

# 2009 CAPITAL AREA WRESTLING LEAGUE CHAMPIONSHIPS

SUNDAY, MARCH 8, 2009

## HAYFIELD SECONDARY SCHOOL

7630 Telegraph Road  
Alexandria, VA 22315

### SCHEDULE

Weigh-In (Scratch, 75 lbs = 75.0)	8:00 AM – 9:30 AM
Coaches meeting	9:45 AM – 10:00 AM
Round 1 Round of 32 (8 mats)	10:15 AM – 10:45 AM
Round 2 Round of 16 (8 mats)	10:45 AM – 11:45 AM
Round 3 Wrestle Backs (8 mats)	11:45 AM – 12:15 PM
Round 4 Quarter Finals (8 mats)	12:15 PM – 1:15 PM
Round 5 Preliminary Consolations (8 mats)	1:15 PM – 2:00 PM
Round 6 Semi-Finals (6 mats)	2:00 PM – 2:45 PM
Round 7 Quarter Final Consolations (6 mats)	2:45 PM – 3:15 PM
Round 8 Semi-Final Consolations (6 mats)	3:15 PM – 4:00 PM
Round 9 7 <sup>th</sup> /8 <sup>th</sup> Place (4 mats)	4:00 PM – 4:30 PM
Round 10 5 <sup>th</sup> /6 <sup>th</sup> Place (4 mats)	4:30 PM – 5:00 PM
Round 11 Consolation Finals (4 mats)	5:00 PM – 5:30 PM
Finals (1 mat)	6:00 PM – 8:00 PM

#### NOTES:

1. Awards will be presented after the conclusion of ALL wrestling. Requests for early issuance will not be honored.

**2. Wrestlers should not leave the facility. Starting times for each round may vary from what is listed above. If the wrestler is not present when called, the wrestler will forfeit.**

3. Teams are responsible for providing 2 adult table workers during the times listed below:  
(Please make sure they are experienced!)

Table Assignments								
	MAT 1	MAT 2	MAT 3	MAT 4	MAT 5	MAT 6	MAT 7	MAT 8
10:00AM – 12:00PM	VIEN	CHAN	DAM	MOVILL	EAGLES	CAPE	FAUQ	RANG
12:00PM – 2:00PM	VIEN	CHAN	DAM	MOVILL	CULP	PRED	VIKE	STAF
2:00PM – 4:00PM	BAND	BOUT	GEN	NOVA	CULP	PRED		
4:00PM – 6:00PM	BAND	BOUT	GEN	NOVA				
6:00PM – 8:00PM	BAND							