

# VIRGINIA BEACH NATIONALS

Virginia Beach Fieldhouse  
Virginia Beach, Va  
OCTOBER 21-22, 2011

## The first "Premier" Belt Wrestling Championships in Virginia!

**Take advantage of early registration and save \$10**

### Elementary (grades 4-5)

This age group will use the Madison System and no specific weigh classes.

1-1-1 minute periods

### Middle School (grades 6-8)

Weight Class: 70, 77, 82, 89, 96, 103, 110, 117, 126, 135, 145, 155, 175, 220

2-1-1 minute periods

### High School (grades 9-12)

(new NF weight classes this year!)

Weight Classes: 98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

2-1-1 minute periods

### Open and Military Division

(Military/Service, College Teams, Club Teams or non-college competitors, post high school)

Weight Classes: 133, 141, 149, 157, 165, 174, 184, 197, 235, 285

2-2-2 minute periods

Come help us support this Wounded Warrior Project event

Proud  
Supporter of



WOUNDED WARRIOR  
PROJECT

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& LOGISTICS SOLUTIONS

