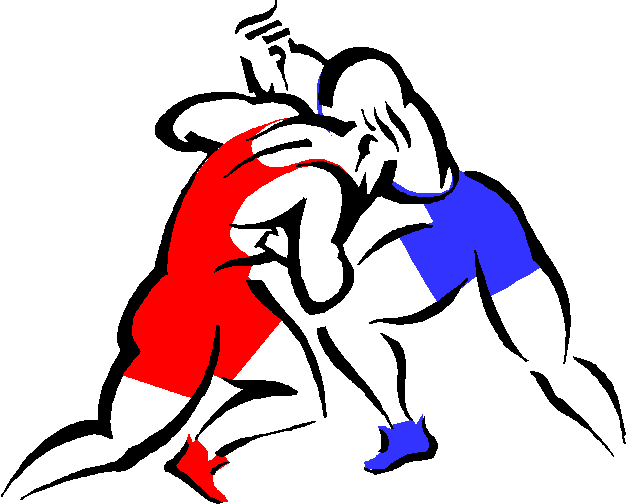
**Grant Park Open**

**Wrestling Tournament**



**Date – Friday, January 19th – Senior High**

Wrestling will start at 5:00 p.m. and continue until completion. Please report all scratches (in person or email) as soon as possible. There will be no dinner break.

**Date – Saturday, January 20th – Elem and Junior High**

Wrestlers should arrive before 8:45 am (all registrations will be closed at 9 am). There will be a short clinic for all wrestlers starting at 9 am put on by Jamie Michaels, a graduate of Grant Park High School (see bio on back). Wrestling will start at approximately 10:00 a.m. and continue until completion. There will be no lunch break.

**Location -**

Grant Park High School – 450 Nathaniel Street, Winnipeg, MB.

**Entry Fee**

$20.00 per athlete – cheques can be made out to Grant Park High School. There is no extra charge for grade nine athletes that are wrestling in both the junior and senior high tournament.

**Eligibility**

All wrestlers must be registered with MAWA in order to be eligible for the tournament.

**Elementary** – Grade 6 and under

**Junior High** – Grade 7 - 9

**Senior High** – Grade 9 -12 but also must cannot be 19 years of age on the date of the tournament.

**Weigh ins**

At home weigh-ins to be done by coaches and emailed in by no later than 6 p.m. on Wednesday, January 17th. Make sure to use the registration form provided.

For all wrestlers send in actual weights in kg, not the anticipated weight class.

To check weights, we may complete Red Dot weigh-ins at the tournament. Two athletes from each team may 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.

**Email: mkattenfeld@gmail.com**

**Rules**

CAWA/FILA rules.

\* For elementary and junior high wrestling, only one hip toss is allowed per round. After the points are awarded, both wrestlers are brought to standing following the rules for a miss throw.

**Skin Check**

Please ensure that a thorough skin check in done on the athletes prior to the competition. If the athlete is questionable, don’t enter them in the competition. An athlete may be pulled out of the tournament if a skin problem is detected.

**Draw**

All wrestlers will be grouped into pools of 2 or 6 wrestlers. All weight classes will be run as Round Robins to get the wrestlers as many matches as possible.

**Awards**

Top 3 wrestlers in each weight class or pool.

If you have any questions, please contact Mike Kattenfeld for more information.

(204) 452-3112 (School)

(204) 510-7981 (Cell)

mkattenfeld@gmail.com

**Jamie Michaels**

****A graduate of Grant Park High School, Jamie has been competing and training in wrestling, grappling and mixed martial arts for the last 20 years. He attended the University of Alberta and was a member of the Golden Bears wrestling team. His training and adventures have taken him across North America, Europe, Africa and Asia to learn and share his knowledge.

NAGA World Grappling Champion 2006

U of A – Golden Bear Invitational Champ 2008

Undefeated in amateur and professional mixed martial arts (BFC and UFC Fightfest)