



Mitch Ostberg
Wrestling Head Coach
Cell: (403) 815 2629
Email: ostberg@ucalgary.ca

October 1, 2026

Dear Coach,

I would like to invite your team to the University of Calgary Dinos Invitational Wrestling Tournament on Saturday, October 24, 2026. Please see the attached tournament document for detailed information.

Please complete your Trackwrestling.com registration by 6pm Friday, Oct 23. We will be competing in two sessions, morning and afternoon. All matches and awards for a weight will be completed within the session. I'll email the weight class distribution and start times in advance.

For at-home weigh ins, coaches please supervise weigh ins personal, record the athlete's actual weight in track, and have your medical or training staff inspect all athletes for contagious skin infection. Please do not enter any athlete with a contagious skin infection. Can West requires an on-sight skin check before tournaments so that will occur at 8am mat side in Red Gym. As Tournament Director, I reserve the right to remove any athlete from this competition that the Tournament Doctor deems to be a risk to others for infectious transfer.

Only varsity wrestlers are allowed to wear team-coloured singlets, all other athletes must wear red and blue singlets per WCL rules. When you enter your team on track, please be very clear which athletes are USport eligible and which are club athletes. Varsity team members only score team points towards the varsity team title. No club team award will be offered.

All entry fees should be paid using debit, credit, or cash at the draw masters table on the floor of the tournament. Please pay them in advance of the tournament start. Cheques can be made out to the Calgary Heat Wrestling Society. Receipts will be available. Coaches and officials lunch will be provided.

Dinos dual meets are on Friday October 23 at 6 - 8pm in Red Gym. Please contact me a week in advance to arrange access for your team.

Sincerely,
Mitch Ostberg
Tournament Director

Use Dinos Athletics host hotels for university preferred rates.

Four Points Sheraton, 8220 Bowridge Cres. NW, link: [Dinos host hotel for visiting teams](#)

Call (403) 202-4414 or email: salesmgr@fourpoints-calgary.ca for all reservations at above.

Closest and newest: **Alt Hotel Calgary** in University District, 482 McLaurin St, NW, link: [Alt Hotel](#)



DINOS INVITATIONAL WRESTLING TOURNAMENT SATURDAY, OCTOBER 24, 2026

- Location:** **Red Gym**, “A” Block, Faculty of Kinesiology
The University of Calgary, 2500 University Dr. NW, Calgary
- Divisions:** Men’s & Women’s combined then split into two sessions.
Athletes born in 2008 and earlier are eligible to compete.
Athletes can only wrestle one weight class.
- Start Time:** Skin Check - 8AM, Session I - 9 AM, Session II - 1:30 PM
- Entry Fee:** \$50.00 per athlete
- Weigh-Ins:** At home, coach supervised, after 6pm on Thursday, Oct. 22.
A Red Dot weight check system will be enforced for clubs not affiliated with a university team or clubs that didn’t attend a CW school weigh in. An additional 1kg allowance will be given at the scale at the time of the Red Dot weight check before the tournament starts.
- Weights:** Athletes have a 2 kilogram allowance at weigh in.
Men’s USport weights in kilograms
57 61 65 68 72 76 82 90 100, 100 to 125
Women’s USport weights in kilograms
50 53 56 59 62 65 68 72 76, 76 to 83
- Registration:** A registration link will be sent out to all invited programs from our draw master. Coaches will be responsible for entering athletes directly into Trackwrestling.com.
- Rules & Draw:** Freestyle per WCL rules with double elimination bracket.
- Awards:** Top 3 places per weight class and Varsity Team Titles.
- Contact:** Mitch Ostberg, Tournament Director
Phone (403) 815-2629 cell Email: ostberg@ucalgary.ca