



2020 Arctic Winter Games
Whitehorse, Yukon
March 15 – 21, 2020

Wrestling Team Trials – December 7th, 2019

Weigh Ins: At home, coach supervised, on Wednesday December 4, 2019

***1 kg weight allowance on all weight challenges**

Skin Check: Coaches, please be sure your athletes are free of skin ailments such as ringworm, etc. Any athletes found to have a skin infection such as ringworm will not be permitted to wrestle.

Eligibility: Must be a continuous resident of northern Alberta (north of the 55 parallel) for the last 6 months. In addition, the athlete must be born in 2003,2004, 2005 or 2006. Athletes are allowed to wrestle up one year. Any athlete born in 2007 must comply with rules on the provision of a medical certificate (i.e. a physician’s note stating the athlete is physically capable of competing in the trials).

****Must be member/registered with AAWA prior to trials**

***Athletes who are not full members of AAWA will be required to pay a \$10.00 event fee.**

Weight Classes:

JUNIOR FEMALE	JUNIOR MALE
Up to 50 kg (min 45 kg)	Up to 55 kg (min. 50 kg)
Up to 55 kg	Up to 60 kg
Up to 60 kg	Up to 65 kg
Up to 65 kg	Up to 70 kg
Up to 71 kg	Up to 78 kg
	Up to 85 kg
	Up to 96 kg

Trials competition date: Saturday December 7th 2019

Time: 9:00am – Completion

Location: Alexander Forbes School – 7240 Poplar Drive, Grande Prairie, Alberta

Entry Fee: \$20.00

Tournament Format: will be round- robin. Groups of five or less athletes will be grouped into one pool. Groups of six or greater will be split into two pools. The top two wrestlers of each group make it to crossovers. The winner of Pool A wrestles the second place wrestler in pool B. The winners of these matches compete for 1st and 2nd. The other two athletes compete for 3rd and 4th.

Athletes Who Qualify for Team Alberta North

Athletes: Mandatory Team meeting with Team A and Team B following trials completion.

COACHES: If you have further questions regarding the trials or the Arctic Winter Games please contact Adam Link at (780)897-8825