



**2010 NEBRASKA AAU STATE FOLKSTYLE
CHAMPIONSHIPS
MARCH 14, 2010**

Event Location: Grand Island Islanders High School
2124 E Lafayette Grand Island

Registration: helmick_dan@yahoo.com or mail: AAU State 522 Helen St
Beatrice, Ne 68310

Deadline: March 11, 2010

Entry Fee: \$20.00 All athletes must have current AAU card

Admissions: Adults: \$5.00 Kids: \$3.00

Weigh-ins: Saturday 6-8 p.m.

Wrestling: Coaches meeting 8:30 am Wrestling begins at 8:45 am

Grades	Weight Classes
Pre-K	35, 40, 45, 50, 55, HWT
1-2	40, 45, 50, 55, 60, 65, 70, 75, 80, 90, HWT
3-4	50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 103, 112, 120, 130, 140, HWT
5-6	60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 120, 130, 140, 152, HWT
7-8	75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 152, 160, 171, 189, HWT
9-12	103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, HWT

Awards: 1st -6th medal & finalist qualifying for **Middle School Duals Team**

Contact: Dan Helmick helmick_dan@yahoo.com or 402-239-3156

Name _____ DOB _____ Phone _____

Address _____ City _____ State _____ Zip _____

M or F Weigh _____ Age _____ Grade _____ AAU CARD# _____

Checks Payable to AAU Nebraska : care of Dan Helmick 522 Helen St Beatrice, Ne 68310

I understand that my participation in AAU activities involves risks and dangers of serious and permanent bodily injury or death. I or my parent/guardian if I am a minor, hereby, release hold harmless, discharge and agree not to sue AAU or us inc. its clubs/teams, directors, officers, employees, coaches, officials, owners or leaser or premises for all liability for my participation in these events.

Applicant Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____