

7th Annual Cougar Invitational

HISTORY: This is the seventh year that the Cowichan Valley has hosted the Cougar Invitational. Every year the number of wrestler's at the tournament has grown. From it's first year with 61 participants to last years total of 210 participants. Teams from all over Vancouver Island have taken part and we hope to see some mainland teams this year. This year we hope to break the 250 mark!

DATE: Saturday, December 3rd, 2011

TIME: Registration, 8:00-9:00 am, wrestling to begin at 9:30am

PLACE: Chemainus Secondary School
9947 Daniel
Chemainus, BC
Phone: 250-746-5919
Fax: 250-746-8689

CONTACT: Nick Zuback
Home: 250-746-4056 Work: 250-746-5919 Fax: 250-746-8689

ENTRY: For this year we will be accepting registration online. GO TO www.bcwrestling.com membership LOG IN to your on-line account. CLICK Event Reg from your membership acct. SELECT only athletes entering by clicking in box by their name & ENTER their Wt. Class. DOWNLOAD. Open to review & SAVE IT onto your computer. SUBMIT the attached WOF "EVENT REG" file via EMAIL info@bcwrestling.com

If you have any questions regarding how to register please email rymckenzie@shaw.ca or via phone: 250-735-0354 or 250-723-4209

All names and weights must be received by THURSDAY DECEMBER 2nd at 4:00pm.

If you have last minute scratches, please call Richelle McKenzie at 250-735-0354

***Please send in exact weight as weight classes may be combined due to numbers.**

ELIGIBILITY: Is open to all wrestlers. If you have a really strong Junior wrestler my suggestion to place them in Senior Division.

- We will be running two Division's .Wrestlers 14 and under will qualify for the Junior Division. The Senior Division will be wrestlers aged 15-18.

ENTRY FEE: \$25.00. Make cheques payable to **Cowichan Valley Wrestling Club**.

WEIGHT CLASSES: (there is a 1 kg weight allowance)

JUNIOR BOYS: 35, 38, 41, 45, 48, 51, 54, 57, 60, 63, 66, 70, 74, 78, 85+

JUNIOR GIRLS: 34, 37, 40, 43, 47, 51, 54, 57, 60, 64, 69, 69+

SENIOR DIVISION: Weight classes will be pooled according to exact weight.

REMEMBER: You must submit the exact weight of all your wrestlers.

- Please note that all divisions may be pooled according to exact weight. Wrestlers will not be placed into a pool where there is a weight discrepancy of more than 4 kg without the explicit permission of the coach.
- Juniors must be 14 years or younger on December 31, 2010
- Any weight challenges must be made before the 2nd round. A wrestler may be withdrawn from the tournament for weight in excess of the registered weight.

AWARDS: Top three wrestlers in each weight class will receive a medal. The top four in each division will earn points for their team. There will also be male and female wrestlers of the tournament in both Junior and Senior divisions. Team plaques for the top 3 teams in both divisions will also be awarded.

DRESS: Singlets or form fitting tops and shorts. Wrestling boots or clean running shoes.

No bare feet. Pockets and belt loops must be taped and fingernails clipped before tournament.

REFEREES: If you have senior wrestlers who are interested in refereeing the Cougar Invitational please contact Nick Zuback at 250-746-4056 or nzuback@hotmail.com. It is my understanding that Cody McEvay will hold a clinic in the a.m. for any Novice officials wanting to officiate.

CONCESSION: A full concession will be offered at the tournament with all proceeds going towards raising money for a new wrestling mat. Wrestling Practice shirts will also be sold.

DIRECTIONS: Click on the link below for directions to Chemainus Secondary.

<http://www.mapquest.com/maps?city=Chemainus+&state=BC&address=9947+Daniel&at=chemainus+secondary#a/maps/m::11:48.926931:-123.742762:0::::/e>

1st Annual Cowichan Grappling Tournament:

We are looking at possibly hosting an Open grappling tournament after the Cougar Invitational. If there is enough interest, we will definitely run the grappling division. If coaches could send me an email regarding their interest or if they know of local grappling clubs, that would be interested, could you please pass my email off to them?

nzuback@hotmail.com Entry Fee: \$35