



Western
High School Invitational Wrestling Tournament
Hosted by the
Western Mustangs & London-Western Wrestling Club



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- Date:** Sunday Nov. 30, 2025
- Location:** Alumni Hall, Western University, London, Ontario, N6A 3B9.
Map <http://www.uwo.ca/about/visit/maps.html>
- Start Time:** 9:00 a.m. to conclusion.
- Eligibility:** Wrestlers in high school (OFSAA Eligible) representing their school or club, supervised by a coach or designate (No independents!). Please email sprocto@uwo.ca with expected numbers when you know.
- Weight Classes (kg):** Use these weights plus 1.0 kg allowance.
- Boys: 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95 kg, 130, 130+kg. Plus 1 kg.
- Girls: 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95, 115, 115+kg. Plus 1 kg.
- Divisions:**
1. Boys grade 9/10
 2. Boys Open
 3. Girls 9/10
 4. Girls Open
- Match time:** 2 x 2 min periods.
- Draw:** Double elimination or round-robin for weight groups five or less.
- Entry fee:** \$25.00 per wrestler. Please make cheques payable to "Western University". Entry fees to be paid prior to start time.
- Awards:** Medallions to the top 3 competitors in each weight class.
- Weigh-ins:** Coaches will weigh-in their own team at their site and e-mail entries on Friday Nov. 28th by 8:00 pm.
- Entries must be e-mailed to Ashley Menagh at wrestlingentries@gmail.com
- Please submit entries using the attached excel spread sheet.
- Red-dot:** There will be a red-dot weight check for this tournament.

- Draw Confirmation: Coaches are to check the draw by 8:15 a.m., Sunday for any errors. "No Shows" will be treated as scratches. No changes to the draw after 8:30 a.m., (Pairing master's discretion).
- Coaches meeting: There will be a coaches meeting at 8:40 a.m. on the stage in Alumni Hall.
- Trainers: There will be trainers on site. Those requiring taping must bring their own supplies.
- Hospitality: There will be a hospitality area for coaches, officials and volunteer staff on the stage in Alumni Hall.
- Skin Check: Coaches are to conduct a skin check of all team members at home weigh-ins. Any wrestler with a skin rash/lesion or condition will not be permitted to compete. The tournament convenor has the authority to pull any wrestler out of the tournament (before or during) if they suspect any skin condition on any wrestler. There will be a skin check for all wrestlers just prior to competition (8:15 - 8:45 a.m. at the north corner of the gym).
- Parking: There is free parking in South Valley lot. **Note Alumni Hall parking lot is not available.**

Contact information

- Convenor: Scott Proctor: 226-378-3557, Sprocto@uwo.ca
- Pairing Master: Ashley Menagh: 204-459-0212, wrestlingentries@gmail.com