



Grappling State Championships

Cadet, Junior, Senior

Men and Women



Sunday, May 22, 2011
 Dos Pueblos High School
 7266 Alameda Ave
 Goleta, CA 93117

Pre-registration at Trackwrestling.com. The fee is \$20.00

All competitors must have USA Card (themat.com) and proof of age

Awards: Medals for top 3 in each weight.

Weigh-ins: 4-5 PM on Saturday May 21 and 9-10 AM on Sunday May 22

Rules Clinic: 10 AM

Competition: 11 AM

*Weight Classes and Divisions for all women (Cadet/Junior/Senior):

| <u>Division</u> | <u>Weight class</u> | <u>Division</u> | <u>Weight class</u> |
|-------------------|---------------------|-------------------|---------------------|
| ROOSTER | 113.5 | ROSTER | 122.50 |
| SUPER FEATHER | 124.5 | SUPER FEATHER | 135.50 |
| FEATHER | 135.50 | FEATHER | 149.00 |
| LIGHT | 147.00 | LIGHT | 162.00 |
| MIDDLE | 158.00 | MIDDLE | 175.50 |
| MEDIUM HEAVY | 169.00 | MEDIUM HEAVY | 188.50 |
| HEAVY | 180.00 | HEAVY | 202.00 |
| SUPER HEAVY | 191.00 | SUPER HEAVY | 215.00 |
| SUPER SUPER HEAVY | Over 191.00 | SUPER SUPER HEAVY | Over 215.00 |

Weight Classes and Divisions for all men (Cadet/Junior/Senior):

*There will be a beginning and advanced division depending on the number of competitors.

Match:

Time: 5 minutes

*Points:

Side Mount (2 points)

Full Mount (3 points)

Back Mount (4 points)

Takedown (1 point)

Escape (1 point)

Sweep (1 point)

Jumping into guard (1 point for defensive grappler)

*Scoring could change based on 2011 Grappling rules.

Contact Info: Anthony Califano, antcalsb@yahoo.com, 805-455-6506