

THE ALBERTA AMATEUR WRESTLING ASSOCIATION AND THE  
ALUMNI & FRIENDS OF GOLDEN BEAR WRESTLING SOCIETY PRESENT THE  
2020 ALBERTA OPEN WRESTLING CHAMPIONSHIPS

---

**Location** St. Joseph High School, 10830 109 Street NW, Edmonton, AB, T5H 3C1  
**Contact** Owen Dawkins ([odawkins@ualberta.ca](mailto:odawkins@ualberta.ca))  
**Dates:** Tuesday, March 17<sup>th</sup> – At-Home Weigh-Ins  
Saturday, March 21<sup>st</sup> – Session 1+2. AAWA Awards Banquet  
Sunday, March 22<sup>nd</sup> – Session 3+4

***Please email your registrants to [abopenwrestling@gmail.com](mailto:abopenwrestling@gmail.com) by 10:00 pm, Tuesday March 17th using the attached entry forms. – Ensure forms are sent. Please Note: Elementary and Bantam-Senior are separate forms with multiple tabs. Please place your athletes on the appropriate tab. If entering multiple divisions, please ensure athletes are registered in each appropriate tab. Confirmation of entries will be sent out for scratches/additions/changes.***

**Entry fee will be collected at the venue on Saturday, March 21<sup>st</sup>.**

**Age Classes:**

Senior – born 1999 or prior, 2000-2002 may compete  
Junior – born 2000, 2001, 2002, Athletes born in 2003 may compete with signed waiver  
U19 – born 2002 or 2003, Athletes born in 2004-05 may compete with signed waiver  
U17 – born 2004 or 2005  
Bantam – born 2006 or 2007  
Kids – born 2008 or 2009  
Novice – born 2010 or 2011  
Tyke Elementary – born 2012 or 2013  
Tyke Primary – born 2014 or 2015

***Athletes born in 2004-2005 are permitted to wrestle in U19 to replicate the UWW Cadet rule set at the Canadian National Championships. It is the responsibility of the athlete, parents and coach to ensure the athlete is adequately prepared and is aware of the rule set and the risks involved. Athlete, parents and coach must all sign the waiver. If you do not believe an athlete is prepared to wrestle in the U19 age class, please do not enter them in the division.***

**Entry Fees (Per Wrestler/Per Division):**

Tyke/Novice/Kids/Bantam - \$20  
U17/U19 Freestyle - \$30  
U17/U19 Greco-Roman - \$15  
Junior/Senior - \$40  
Coach - \$15 for full event

*Ex. An U19 wrestler competing in U19 Freestyle, U19 Greco-Roman & Junior would be owing \$85*

Please make cheques out to “Alumni & Friends of Golden Bear Wrestling Society”

**Bantams, Kids, Novices & Tykes can only wrestle in their allotted age group and ONE weight category.**

**All other wrestlers wishing to wrestle in multiple divisions must express their intention to do so on the registration form.**

## Coach Requirements

**ALL coaches cornering at the event must declare themselves on the “coach” tab of the registration. To receive accreditation, all coaches must have the following safe sport credentials completed:**

- 1) Enhanced Police Check or Vulnerable Sector Check on file (dated within past 3 years)
- 2) Making Ethical Decisions Evaluation
- 3) Making Headway in Sport
- 4) Respect in Sport for Activity Leaders

**Failure to complete these courses by March 18, 2020 will result in loss of accreditation for the event.**

**\*Note\* MED, Making Headway and Respect in Sport are all required for the 2020 Canadian Championships and must be renewed every 4 years.**

## Weigh-In Procedure

**March 17th – 12:00 pm – 9:00 pm**

Coaches e-mail the appropriate registration forms (separate forms for Tyke-Kids and Bantam-Senior) to [abopenwrestling@gmail.com](mailto:abopenwrestling@gmail.com). All athletes must weigh in under the supervision of a coach and the coach must verify the weight of the athlete they are registering. Weigh-ins must take place between 12:00 pm - 9:00 pm

