



# **U SPORTS | WRESTLING CANADA LUTTE INVITATIONAL CHAMPIONSHIP**

**February 28 to March 1 | St. Catharines, ON**

**Bulletin #1**

**20  
25**

# SECTION 1:

## GENERAL INFORMATION

### ORGANIZING COMMITTEE

Position	Name	Email
Chief Executive Officer, Wrestling Canada Lutte	Tamara Medwidsky	<a href="mailto:tamara@wrestling.ca">tamara@wrestling.ca</a>
Marketing & Communications, Wrestling Canada Lutte	Darren Matte	<a href="mailto:dmatte@wrestling.ca">dmatte@wrestling.ca</a>
Program Coordinator, Wrestling Canada Lutte	Jolene Wong	<a href="mailto:jwong@wrestling.ca">jwong@wrestling.ca</a>
Associate Director, Performance Brock University   <b>Medical</b>	Steve Lidstone	<a href="mailto:slidstone@brocku.ca">slidstone@brocku.ca</a>
Associate Director, Sports Brock University   <b>Convenor</b>	Courtney Smith	<a href="mailto:courtney.smith@brocku.ca">courtney.smith@brocku.ca</a>
Manager, Varsity Operations Brock University   <b>Assistant Convenor</b>	David Velasco	<a href="mailto:dvelasco@brocku.ca">dvelasco@brocku.ca</a>
Sports Information Coordinator Brock University   <b>Sports Info</b>	Theo Wan	<a href="mailto:twan@brocku.ca">twan@brocku.ca</a>

### GENERAL CONDUCT

Please note that the following U SPORTS policies will be in effect during the event:

- 13.1. Maltreatment in Sport (see U SPORTS policy 90.20A)
- 13.2. Harassment and Discrimination (see U SPORTS policy 90.20B)
- 13.3. Complaints, Discipline (see U SPORTS policy 90.30)
- 13.4. Appeal, ADR (see U SPORTS policy 90.40 to 90.50)
- 13.5. Code of ethics, code of conduct (see U SPORTS policy 90.60)

## EVENT SCHEDULE

### WEDNESDAY, FEBRUARY 26

10:00 - 16:00	Open Gym	<a href="#">Canada Games Park</a>
20:00 - 22:00	Open Gym	<a href="#">Canada Games Park</a>

### THURSDAY, FEBRUARY 27

7:00 - 14:00	Open Gym	<a href="#">Canada Games Park</a>
14:00	Weigh-ins & Medicals	<a href="#">Holiday Inn &amp; Suites St Catharines</a>
15:00	Technical Meeting	<a href="#">Holiday Inn &amp; Suites St Catharines</a>
15:30	Coaches Meeting	<a href="#">Holiday Inn &amp; Suites St Catharines</a>

### FRIDAY, FEBRUARY 28

9:00 - 12:30	Morning Session	<a href="#">Canada Games Park</a>
12:30 - 13:00	Lunch	<a href="#">Canada Games Park</a>
13:00 - 17:30	Afternoon Session	<a href="#">Canada Games Park</a>

### SATURDAY, MARCH 1

10:00	5 v 6   7 v 8 Matches	<a href="#">Canada Games Park</a>
12:00	Bronze Medal Matches	<a href="#">Canada Games Park</a>
15:00	Gold Medal Matches	<a href="#">Canada Games Park</a>
18:00	Banquet & Awards	<a href="#">Holiday Inn &amp; Suites St Catharines</a>

\* All times are (EST).

# SECTION 2: PARTICIPANT INFORMATION

## ANCILLARY SERVICES

### ACCOMMODATIONS

Host Hotel: [Holiday Inn & Suites St Catharines](#)

Address: 327 Ontario St, St. Catharines, ON L2R 5L3

Room Type: Double Occupancy

Distance: 10 minutes

Group Sales: Kim Huot ([kim.huot@honhotels.com](mailto:kim.huot@honhotels.com)) | 905-704-5656 ext. 5614

Host Hotel: [Best Western St Catharines Hotel](#)

Address: 2 N Service Rd, St. Catharines, ON L2N 4G9

Room Type: Double Occupancy

Distance: 10 minutes

Group Sales: Kim Huot ([kim.huot@honhotels.com](mailto:kim.huot@honhotels.com)) | 905-704-5656 ext. 5614

*Rooms will be released as of Sunday, February 16, 2025.*

### TRANSPORTATION

Participants are **responsible for their own transportation** to and from the competition venue and host hotel. Parking is available at both Canada Games Park and the Holiday Inn & Suites, St. Catharines. Brock Sports recommends [Attridge Coach Lines](#) (Rosalie Shepherd | [rshepherd@attridge.com](mailto:rshepherd@attridge.com) | 905-333-4047) or Enterprise Car Rental.

