



WRESTLING CANADA LUTTE

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To: High Performance and Development Committee

From: Clint Kingsbury – Domestic Development Mgr.

Subject: Junior/Senior National Championships (starting 2008)

PLEASE BE ADVISED THIS IS AN UPDATE

The CAWA has reviewed the issue with regards to the weigh-in procedure for the first combined Junior/Senior National Championships.

In past years weigh-ins for the Nationals have allowed wrestlers to weigh-in once for that tournament.

Example: Junior National Freestyle and Junior National Greco Roman

We will use this principle within the combined event. The difference is that the CAWA has left open the option of a Junior Wrestler entering the Senior National Championships. The principle of one weigh-in can not serve for all Junior and Senior events in the tournament.

Following is an overview of the weigh-in procedure:

1. Where a Junior athlete weighs in for the Junior National Championships, his/her original weigh-in will be used for the entire Junior tournament (Freestyle/Greco Roman)
2. Where a Senior athlete weighs in for the Senior National Championships, his/her original weigh-in will be used for the entire Senior Event (Freestyle/Greco Roman/FISU Trials)
3. If a Junior Athlete wishes to wrestle in the Senior National Championships with one or more days between their Junior and Senior events, he/she will have to weigh in again the day prior to competing in the Senior event with a 2kg allowance
4. If a Junior Athlete wishes to wrestle in the Senior National Championships, with less than one day between their Junior and Senior event, he/she will be permitted to use his/her original weigh-in.

STARTING 2008

Junior Men: 55kg, 74kg & Junior Women: 48kg, 67kg

- Weigh-In on Wednesday (No Allowance) for Junior and Senior Event
- Compete in Junior event on Thursday
- Compete in Senior event on Friday
- Compete in Junior Greco Roman event on Sunday (Men Only)

- Weigh-In on Saturday (+2kg Allowance) for FISU Trials
- Compete in FISU Trials on Sunday

Junior Men: 50kg, 66kg & Junior Women: 44kg, 55kg, 59kg, 63kg, 72kg

- Weigh-In on Wednesday (No Allowance) for Junior event
- Compete in Junior event on Thursday
- Compete in Greco Roman event on Sunday (Men Only)
- Weigh-In on Friday (+2kg Allowance) for Senior event and FISU Trials
- Compete in Senior event on Saturday
- Compete in FISU Trials on Sunday

Junior Men: 60kg, 84kg, 96kg, 120kg & Junior Women: 51kg, 82kg

- Weigh-In on Thursday (No Allowance) for Junior, Senior events and FISU
- Compete in Junior event on Friday
- Compete in Senior event on Saturday
- Compete in Greco Roman event on Sunday (Men Only)
- Compete in FISU Trials on Sunday
 - If you are NOT Competing in the Senior event, You will need to weigh-in on Saturday (+2kg) for the FISU Trials

5. Athletes weigh-in must be the day prior to their first competition. Any athletes that weigh-in and don't compete the following day will be required to weigh-in again with No Allowance/Tolerance, the day prior to the actual competition.

Example: If a wrestler comes to wrestle only the Greco Roman portion of the National Championships – He will have to weigh in during the time scheduled for only Greco Roman Weigh-INS the day before the competition.

Sincerely,

Clint Kingsbury

Clint Kingsbury
Domestic Development Mgr.
CAWA