



2009 USA Wrestling Beach National Championships and World Team Trials



**July 17-19, 2009
Ontario Beach Park
(aka Charlotte Beach)
Rochester, N.Y.**

**Have fun and test
yourself by competing
in a new style of
international wrestling**

Sponsored by:

**Monroe County Sports Commission
Team Titan - Worldwide Wrestling Club**

For the third straight year, USA Wrestling will be hosting its Beach National Wrestling Championships and World Team Trials in Rochester, N.Y., July 17-19, 2009.

National Championships in Beach Wrestling will be held on the Schoolboy, Cadet, Junior, Senior Men, Senior Women and Veterans levels. See if you have what it takes to be a national champion!

The Senior Beach World Team Trials will determine the U.S. athletes who will compete in FILA World Beach Wrestling Championships, set for Bulgaria, August 29-30.

BEACH BELT BATTLE: A team belt award will be given to the top club at the Beach National Championships. Standings will be determined based upon points earned in all age divisions. The defending champion is the Titan Wrestling Club from New York.

HIGH SCHOOL BEACH DUALS A BIG SUCCESS- For the second year, the National High School Beach Duals will be held. High school club teams can enter this competition, and battle for team trophies and bragging rights. The addition of the High School Duals gives athletes two full days of quality competition, while enjoying fun at the beach. This event was very popular in 2008.

2009 TENTATIVE USA WRESTLING BEACH NATIONALS SCHEDULE

Friday, July 17

7:00 p.m. - 9:00 p.m. - Early Beach Wrestling National Championship Registration

7:00 p.m. - 9:00 p.m. - Early Medical Check & Weigh-ins

Saturday, July 18

8:00 a.m. - 10:00 a.m. - Beach Wrestling National Championships Registration

8:00 a.m. - 10:00 a.m. - Medical Check and Weigh-ins

11:30 a.m. to conclusion - Beach Wrestling National Championships

Sunday July 19

10:00 a.m. to conclusion - Beach Wrestling Senior World Team Trials

10:00 a.m. to conclusion - National High School Beach Duals

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*For updated information and to register
online, visit TheMat.com (www.TheMat.com)*

