



# Grande Prairie Wrestling Club Northern Lights Tournament

- DATE: Friday & Saturday January 17<sup>th</sup> & 18<sup>th</sup>, 2020
- VENUE: **Alexander Forbes School**  
7240 Poplar Dr, Grande Prairie, AB T8V 5A6
- ENTRY FEE: \$15.00/ Elementary  
\$20.00 / Jr. high and High school  
Athletes may wrestle more than one division if with in age category.  
\$10.00/ Additional division  
**\* 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 15, 2020  
**\*1Kg weight allowance on all weight challenges.\***

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

## REGISTRATION:

Registrations must be received no later than 9:00 pm on Wednesday, Jan 15th. There will be no weigh-in at the tournament so please be accurate with your weights. 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: Use the following Google Link to register please contact Adam Link 780-897-8825 with any questions or concerns.

<https://forms.gle/gthRKeAGQB3CeY9T7>

Primary Tyke Born 2014-2015                      1 round - 90 seconds - no points  
(Weight Class to be pooled.)

Elementary Tyke Born 2012-2013                1 round – 2 minutes - run time  
(Weight Class to be pooled.)

Novice Born 2010-2011                            2 rounds – 2 minutes - run time  
(Weight Class to be pooled.)                      *As per Wrestling Canada Lutte Novice Rules*

Kids Born 2008-2009                                2 rounds – 2 minutes - run time  
(Weight Class to be pooled.)                      *As per Wrestling Canada Lutte Kids Rules*

Junior High School  
Grade 7-9

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  
Grade 10-12

Weight Classes:    *Sr. Males: 39-42, 45, 48, 51, 55, 60, 65, 71, 76, 80, 92, 110, 125, 125+ Kg.*  
*Sr. 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 at 12:00 pm - Ending at 6:30 or earlier. 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 concessions booth 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 17th 2020.

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