



WRESTLING

Cold Lake High School
Cold Lake



FINAL January 22/26

Start End

Friday February 13		
4:00pm	6:00pm	Mandatory official weigh-in at Food Centre and medical check (ALL wrestlers must weight-in by Zone. 1KG allowance)

Saturday February 14					
Time		Round	Pool	Mat 1	Mat 2
7:30		Athletes arrive			
7:45	8:15	Warm-ups - 2 Mats			
8:15	8:30	Welcome & Introductions			
8:30	10:00	1	A	3 vs 7	2 vs 5
10:00	11:30	2	B	6 vs 4	1 vs 8
12:00	1:30	3	A	3 vs 5	2 vs 7
1:30	3:00	4	B	6 vs 8	1 vs 4
3:00	4:30	5	A	3 vs 2	5 vs 7
4:30	6:00	6	B	6 vs 1	8 vs 4
6:30		Athletes depart			

***Lunch available from 11:00 - 1:00

Sunday February 15		
Time		
8:00		Athletes arrive
8:00	8:30	Warm-up - 2 Mats
8:30	9:30	Crossovers
9:30	11:00	Bronze medal individual finals Gold medal individual finals
11:00	12:30	4th place team finishers in pool wrestling for 7th & 8th 3rd place team finishers in pool wrestling for 5th & 6th
12:30	2:00	2nd place team finishers in pool
2:00	3:30	1st place team finishers in pool
3:30	4:00	Medal Presentations
4:00		Athletes depart

***Lunch available from 11:00 - 1:30