

January 3, 2019

The Annual Valley Duals will be held January 12, 2019 at 9:00 AM. The varsity division will be held on three mats contesting the 14 standard weight classes. The non-varsity division will be contested in 4 man round robin brackets.

Your JV/Varsity wrestlers will need to weigh in Sat., Jan. 12th, at 8:00 AM at Valley High School. All varsity wrestlers must be reported on the exchange form. Wrestlers entered in the non-varsity meet will not be able to compete in the varsity meet. **Any athlete that you know will wrestle in the J.V. portion of the meet only may start weighing in at 7:20 a.m.** The JV tournament will be run on trackwrestling. You should receive an e-mail approximately 8 days before the tournament. If you do not receive an e-mail, please contact Travis Young at youngt@wdmcs.org. Please make sure you enter all your wrestler's onto Trackwrestling that you plan to have participate.

PLEASE FAX (515-633-4199) OR E-MAIL (youngt@wdmcs.org) YOUR PROBABLE VARSITY LINEUP AND A LIST OF YOUR NON-VARSITY PEOPLE YOU WOULD LIKE TO BE CONSIDERED FOR THE ALL-STAR TEAM BY 10:00 AM on Tuesday, January 8TH.

The meet will be held at the Valley High School Gym, 39th & Woodland Ave, West Des Moines.

Entry fee (\$120.00) is payable to Valley High School, % Brad Rose, Director of Athletics, 3650 Woodland Avenue, West Des Moines, IA 50266.
Athletic Office Phone number is 515-633-4259.

PARTICIPATING SCHOOL:

Varsity: Cedar Falls C.B. Lewis Central Oak Park (Kansas City) Valley
JV: Cedar Falls, Dowling Catholic, Lewis Central, North Polk, Oak Park, Urbandale, Valley

TEAM CHAMPION:

We will declare a team champion on the won/loss records in the tournament. In case we have a tie in the won/loss record, the team who won the meet between the two will be declared the winner. If those teams have tied, we will break the tie by adding the points each has scored against all opposition, and the team with the highest total will be declared the winner of the tournament.

FORMAT:

Six mats will be used with a 5 minute break between rounds. The Varsity Wrestling duals will take place in the Valley Fieldhouse on three mats. The J.V. tournament will take place in the North Gym on three mats.

ALL TICKETS: \$5.00

Officials:	Kris Dane	Steve Latimer
	Bruce Bennett	Chester Rice
	Andrew Shivers	Chad Davidson
	Mark Teater	Danny Gilge

TOWELS: Bring your own towels and padlocks. Locker areas cannot be secured during the day.

COMPETITION WILL CONSIST OF FIVE ROUNDS TO RUN AS FOLLOWS:

VALLEY DUALS

ROUND 1

	<u>MAT</u>
Valley vs. Oak Pak	1
JV All-Stars vs. Cedar Falls	2
Lewis Central vs. Bye	

ROUND 2

Valley vs. JV All Stars	1
Lewis Central vs. Oak Park	2
Cedar Falls vs. Bye	

ROUND 3

JV All-Stars vs. Oak Park	1
Cedar Falls vs. Lewis Central	2
Valley vs. Bye	

ROUND 4

Valley vs. Lewis Central	1
Oak Park vs. Cedar Falls	2
JV All-Stars vs. Bye	

ROUND 5

Valley vs. Cedar Falls	1
Lewis Central vs. JV All-Stars	2
Oak Park vs. Bye	

Respectfully,

Travis Young, Head Coach
Valley High School