



**SCHOOL SPORT
NOVA SCOTIA
SPORT SCOLAIRE
NOUVELLE-ÉCOSSE**

2024-2025 Wrestling Regional Championships

**February 15, 2025
Sackville High School**

Tournament Director: Mike Lidstone

Entry to Facility 7:30 am – weigh-ins 8 a.m. – 9:30 am

Coaches meeting 10:00 am

Wrestling begins – 10:30 am

SSNS PRESENTING PARTNER

eastlink

Contacts:

Tournament Director - Mike Lidstone - sackvillewrestling@hotmail.com

Registration - ns.pairing@gmail.com

General Information:

Age Classifications:

a.) Senior – under 19 years of age as of September 1st of the current school year and in Grades 10-12.

b.) Junior – under 16 years of age as of September 1 of the current school year and in Grades 6-9. Must be registered as a junior high/middle school or senior high school.

Weight Classes:

To be determined annually based on Wrestling Nova Scotia categories. Junior High classes should be based on the Cadet age group (u-17) and senior high classes based on Juvenile age group (u-19). SSNS shall retain plus weight classes. (* **All Athletes to be grouped based on actual weight.**)

FEMALE: 36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90 kg , 90+

MALE: 39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125 kg ,125+

1. Regulations

- See SSNS Handbook - [WRESTLING.docx - Google Docs](#)

2. Registration

- Official registration for weigh ins is from 8 am – 9:30 am Saturday, February 15th. Only those students who weigh in during the 1 ½ hour time limit will be permitted to compete.
- There will be a skin check and fingernail check at the weigh – ins.
- Coaches are to ensure that athletes are registered in the proper category.

3. Provincial Competition

- Provincial competition – Saturday, March 1, 2025 at Yarmouth Consolidated Memorial High School.

4. Weigh-In

- The Pairing Master will take all the weights and group accordingly, so the students will have meaningful numbers of matches. Grouping of athletes will only take place if needed. The drawmaster will not permit any movement of athletes, after an official draw is posted. The draw will be completed and posted on www.trackwrestling.com.

5. Cost

- \$20 per wrestler. Cheques can be made payable to Sackville High School.

6. **Awards**

- Regional Banner to winning school.
- Individual medals will be awarded.

7. **Canteen Onsite**

8. **Notes**

- Student-athletes should come dressed and ready to weigh – in and wrestle.
- Track Wrestling will be used for the event and the mat selections can be found on that site (directions below). Please load this site the night before attending the event and encourage all your wrestlers and spectators to as well. You will need an electronic device that can connect to the internet to log in. QR Codes will also be posted in the gym.
- Wall charts will not be posted.
- Officials will be on site no later than 7:30 am. Those wrestlers competing on Mat “1” and the first match will be listed as 1001, Mat “2” will start with the first match listed as 2001, Mat “3” will start with the first match listed as 3001.
- There is no smoking in or on school property.
- Parking is limited to those areas as designated, on the gym side of the school.
- **First Aid** : On site

Track Wrestling:

www.trackwrestling.com

click "events" (top left)

click on the cogs beside the functions button

click "search events" (top middle of screen)

select "Nova Scotia" under state drop down

click "search"

Select "Western Regionals" or "Eastern Regionals"

Enter event as "viewer"

Click "View brackets"

Select weight class from drop down menu (Left side)