



2023 BISHOP RYAN OPEN
WRESTLING TOURNAMENT
(MEN & WOMEN DIVISION)

DATE: Friday December 8th, 2023

VENUE: Bishop Ryan CSS, 1824 Rymal Road East, Hannon, On, L0R 1P0

COST: **\$25/wrestler** Make cheque payable to: **BISHOP RYAN WRESTLING**

This year's tournament will be limited to only **300** wrestlers.

You **MUST** pre-register your team with the approximate number of athletes by:

Thursday November 23rd, 2023. I will then confirm your entry and e-mail the Excel entry forms to be used to enter your team on Tuesday, December 5th, 2023.

Pre-register by: e-mail: bishopryanwrestling@gmail.com

WEIGHT CLASSES:

Men (kg): 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95, 130, 130+

Women (kg): 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95, 115, 115+

Weigh-In Time: Only those that have pre-registered are asked to e-mail your entries using the **Excel entry forms** provided by 5:00 pm on

Tuesday, December 5th, 2023 to: bishopryanwrestling@gmail.com

NOTE:1 Any team with wrestlers who do not show at the tournament will still be charged the entry fee. Please be certain that your athlete is committed to attend before you send in your entries.

2 All wrestlers are to compete in a singlet and wrestling boots (no shorts or runners)

3 A "Red Dot" system will be used with a 1kg allowance

WRESTLING BEGINS: 9:00 am SHARP (please arrive by 8:15 am)

CONTACT PERSON: Sheldon Francis Phone 905 – 570 – 5373

E-mail info@bishopryanwrestling.com

Tournament information can be found at the BR Wrestling Website:

www.bishopryanwrestling.com