

ATLANTICS 2019

- Date:** Feb 15 - 16, 2019
- Location:** Riverside Education Centre
6 Riverside Dr, Hardwood Lands, NS B0N 1Y0
- Time:** Weigh-in 3:30pm-4:30pm
Wrestling Session 1 – Friday 6:00pm – 9:00pm
Wrestling Session 2 – Saturday 9:00am until completion
- Registration:** For a smooth weigh in, please pre-register by Feb 14, 9:00pm - Please list all athlete names, genders, DOBs, and exact weights to ns.pairing@gmail.com
- Rules:** WCL rules will be in effect for Cadet & Juvenile/Junior age groups.
Modified Youth Wrestling Rules will be used for Kids/Novice & Bantam divisions
- Age Groups:** U11/U13 (9 to 12 years of age), U15 (13 to 14 years of age), U17 (15 to 16 years of age), and U19 (17 to 18 years).
- Weights:** U19 & Junior Men – 39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125
U19 & Junior Women – 36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90
U15 & U17 Male – 39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125
U15 & U17 Female – 36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90
U11 & U13 Male (Novice & Kids) – Ages grouped together in round-robins
U11 & U13 Female (Novice & Kids) – Ages grouped together in round-robins
- Entry Fee:** \$20
- Awards:** Medals for top three
Outstanding Wrestler Awards
- Hotels:** Hampton Inn Truro – 902 843 4343
Holiday Inn Express Airport – 902 576 7600

All participants MUST be members in good standing of their Provincial governing body

Canteen will be available on both days and there will be a limited number of t-shirts for sale.

