling.com via Tournaflex). You'll be issued a personal pin number and the actual web address that will allow you to change and adjust your lineup as much as you want as soon as you've been selected. You'll have time to adjust your lineups until 3:00 p.m. on Friday, May 18.

Rules

- NFHS Rules – Must have mouth guards if you have braces, head gear optional.
- Folkstyle
- High School Bout Length: 2:00, 1:30, 1:30 periods
- Youth Bout Length: 1:30, 1:30, 1:30 periods
- College boundary rules in effect for high school division only
- Each team should consist of
 - High School** 15 wrestlers, 4 alternates, 2 coaches and 1 table worker
 - Youth** 16 wrestlers, 2 alternates, 2 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)



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Seeding

Only the top 12 teams will be seeded in the high school division. 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. Youth accolades need to be recognized, e.g., New England Champion in 7th grade... Youth or HS? Clubs will be separated based on this information to make two balanced brackets.

Weigh Ins • High School

Returning champion has choice of weigh-in time. After that, first in, first choice. The teams that pay first and have been officially selected to compete will have choice of weigh-in time. This is a dual-meet event; therefore, everyone shows up and weighs in as a team. If you can't make your team's weigh in, you'll be assigned to the 7 a.m. Saturday, May 18 weigh-in period.

i. Fri., May 17 – 6:25-6:40 p.m. (3 teams)	v. Fri., May 17 – 7:55-8:15 p.m. (3 teams)	ix. Fri., May 17 – 9:30 -9:50 p.m (4 teams)
ii. Fri., May 17 – 6:45-7:05 p.m. (4 teams)	vi. Fri., May 17 – 8:15-8:40 p.m. (4 teams)	xii. Sat., May 18 – 7:00-7:25 a.m. (individuals)
iii. Fri., May 17 – 7:10-7:25 p.m. (3 teams)	vii. Fri., May 17 – 8:40 -9:00 p.m. (3 teams)	
iv. Fri., May 17 – 7:30-7:55 p.m. (4 teams)	viii. Fri., May 17 – 9:05- 9:25 p.m. (4 teams)	

Weight Classes – High School Duals

106, 113, 120, 125, 130, 135, 140, 145, 152, 160, 170, 182, 195, 225 and 285

Weigh Ins • Youth

- i. Fri., May 17 – 5:15-5:30 p.m. (3 teams)
- ii. Fri., May 17 – 5:30-5:45 p.m. (3 teams)
- iii. Fri., May 17 – 5:55-6:15 p.m. (4 teams)

Weight Classes – Youth Duals 53, 58, 63, 68, 73, 78, 83, 88, 93, 100, 107, 115, 122, 130, HWT (145 max)

Drive Time From

Albany, NY – 2 ¼ hours
Bennington, VT – 3 hours
Syracuse, NY - 3 ½ hours
Concord, NH – 4 ½ hours
Rochester, NY - 4 ½ hours
Boston, MA - 5 hours
Newark, NJ – 5 hours
NYC, NY – 5 hours
Buffalo, NY - 5 ½ hours
Easton, PA – 5 ½ hours
Wilkes Barre, PA – 5 ½ hours
Lakewood, NJ – 6 hours
Wilmington, DE – 6 ¾ 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 \$550.00

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

Entry fee includes

- Entry for High School - 18 wrestlers (15 starters, 3 reserves)
- Entry for Youth - 17 wrestlers (15 starters, 2 reserves)
- High School and Youth: 2 coaching passes
- High School and Youth: 1 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 Pop & Flo National Duals. It is a mandatory charge from ORDA. This will be collected upon your arrival (separate check should be made out to ORDA or separate envelope with team's total fee in cash is acceptable.).

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: \$10 per day (\$20 for both days)

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

Accommodations

Host Hotels: Discounted rates are reserved under Pop & Flo Wrestling

Northwoods Inn – \$115 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 – \$139 per night
or \$250 Suites
2559 Main Street
Lake Placid, NY 12946
(518) 523-3353

Crowne Plaza Resort & Golf Club
Traditional Room – \$139.00 per night, plus tax
Family Suite – \$319.00 per night, plus tax
101 Olympic Drive
Lake Placid, NY 12946
(518) 523-2556

Econo Lodge – \$96.95 per night
5828 Cascade Road
Lake Placid, NY 12946
(518) 523-2817

The High Peaks Resort
Lakeview Building Guest Room – \$119.00 per night
Main Building Guest Room – \$149.00 per night
2384 Saranac Avenue
Lake Placid, NY 12946
(518) 523-4411 ext. 378

