



Mandatory Calendar (please note that travel dates are not indicated below)

Event	Location	Dates	Info
SR PanAm Championships	Buenos Aires, Argentina	18-21 of April	Must attend if seeking to qualify/wrestle Pan Am Games
Ranking Series	Sassari, Italy	24-25 of May	Important for ranking points for World Championships
GMP Camp 2	Sassari, Italy	26-30 of May	Focus on self/care, recovery and Mental Performance
Non-Olympic Weight Trials	Calgary, Canada	29 of June	
Canada Cup	Calgary, Canada	30 of June	
GMP Camp 3	Calgary Canada	1 - 6 of July	Focus on Mental Performance, Medical/Para-Medical/ Nutrition
Pan Am Games	Lima, Peru	7-10 of August	Only 8 funded spots
Senior World Championships	Astana, Kazakhstan	14-22 of September	First Olympic Qualification opportunity
Tokyo 2020 Test Event	Tokyo, Japan	3-5 October	Observation only – we will not be competing
GMP Camp 4	Tsu City, Mie Prefecture, Japan	5- 10 October	Focus on Nutrition, Performance Analysis (Year in Review), S and C, Gap Analysis
Canadian Team Trials	Niagara, Canada	6-8 December	





Individual Calendar (by approval of the High Performance Director)

Event	Location	Dates	Info
Spanish Grand Prix	Madrid, Spain	5-7 July	FS/WW
Yasar Dogu Ranking Series	Istanbul, Turkey	11-14 July	FS/WW
Poland Open	Warsaw, Poland	2- 4 August	FS/WW
Medved	Minsk, Belarus	9-12 August	FS/WW
Dmitry Korkin	Yakutsk, Russia	17-20 October	FS
Urga Cup	Nefteyugansk, Russia	24-28 October	FS
U23 World Champs	Budapest, Hungary	28 October – 3 November	FS/WW