Nearby airports include Buffalo (BUF) - 49.2 km; Billy Bishop; Toronto City (YTZ) - 52.8 km; Toronto (YYZ) - 64.1 km; and Hamilton Airport (YHM) - 68 km.

## ANCILLARY EVENTS

### CHAMPIONSHIP BANQUET & AWARDS CEREMONY

Date: Saturday, March 1, 2025

Site: [Holiday Inn & Suites St Catharines](#)

Cost: \$80.00

Schedule: 18:00

Dress Code: Semi-Formal

*Please note that the All-Canadian Awards Ceremony will be a buffet-style meal. Attendees must reserve their ticket(s) prior to February 22 at 12:00 (ET).*

## TECHNICAL INFORMATION

### CHAMPIONSHIP ROSTER

#### Weight Classes:

MEN - 57, 61, 65, 68, 72, 76, 82, 90, 100, and 100 to 125 kg

WOMEN - 50, 53, 56, 59, 62, 65, 68, 72, 76 and 76 to 83 kg

**Teams:** Each championship team can declare up to one **(1) wrestler per weight class** from their most recently submitted U SPORTS Eligibility Form. Wrestlers are not allowed to move up or down from the weight class submitted to U SPORTS from the Conference Championships, notwithstanding the substitution process (*see playing regulations*).

### VENUE

In all preliminary rounds, **four (4) official size mats** will be used (12 x 12 m) with the appropriate markings clearly visible and offering sufficient "protection area" to guard against possible injury, as per WCL's Mat Regulation Policy. The Bronze and Gold medal matches will be conducted on **two (2) official size mats** with the order of weight classes left to the discretion of the Convener.

At **Canada Games Park**, competitors will have access to warm-up mats, spin bikes, locker rooms and a nutrition table. Teams are also invited to use Brock's fitness centre, locker rooms and saunas located in the **Walker Sports Complex** on campus (approx. 10-minute walk from CGP).

#### **Canada Games Park**

2021 Canada Games Wy  
Thorold, ON  
L2V 4Y6

#### **Walker Sports Complex**

1812 Sir Isaac Brock Way  
St. Catharines, ON  
L2S 3A1

### AWARDS

All-Canadian and Major Awards will be awarded at the Championship Banquet on Saturday, March 1, while medal ceremonies will take place immediately following bronze and gold medal matches at Canada Games Park.

## MEDICAL INFORMATION

A **qualified physician** will be on-site with additional therapists on-call. An **Emergency Action Protocol** will be provided to each team upon arrival. For those traveling with athletic therapists, there will be a designated area at Canada Games Park to setup treatment tables and equipment. Further information regarding medical services will be provided at the technical meeting.

Note that up to and including the final gold medal matches, student-athletes must adhere to U SPORTS doping policy 90.10.

## SECTION 3: SPECTATOR INFORMATION

### TICKETING INFORMATION

#### GENERAL ADMISSION

Adults	\$15
Senior	\$10
Students/Youth	\$7

Tickets are available via <https://brocku.universitytickets.com/> or can be purchased on-site at the entrance of Canada Games Park.

### HOST REGION

#### NIAGARA

Niagara is a one-of-a-kind natural, recreational, historical, and cultural wonderland. It is situated between two of Canada's Great Lakes and is spanned by the Niagara Escarpment, an ideal landscape for a variety of beautiful waterfalls and unique ecosystems that are protected as a world biosphere reserve. Those beautiful waterfalls include the spectacular Niagara Falls, one of the world's natural wonders. More than 14 million people come to Niagara each year to explore, enjoy and experience its spectacular landscape, rich history, and many cultural and culinary experiences. [Read more >](#)

## ST. CATHARINES

St. Catharines is the largest community in the Niagara region, home to 137,000 of the region's 450,000 residents. Known as "The Garden City" St. Catharines is surrounded by orchards and vineyards, the Niagara Escarpment and Lake Ontario. St. Catharines offers excellent dining, retail and entertainment options. The culinary scene is the best in Niagara with some of the area's top destination restaurants located right in the heart of the city's historic downtown. [Read more](#) >