



Lethbridge Collegiate Institute Green and Gold High School

- DATE:** Friday December 5th, 2025
- VENUE:** 1st Choice Savings Centre for Sport & Wellness
University of Lethbridge - 23 Pronghorn Way West
- ENTRY FEE:** \$35.00/wrestler – cash, *cheque (payable to Lethbridge Amateur Wrestling Association) or e-transfer (paylawwa@gmail.com)*
- LETTER OF INTENT:** Please e-mail a letter of intent by November 15th to alan.hansen70@gmail.com if your school wishes to attend our tournament. In the email, please include your school's name, # of males and #of females that are planning on attending.
- WEIGH-INS:** At home weigh-in Wednesday December 3rd before 9:00 PM
- REGISTRATION:** Coaches will be responsible for entering athletes directly into TrackWrestling, before Wednesday December 3rd 9:00 PM
Please contact Jane burns at aawofficials@gmail.com for TrackWrestling registration Link.
- WEIGHT CLASSES:** MEN: 48, 51, 55, 60, 65, 70, 75, 80, 88, 100, 115, 115+kg
+ 1 kg weight allowance on challenges, some weight classes might be amalgamated if insufficient competitors.

WOMEN: 46, 49, 52, 56, 60, 65, 70, 75, 82, 90, 90+ kg.
+ 1 kg weight allowance on challenges, some weight classes might be amalgamated if insufficient competitors.
- WRESTLING TIMES:** **3:00pm start time**
- AWARDS:** Medals for 1st, 2nd, and 3rd in each category.
- SKIN CHECKS:** Skin checks will be done on the coach's honour, and we reserve the right to remove any athlete that competes with a skin infection. Medical staff will be on site, to make the final decision.
- TOURNAMENT RULES:** ASAA Rules - Participates must be grade 10, 11, or 12 students.