



*"The Miracle on the Mat"*

## Hosted at the Lake Placid Olympic Center/1980 Olympic Rink

Journeyman 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 21 & 22, 2016

#### Tentative Schedule

Wrestling on Saturday, May 21: 8:30 a.m.-8:30 p.m. and Sunday, May 22: 8:00 a.m.-3:30 p.m.

[www.Journeymenwrestling.com](http://www.Journeymenwrestling.com)

#### 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:** Pool format. 16 teams (Pool wrestling and then crossover matches against corresponding place finisher in other pools). 6 or 7 matches in all.

#### Eligibility

##### A. High School: 1980 Rink

- Any high school teams, combined high school teams, or regional club teams (eg. Journeyman 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 2015-16. 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: 1932 Rink

- 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.**
- Recruiting of athletes is permitted in order to ensure full squads within the youth division.

#### Prizes

A. Adidas provides slick singlets for both youth and high school champ teams. Hoodies by Forever Fierce for second-tier high school champions.

B. Team trophies for champions and runners up in the High School "A," Champions in "C" division, as well as youth champions and runners up divisions.

prizes by



#### NORTH vs. SOUTH

July 9-10, 2016

12 high school teams – 6 to 7 matches over 2 days.

**Entry Fee:** \$650. Fee is due prior to competition!

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

**Weigh ins:** Fri., July 9, 12:30-2:00 p.m.  
(Location on campus TBA)

Once you have been officially selected to be one of the teams in 2016, send in your entry fee and then complete your team roster online ([journeymenwrestling.com](http://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 June 28th (This is critical so that Flowrestling can properly promote the field of competitors).

##### July 9, 2016 - Day 1

Round 1- 3:00-4:30 p.m.

Round 2- 4:30-6:20 p.m.

Round 3- 6:20-8:05 p.m.

##### July 10, 2016 - Day 2

Round 1- 9:00-10:45 a.m.

Round 2- 10:45 a.m.-12:30 p.m.

Round 3- 12:30-2:15 p.m.

Round 4- 2:15-4:00 p.m.



Carmichael Gymnasium  
2611 Cates Ave., Raleigh, NC 27606

#### Lineups - Rosters

Once you have been officially selected to be one of the teams in 2016, send in your entry fee and then complete your team roster online ([journeymenwrestling.com](http://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 Sat., May 7. (This is critical so that Flowrestling can properly promote the field of competitors).

#### Rules

- NFHS Rules – Must have mouth guard 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
- Full college boundary rules in effect for both divisions
- Each team should consist of
  - High School** 15 wrestlers, 4 alternates, 2 coaches and 1 table worker
  - Youth** 15 wrestlers, 3 alternates, 2 coaches and 1 table worker
  - one timer or one scorer for each of their team's dual meets– Informational meeting on Saturday morning is required!
  - Each wrestler and their parent must print and sign the attached waiver!
  - NO CLUB JUMPING** (day of tournament)



**Seeding** Only the top 12 teams will be seeded in the high school division. All other teams will be randomly drawn. The participating teams will now share in the seeding process. The head coach of each program will rank the top 12 teams. This will add into the seeding formulation. 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 7:00 a.m. Saturday, May 21 weigh-in period.

i. Fri., May 20 – 5:30-5:45 p.m. (3 teams)	v. Fri., May 20 – 6:55-7:15 p.m. (3 teams)	ix. Fri., May 20 – 8:25-8:45 p.m. (3 teams)
ii. Fri., May 20 – 5:50-6:10 p.m. (4 teams)	vi. Fri., May 20 – 7:20-7:40 p.m. (4 teams)	x. Sat., May 16 – 7:00-7:25 a.m. (individuals)
iii. Fri., May 20 – 6:15-6:30 p.m. (3 teams)	vii. Fri., May 20 – 7:45- 8:05 p.m. (4 teams)	
iv. Fri., May 20 – 6:35-6:50 p.m. (4 teams)	viii. Fri., May 20 – 8:05-8:20 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 20 – 5:00-5:20 p.m. (4 teams)
- ii. Fri., May 20 – 5:25-5:40 p.m. (4 teams)
- iii. Fri., May 20 – 5:45-6:05 p.m. (4 teams)
- iv. Fri., May 20 – 6:05-6:20 p.m. (4 teams)

**Weight Classes – Youth Weights**  
53, 58, 63, 68, 73, 78, 83, 88, 93, 100, 107, 115, 125, 135, HWT (150 Max)

**ALL-STAR SHOWCASE** Since there’s so much individual as well as team talent in the field of competition, we want to showcase these individual studs in head-to-head matches. We will organize 8 individual matchups of the most talented competitors to be broadcast live on FLO. This will take place Saturday evening after the last round of competition.



APEX, 2015 Pop & Flo Champions.

### 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 \$700.**  
made payable to:  
Pop & Flo Productions, LLC  
101 Mohawk Ave., Scotia, NY 12302
- Entry fee includes
  - Entry for High School - 19 wrestlers (15 starters, 4 reserves)
  - Entry for Youth - 18 wrestlers (15 starters, 3 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 less than \$45.*

- 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

**Econo Lodge**  
\$109, plus tax  
5828 Cascade Rd.  
Lake Placid, NY 12946  
(518) 523-2817

**Northwoods Inn**  
**(Newly Remodeled)** – \$129 per night  
2520 Main Street  
Lake Placid, NY 12946  
(518) 523-1818

**The Pines Inn**  
\$135, plus tax (2 doubles) and \$145 (2 queen beds)  
2302 Saranac Ave.  
Lake Placid, NY 12946  
(518) 523-9240

**Crowne Plaza Resort & Golf Club**  
Traditional Room – \$144 per night, plus tax  
Family Suite – \$279 per night, plus tax  
101 Olympic Drive  
Lake Placid, NY 12946  
(518) 523-2556

**High Peaks Resort**  
\$150 per night  
2384 Saranac Ave.  
Lake Placid, NY 12946  
(518) 523-4411

**Hampton Inn & Suites Lake Placid, NY**  
\$213 per night  
801 Mirror Lake Drive  
Lake Placid, NY 12946  
(518) 523-9500

**\*Block pricing will only be honored  
up until three weeks prior to the event.\***

### North Carolina Accommodations

**University Towers** (walking distance to arena)  
\$30 per athlete (2 to 3 in a room)  
111 Friendly Dr.  
Raleigh, NC  
(919) 327-3800 • [www.utowersraleigh.com](http://www.utowersraleigh.com)