



Provincial Championship 2024

SATURDAY February 24 2024

St-Césaire

Location : École Secondaire P.-G.-Ostiguy

1881 avenue St-Paul

St-Césaire, Québec, J0L 1T0

Person in charge:

Dominique Choquette

Tel: (450) 521-7064 Email : patriotes.dom@hotmail.com

**Inscriptions – Send your registrations before Wednesday, February 21st, 2024 à 8pm
at ldiaz.wrestling@gmail.com**

***Please use the Excel document to send your registrations**

<i>Categories</i>	
<i>TYKES (Born in 2016 or after)</i> <i>NOVICE (Born in 2014 – 2015)</i> <i>KIDS (Born in 2012- 2013)</i>	Grouped by weight category *No new registrations will be allowed on the morning of the competition.
<u>BANTAM – (U15):</u> Born in 2010-2011	Grouped by weight category *No new registrations will be allowed on the morning of the competition.
<u>CADET (U17):</u> Born in 2008-2009 (2010 can participate)	<u>Homme:</u> 39-42, 45, 48, 51, 55, 60, 65, 71, 80, 92, 110, 125kg <u>Femme:</u> 36-40, 43, 46, 49, 53, 57, 61, 65, 69, 73, 80, 90kg
<u>JUVENILE (U19):</u> Born in 2006-2007 (2008 can Participate)	
<u>JUNIOR (U20):</u> Born in 2004-2005 (2006 can participate)	<u>Homme :</u> 57, 61, 65, 70, 74, 79, 86, 92, 97, 125kg
<u>SENIOR:</u> Born in 2003 or before (2004-2005 can participate)	<u>Femmes :</u> 50, 53, 55, 57, 59, 62, 65, 68, 72, 76kg

*** *Winning a medal at the Provincial championships does not automatically guarantee participation in the Canadian Championships.*

Registration fee

30.00\$ /athlete/ category ou 50.00\$ / 2 categories

***Payable to: Club de Lutte Les Patriotes**

Rules:

- Each coach and athlete must be a member of the FLOQ for the 2023-2024 season
- To be in the Corner, the coach must have taken and passed the Introduction to Competition course
- To be eligible for the Cadet-Junior Nationals, the coach must have completed the A+B NCCP level
- Wrestlers must wear a red and blue singlet or the color of their club
- The new WCL rules in effect will be applied
- Participation in provincials is mandatory to be considered for nationals

A canteen will be on site for the day, we will serve lunches and breakfast



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Schedule

Saturday February 24th, 2024

7:30-8am	Registrations	Tykes, Novice, Kids, U15 – Women/ Men
7:30-8am	Registrations	U15 – Women/ Men
8:00 - 9:00 am	Registrations / Weight-ins	U17/ U20 - Men U17/ U19 - Women
8:00 am	Warm-up	Tykes, Novice, Kids, U15
8:30 am	Start of competition	Tykes, Novice, Kids, U15
10:15 am	Coaches' meeting	
10:30 am	Start of competition	U17/ U20 - Men U17/ U19 - Women
12h30 – 13h	Registrations / Weight-ins	U19/ Senior - Men U20/ Senior - Women
13h – 14h	Clinic With Gia	All
14h	Start of competition	U19/ Senior - Men U20/ Senior - Women
<u>The schedule may be modified according to the number of registered wrestlers</u>		
After the tournament	Coaches' meeting	<i>To determine who will participate in the Canadian Cadet/Junior Championship</i>