

## 2009-2010 CAPITAL AREA WRESTLING LEAGUE CHAMPIONSHIP TOURNAMENT SCHEDULE

### Saturday, March 5, 2010

Weigh-ins: 7:30 – 8:30 am at Fauquier High School

- Normal CAWL Weight Classes (.4 allotted)
- A test scale will be provided for wrestlers to check their weight prior to the official weigh-in. If a wrestler steps on an official weigh-in scale and does not make weight, he/she cannot leave the immediate area of the scale. Two attempts only!

If the wrestler is overweight, he/she will not wrestle.

Coaches meeting: 8:35 pm

Convocation: 8:45 am led by Jarrod Elwell

Special Introductions: 8:55 am

National Anthem: 9:00 am

Wrestling begins: 9:05 am

### Sunday, March 6, 2010

Weigh-ins: 9:00 – 9:30 am

- Normal CAWL Weight Classes plus 1 additional pound (1.4)
- Same method for scales as Saturday

If the wrestler is overweight, he/she will not wrestle.

Coaches Meeting: 9:35 am

Convocation: 9:45 am led by Jarrod Elwell

National Anthem: 9:55 am

Wrestling begins: 10:00 am

### NOTES:

1. Special Awards Ceremony for the top 8 finishers for each weight class at the end of the tournament on Sunday
2. **Wrestlers should not leave the facility. We will call matches as they come up rather than running the tourney by rounds. The wrestlers will be given at least twenty minutes rest between matches. 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

#### Saturday:

Time	Mat 1	Mat 2	Mat 3	Mat 4	Mat 5	Mat 6
9:00AM – 12:00PM	Eagles	Chargers	Vikings	Highlanders	Rangers	Raiders
12:00PM – 3:00PM	Generals	Marauders	Cape	Wolverines	Cobras	Cougars
3:00PM – 6:00 PM	Bandits	Outlaws	Rampage	Powerhouse	Matdogs	Eagles
6:00 Pm - End	Chargers	Vikings	Rangers	Raiders	Generals	Marauders

### Table Assignments

#### Sunday:

Time	Mat 1	Mat 2	Mat 3	Mat 4	Mat 5	Mat 6
10:00AM – 1:00PM	Cape	Wolverines	Cobras	Cougars	Bandits	Outlaws
1:00PM – 4:00PM	Rampage	Powerhouse	Matdogs	Highlanders	Raiders	Generals
Championship	Rampage					

### Tower Assignments and Computers

### Warhawks for the complete tournament