**** 2013 Northern Lights

WRESTLING TOURNAMENT

**“Wrestle for the Mat”**

**DATE January 17th & 18th**

**Deadline for tournament registration is January 10th, 2014.**

**\*athletes will require proof of age\***

**Elementary boys division - Pool draw**

**Elementary girls division - Pool draw**

(2004-2002) Grades 4 to 6

**Jr. High Boys division** 32-35kg,38,41,45,49,54,57,60,63,67,74,80,85,90, HWT (105kg max)

**Jr. High Girls division** 32-34kg,37,40,44,48,51,56,62,65,70,75, HWT (80kg max)

(2001-1999) Grades 7 to 9

**High School Boys** 40-42,46,50,54,58,63,69,76,85,100,115, HWT (130kg max)

**High School Girls** 36-38, 40, 43, 46, 49, 52, 56, 60, 70, 80, HWT (90kg max)

(1998-1995) Grades 10 to 12

**Weigh-ins/Skin-Checks: Friday, January 17th** 2:00 p.m. to 5:30p.m. Jr. High and High School Only

**SITE TBD - Pending Preliminary Numbers**

**AWARDS** ***Junior and Senior High*** ***Championship Team 36x36 wrestling mat***

***2nd Place Team Score Clock***

***1st, 2nd,3rd place medals will be give***

(team points will not be awarded in elementary division)

Elementary Team will be randomly drawn for either a free officials or coaches course.

The team with the highest combined score of wrestlers (as per the CAWA rulebook) in the Junior High Boys, Junior High Girls, Senior High Boys and Senior High Girls will be given the mat. A mock-up of the mat has been provided on the last page of this document. ASAA rules will be in effect, therefore no 5-point throws, West-Point rides, etc.

**ENTRY FEE** $20 per Jr and Sr. high school wrestler / $15 per Elementary

**RULES** Current CAWA rules will be used with ASAA modifications.

**COACHES’ MEETING** A meeting of all coaches will take place at 1:30 p.m. January 17th to verify all competitors

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## WRESTLING TOURNAMENT

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## Schedule of Events:

## Friday, January 17th, 2014

## 3:00-5:00pm -Weigh in and skin check jr. high and high school athletes

## 5:30pm – Coaches Meeting for Jr. & Senior High

## 4-7:30pm - Elementary Wrestling Tournament

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## Saturday, January 18th, 2014

## 7:30am – Doors open / Warm-ups

## 

## 8:00am – Tournament Start for Jr & Sr. High

## 8:00pm - Award Ceremony and Presentation

## Local Hotels: Super 8

## 10050 116 Ave, Grande Prairie, AB T8V 4K5 ‎

## (780) 532-8288

## Holiday Inn

**9816 107 St, Grande Prairie, AB T8V 8E7 ‎**

**(780) 402-6886**

**Best Western**

**() ‎10745 117 Ave, Grande Prairie, AB T8V 7N6 ‎**

**(780) 402-2378** () ‎

## Contact info: Adam Link 780-897-8825

## Rene Bridge 780-518-3209

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## WRESTLING TOURNAMENT

## “Wrestle for the Mat”

Our objective is to develop school age wrestling in Alberta for boys and girls.

1) Points scoring for bouts categories, divisions, teams

a) CAWA rules for bout scoring

b) Placement scoring per weight category

c) Each division only the top six highest placement team points are totaled

d) Team totals calculated from accumulated points from each category

2) Proof of age will accompany athletes at weigh- ins and skin checks on Friday January 17th at

2pm to 5:30 pm.

