

**6th Annual**  
**ASICS 2010 East Coast National Beach Wrestling**  
**Championships**  
**Long Beach, Long Beach, N.Y.**  
**Saturday, July 17<sup>th</sup> 2010**

**Style - Beach Wrestling**

**Registration and Weigh in – Friday 7/16/10 4:30 p.m. – 6:00 p.m.**

**Saturday 7/17/10 9:00 a.m – 10:30 a.m.**

**Rules Clinic – Saturday 7/17/10 11:00 a.m.**

**Divisions**

**Elementary Division** – grades 1 – 5 will be matched up based on ability

**Middle School Division** – grades 6 – 8: must be enrolled in Middle School 2010 season

**High School Division** – grades 9- 12: must be enrolled in HS for the 2010 - 2011 season

**Open Division** – open to all HS graduates

**Veterans Division** - 30 years and older as of July 2010

**Weight Classes:** Participants are divided into about 6 weight classes depending on the amount of entries in each category.

**Seeding:** Blind Draw

**Affiliation** – all contestants must be a current USA wrestling member in order to participate. A one time event card will be available at registration for \$10 for those not currently members of USAW.

**Entry Fee:** \$25 Make checks payable to **Rams Wrestling Club**

**Awards:** medals for places 1<sup>st</sup> through 4<sup>th</sup> in all divisions.

**Food** - will be for sale on the board walk and on the beach

**T-Shirts** - will be for sale at the tournament

**Directions:** Take Meadowbrook Parkway South to Loop parkway. Take Loop parkway to the end and go west. You will then be on Park Ave. Take Park Ave. to National Blvd. and make a left go straight down to the beach. The wrestling will take place on the National Blvd. beach.

**More Information:** call Ray Downey (631) 871-9676 [rdowney@optonline.net](mailto:rdowney@optonline.net) or Mike Leonard at (347) 776-1005 [Bam197@aol.com](mailto:Bam197@aol.com)

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**Entry Form**

**Wrestler's Full Name** \_\_\_\_\_

**Grade** \_\_\_\_\_

**Divisions:** High School \_\_ Middle School \_\_ Elementary \_\_ Open \_\_ Veterans \_\_

Street \_\_\_\_\_ Town \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email address \_\_\_\_\_

School/club \_\_\_\_\_ Phone# \_\_\_\_\_

**Liability Release:** I, the undersigned individually and as a parent/guardian of

\_\_\_\_\_  
A minor, ask that he/she be admitted to participate in the above USAW sponsored event. I do hereby agree to release, discharge and hold harmless the Ram Wrestling Club and USAW, their agents and employees of and from all causes, liabilities, and damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the attendance at the sporting event or in the course of competition held in connection with this event. I also give permission for my child's photograph to appear in promotional material regarding this event

\_\_\_\_\_  
(Signature of parent or legal guardian)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Print name)