

PRONGHORN INVITATIONAL

WRESTLING TOURNAMENT

Saturday, December 6th, 2025

- Location:** 1st Choice Savings Centre for Sport & Wellness
University of Lethbridge - 23 Pronghorn Way W, Lethbridge, AB.
(Buses after dropping off please park at far end of lot E)
- Divisions:** Men's & Women's Open
- Start Time:** 9:00am (All Male and Female weight classes will be competing at the same time) Skin Check 8:30am
- Entry Fee:** \$50.00 per athlete - cash, cheque (payable to Pronghorn Amateur Wrestling Association) or e-transfer (paypronghorns@gmail.com)
- Weigh-Ins:** At home, coach supervised, anytime on Thursday, December 4th.
There will be a Red Dot system in place the day of competition. Each team will have a randomly selected individual that must weigh-in prior to their competition session. 8:30am Skin Check
- Weights:** Athletes have a 2-kilogram allowance at weigh in.
Men's – 57, 61, 65, 68, 72, 76, 82, 90, 100, 100 to 125kg
Women's - 50, 53, 56, 59, 62, 65, 68, 72, 76, 76 to 83kg
Athletes can only wrestle one weight class.
- Registration:** Coaches will be responsible for entering athletes directly into TrackWrestling. Please contact Jane burns at aawofficials@gmail.com for TrackWrestling registration Link.
- Rules & Draw:** Freestyle per WCL rules with double elimination bracket.
- Awards:** Top 3 places per weight class
- Contact:** Shawn Daye-Finley hornswrestling@uleth.ca ph:902-225-1305
- Spectators:** Friday Dual Meet - Adult: \$10.00 (Cash or e-transfer) Kids: under12 Free