### ***Please note:***

1. All coaches and competitors must be current members of AAWA. All school-based competitors and coaches can purchase a single-event membership for \$10 at the event.
2. Please note that to qualify for the “2020 Canadian U17/U19 Championships” you **must** wrestle in the Alberta Open unless exemption has been requested prior to the event. The AAWA executive will review all exemption requests. All injury exemptions must have an accompanying doctor’s note.
3. If athletes in the U19, Junior or Senior age classes are participating in the 2020 Canadian Junior/Senior Championships, March 27-29, 2019, an automatic exemption will be granted. Registration for the Canadian Championships will be reviewed to confirm participation in the event.
4. 5 mats will be running. A silent draw will be used with bout numbers displayed at the chairman’s table. Athletic therapists will be available for acute injuries. If an athlete requires taping, they must supply their own tape

### **Event Schedule:**

**Saturday, March 21:**

#### Session 1

8:00 am – 9:00 am – Warm-up

9:00 am - 12:00 pm – Bantam/U17 Competition

#### Session 2

1:00 pm – Completion –U19/Junior/Senior Competition

**\*NOTE: Junior will begin immediately following U19/Senior\***

**Saturday, March 21 AAWA Awards Banquet**

6:00 pm – Doors Open

6:00 pm – 8:45 pm – Silent Auction

7:00 pm – Dinner Served

7:30 pm – Guest Speaker

7:45 pm – 8:30 pm – Awards Ceremony hosted by TBA

8: 30 pm – 10:00 pm – Social

**Location:** McKernan Community Hall  
11341 78 Avenue NW  
Edmonton, AB  
T6G 0N1

Tickets can be purchased through the following link or by calling 780-415-0140 by March 17.

<https://forms.gle/GXs7ONoi3Aob55Qh9>

Tickets are \$40 per person. There will be a cash bar on site. A business casual dress code will be in effect.

**Sunday, March 22:**

Session 3

9:00 am – 10:00 am – Warm-up

10:00 – 1:00 pm– U17 Greco-Roman/Tyke/Novice Competition

Session 4

1:00 pm – 4:00 pm – U19 Greco-Roman/Kids Competition

**Weights:**     *Male Bantam:* 31-34, 37, 40, 43, 46, 50, 54, 58, 63, 69, 75, 80, 87, 95 kg

*Female Bantam:* 31-34, 37, 40, 44, 48, 52, 56, 60, 65, 70, 75, 82, 90 kg

*If you have bantam athletes over the maximum weight limit, please note their exact weight on the entry form to ensure matches can be made*

*Male U17/U19:* 39-42, 45, 48, 51, 55, 60, 65, 71, 76, 80, 92, 110, 125 kg

*Female U17/U19:* 36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90 kg

***NO WEIGHT ALLOWANCE for Bantam/U17/U19***

***NOTE: We will be using the same weights for Greco-Roman***

*Junior Male:* 54, 57, 61, 65, 70, 74, 79, 86, 92, 97, 125 kg

*Junior Female:* 46, 50, 53, 55, 57, 59, 62, 65, 68, 72, 76, 82 kg

*Senior Male:* 57, 61, 65, 70, 74, 79, 86, 92, 97, 125 kg

*Senior Female:* 50, 53, 55, 57, 59, 62, 65, 68, 72, 76, 82 kg

***Note: All Juniors and Seniors have a 2 KG Weight Allowance***

**Accommodations:**

*Blocks of rooms are currently on hold at two host hotels until **February 20, 2020**. When booking, make reference being a part of Alberta Amateur Wrestling Provincial Championships to receive preferred rates. First come, first serve, so book early!*

**Delta South Conference Centre**  
4404 Gateway Blvd  
Edmonton, AB  
T6H 5C2  
780-434-6415

**Radisson Edmonton South**  
4440 Gateway Blvd  
Edmonton, AB  
T6H 5C2  
780-437-6010

[Link to Book at Delta \(click here\)](#)