***Manitoba Provincial Wrestling Championships***



**Friday March 18 and Saturday March 19, 2016**

**@ Elmwood High School**

Hosted by Elmwood Wrestling

***LOCATION***- Elmwood High School, 505 Chalmers Ave, Winnipeg

### *REGISTRATION & START TIMES*

### Elementary Registration -- from 4:30 – 5:30 pm with Tournament Start Time 6 pm Friday, March 18.

Junior High and High School Registration & Weigh-ins -- from 5:30 pm

– 7:30 pm, Friday, March 18. Junior High Tournament Start Time is 9 am Saturday, March 19, with Senior High to follow immediately after. High School wrestlers should be prepared to start as early as 11:30.

### *ELIGIBILITY*

 Elementary: Kids Gr. 4 - 6 and Novice Gr 4 and under

 Junior High: Grades 7 – 9

Senior High School: Grades 9 – 12 (Must be born during or after 1997 and cannot be over 18 years of age on the date of the tournament).

* All wrestlers must be registered with Manitoba Amateur Wrestling Association

### *ENTRY FEE*

**$20.00** per athlete

- Cheques payable to ***Elmwood High School***

 - Please deliver cheques in person

#### **DRAW**

Modified bracket – double elimination or round robin; depending on the size of each weight class.

Each weight class will run as is, no matter how many or few wrestlers are in the weight class.

#### **RULES** - CAWA/FILA rules

#### **WEIGHT CLASSES**

MALE: 42, 46, 50, 54, 58, 63, 69, 76, 85, 100, 115, 130 kg
FEMALE: 38, 40, 43, 46, 49, 52, 56, 60, 65, 70, 80, 90 kg

Note: Athletes cannot wrestle up a weight class.

***WEIGH-INS***

*Elementary Athletes* - To be completed by Coaches and e-mailed in by no later than 5:00 pm on Wednesday, March 16th. To check weights, we may complete Red Dot weigh-ins at the tournament. Two athletes from each team will be randomly selected and weighed. They must be within 1 kg of their weight class. If they weigh over, they will be removed from the tournament. In the event both wrestlers are overweight, the entire team will be weighed. This will ensure that all weights are accurate and ensure safety of the wrestlers.

*Junior High and High School Athletes* – Weigh-ins from 5:30 – 7:30 pm, Friday March 18 at Elmwood High School. Skin checks will be done at that time.

#### **SKIN CHECKS**

Please ensure each athlete undergoes a thorough skin check prior to the competition. If the athlete’s skin condition is questionable, do not enter them in the competition. An athlete may be pulled out of the tournament if a skin problem is detected.

### AWARDS

 Medals will be awarded to top 3 finishers in each weight class.

***There will be a canteen on site on Saturday only.***

For more information, please contact Steve Shylo at

elmwoodwrestling@hotmail.ca