



# 2010 USA Wrestling Beach National Championships and World Team Trials



**July 9-11, 2010  
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 fourth straight year, USA Wrestling will be hosting its Beach National Wrestling Championships and World Team Trials in Rochester, N.Y., July 9-11, 2010.

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 Budva, Montenegro, August 28-30.

**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 third 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 is now a very popular event..

## **2010 TENTATIVE USA WRESTLING BEACH NATIONALS SCHEDULE**

### **Friday, July 9**

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 10**

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 11**

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](http://TheMat.com) ([www.TheMat.com](http://www.TheMat.com))*

