



# Grande Prairie Wrestling Club Northern Lights Tournament

- DATE: Friday & Saturday January 11<sup>th</sup> & 12<sup>th</sup>, 2019
- VENUE: St. Joseph Catholic High School  
10520 68 Avenue, Grande Prairie, AB T8W 2P1
- ENTRY FEE: \$15.00/ Elementary  
\$20.00 / Jr. high and High School  
**\* There will be no division changes at the tournament. So please register them in the divisions beforehand.**  
*(please make cheques payable to GPWC)*
- WEIGH-INS: At home, Coach supervised, On Wednesday, January 9, 2018  
**\*1Kg weight allowance on all weight challenges.\***

**Elementary enter exact weights as they will be grouped**

## REGISTRATION:

Registrations must be received by no later than 9:00 pm on Wednesday, Jan 9th. There will be no weigh-in at the tournament so coaches please be accurate with your weights. Registrations can only be done using Google Doc sheet provided to register: We will not accept anything else (it will be rejected). This is a Club event so please make sure you have paid your AAWA membership dues. If you are part of a school program, you can pay the single event membership of \$10/athlete & coach, CHQ payable separately to "Alberta Amateur Wrestling Association" Fees for this will be collected before the tournament starts and sent to AAWA.

**ENTRY PROCEDURE:** <https://goo.gl/forms/s2sshWoPnJahEes53>

Please contact Adam Link 780-897-8825 with any questions or concerns.

Primary Tyke Born 2013-2014  
(Weight Class to be pooled) 1 round, 2 minutes

Elementary Tyke Born 2011-2012  
(Weight Class to be pooled) 1 round, 2 minutes

Novice Born 2009-2010  
(Weight Class to be pooled) 2 rounds, 2 minutes  
*As per Wrestling Canada Lutte Novice Rules.*

Kids Born 2007-2008  
(Weight Class to be pooled) 2 rounds, 2 minutes  
*As per Wrestling Canada Lutte Kids Rules.*

Junior High 2004-2006 (2003 IF registered in a Junior High School)  
Weight Classes:  
Junior Males: 31-34, 37, 40, 43, 46, 49, 52, 55, 59, 63, 67, 71, 77, 87, 100, 100-120 kg  
Junior Females: 36-39, 42, 45, 48, 51, 54, 57, 60, 65, 70, 75, 75-90 kg

- *As per Wrestling Canada Lutte Bantam Rules.*

High School 2001-2003 (2000/2004 IF registered in a Senior High School)  
Weight Classes:  
Senior Males: : 39-42, 45, 48, 51, 55, 60, 65, 71, 76, 80, 92, 110, 125, 125+ Kg.  
Senior Females: : 36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90, 90+ kg

- *As per Wrestling Canada Lutte U17 Rules (Modified with 3 minute Rounds).*

WRESTLING TIMES: Friday **4:30 pm wrestling starts for elementary.**

Saturday **9:00 am Junior High and 12:00 pm High School Wrestling starts -Ending at 6:30**  
**Times may vary so please be at the tournament earlier in case the Jr high ends earlier we may start earlier to get everyone home earlier.**

CONCESSION: There will be a concession available both days.

AWARDS: Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each category.

**MORE INFORMATION:** If you have any further questions regarding the tournament please contact tournament director Adam Link, we look forward to seeing you Friday, January 9th 2019.

Adam Link  
(780)897-8825  
adam@silverttechcontracting.com

Hotels near the venue: Quality Inn & Suites / 780-831-2999

Holiday Inn / 780-814-9446

Super 8 / 780-532-8288