

# Team Palmetto Middle School

2012 Lee Pamulak  
AAU Middle School  
National Duals  
Indianola, Iowa  
April 14-15 2012

- **Represent YOUR state against the best middle school wrestlers in the nation.**
- **Tour the Iowa Hawkeyes wrestling facility and practice with members of the Iowa Hawkeye wrestling team.**
- **All team Palmetto members receive official team doublet, t-shirt and shorts.**

## TRYOUTS:

3/11/2012 @ Eastside High School

Weigh-ins: 12:00-12:45pm

Wrestling Starts @ 1:00pm

Contact: Tommy "Jabo" Clary

(864) 425-1996

WHEN: APRIL 14 & 15, 2012 WEIGH IN FRIDAY APRIL 13,  
2012 5:00 TO 8:00 PM

WHERE: SIMPSON COLLEGE INDIANOLA, IOWA (15  
MILES SOUTH OF DES MOINES)

WHO: MEMBERS OF ANY WRESTLING ORGANIZATION  
CURRENTLY ENROLLED IN 6TH THROUGH 8TH  
GRADE. MAXIMUM AGE 15 (IF YOU TURN 16 IN 2012  
YOU'RE INELIGIBLE). AAU CARD AND COPY OF BIRTH  
CERTIFICATE REQUIRED AT WEIGH IN. AAU CARDS  
CAN BE PURCHASED ON LINE AT [http://  
www.aausports.org](http://www.aausports.org) FOR \$12.00.

FORMAT: FOLKSTYLE, 7 MATCHES MINIMUM. ALL  
MATCHES 1- 1 ½ - 1 ½ MINUTE PERIODS. 12 TO 16  
MATS AS NEEDED. POOL WRESTLING FOLLOWED BY  
TEAM PRELIMINARY, THEN TEAM CHAMPIONSHIP  
BRACKETS.

AWARDS: AAU CHAMPIONSHIP MEDALS FOR TEAM  
AND INDIVIDUALS  
TEAM TROPHIES FOR 1ST THROUGH 8TH PLACE PLUS  
CONSOLATION BRACKET  
CHAMPIONS.

TEAMS: 20 WEIGHT CLASSES, 5 ALTERNATES, 3  
COACHES, AND 2 WORKERS.

WEIGHTS: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125,  
130, 135, 140, 145, 152, 160, 171, 189, 250

