

# Media Information Package

## WRESTLING





## Media Information Package Wrestling



- A. HISTORY OF THE SPORT**
- B. CANADA GAMES SPORT HISTORY AND PAST RESULTS**
- C. NUMBER OF ATHLETES PER EVENT**
- D. NUMBER OF ATHLETES ON TEAM**
- E. EVENT FORMAT AND RULES OF PLAY**
- F. EQUIPMENT AND TERMINOLOGY**
- G. AGE ELIGIBILITY**
- H. JUDGING / SCORING SYSTEM**
- I. PLAYOFF AND TIE-BREAKING FORMAT**
- J. ROLE OF OFFICIALS IN SPORT**
- K. FACILITY DESCRIPTION**
- L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE**
- M. NOTABLE ATHLETES TO WATCH FOR**
- N. MATCH UPS – RIVALRIES**
- O. NOTABLE PAST ATHLETES/ALUMNI**
- P. SCHEDULE OF EVENTS**



## Media Information Package Wrestling



### A. HISTORY OF THE SPORT

Well before the inaugural modern Olympic Games of 1896, wrestling was as much a part of Greece's cultural heritage as hockey has been to Canadians. Many experts regard wrestling as the world's oldest competitive sport, and indeed, wall paintings in Egypt depicting grapplers date back 5,000 years. But the original Greek Olympics put wrestling on the map in the ancient world, making its Olympic debut in the Games of 708 B.C. It was apparently a much more violent, punishing sport in those early days, when it had closer ties to military training. Wrestling died out with the Olympic Games in the Dark Ages, but it was natural that when organizers of the 1896 Olympics searched for sports with roots in antiquity, they looked to wrestling. It was the showpiece event of those Olympics, much as the 100-metre final is in the present day Games.

A less restrictive brand of wrestling made inroads in the Western world. Unlike Greco-Roman wrestlers, who tried to throw or otherwise force their opponents to the mat with holds around the upper body, freestyle wrestlers had more options. They could trip their opponents, grab their legs and use their own legs in holds and take downs. Fittingly, freestyle wrestling also became known as "catch as catch can" and proved to be popular entertainment in the 19th Century.

In the early years of the Olympics, Finland and Sweden dominated both disciplines. Since the Olympics resumed in 1948, Olympic wrestling's heartland has moved south and east. Russia and the former Soviet Union have racked up a remarkable 298 medals in between freestyle and Greco-Roman, including nine (six gold) in the 2000 Sydney Games. Eastern European countries like Romania, Poland and Bulgaria and the former Soviet republics like Kazakhstan, Armenia and Azerbaijan have become wrestling powers, along with Middle Eastern countries like Iran and Turkey.

Canada's first national wrestling championships took place in Ottawa, Ontario, in 1909. Prior to the Sydney Games, Canada was not considered a strong wrestling nation. Canada had never won a gold medal and only earned 10 other wrestling medals in Olympic history. All that changed in Sydney in 2000 with the inspiring performance of Daniel Igali. Igali, who stayed in Canada after competing for his native Nigeria at the 1994 Commonwealth Games in Victoria, B.C. and became a Canadian citizen four years later, took home gold after defeating Russia's Arsen Gitinov 7-4 in the final of the 69kg. After the match, an elated Igali placed the Canadian flag on the mat and kissed it from his knees in a humble display of gratitude for his adopted homeland.

Since the Olympics resumed in 1948, Canada was in the midst of a 36 year drought, until super heavyweight Robert Molle and middleweight Chris Rink won silver and bronze at the 1984 Los Angeles Games.

On the women's side, the World Championship has been held every year since 1987 beginning with minimal participation and building to where it is an Olympic discipline in 2004. Canada first sent women to the World Championships in 1993 where Christine Nordhagen of Alberta and Janna Penney of B.C. won silver and bronze medals respectively. Since then, Nordhagen has gone on to become a six time World Champion (at 67 kg and 72 kg) in addition to the winner of numerous World Cup and international events. In 2002, Tara Hedican, of Guelph became the World Junior Champion at 63 kg, adding another honour to Canada's strong women's program.

In 2004, four women's weight classes were added to the Olympic Games, bringing the sport full circle to its roots in Greece. Japan was the dominant country in Athens, claiming four medals, including two gold. Tonya Verbeek of Ontario became the first Canadian woman to win an Olympic medal with her silver in the women's 55 kg weight class. In 2008 it was Carol Huynh of BC (wrestling for Calgary) was the first Canadian Women to win Olympic Gold in Beijing, CHN.



## Media Information Package Wrestling



As well to that record Tonya Verbeek also set a record in Wrestling history for Canada being the only wrestler to win back to back medals at the Olympics (Athens – Silver and Beijing – Bronze).

### B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Freestyle wrestling appeared in the first Canada Games in 1967. Originally a winter sport, wrestling was first featured in the Canada Summer Games in 1989. The 2009 Canada Summer Games in Prince Edward Island will mark the second Canada Games to feature a women's wrestling competition.

#### PAST RESULTS

	1967*	1971*	1975*	1979	1983	1987	1989	1993	1997	2001	2005	2006
	M	M	M	M	M	M	M	M	M	M	M	F
AB	3	-	-	4	4	2	4	4	3	4	11	5
BC	2	2	1	2	2	3	2	3	4	3	7	9
MB	-	-	-	7	8	10	6	7	7	9	-	1
NB	-	-	-	8	7	7	7	6	5	5	2	1
NF	-	-	-	6	5	6	9	8	8	7	2	1
NWT	-	-	-	11	11	11	11	11	11	11	-	-
NS	-	-	-	10	9	8	8	9	10	8	-	-
NU	-	-	-	-	-	-	-	-	-	10	-	-
ON	1	1	2	1	1	4	3	2	1	1	11	8
PEI	-	-	-	9	10	9	10	10	9	12	-	-
QC	-	-	-	3	6	5	5	5	6	6	-	2
SK	-	3	3	5	3	1	1	1	2	2	11	10
YK	-	-	-	-	-	-	12	12	12	-	-	-

M = Male  
F = Female

### C. NUMBER OF ATHLETES PER EVENT

Each province/territory is allowed one wrestler in each weight category.

### D. NUMBER OF ATHLETES ON TEAM

Competitors: Male 12 / Female 12

### E. EVENT FORMAT AND RULES OF PLAY

Match rules are those detailed in the most current edition of the C.A.W.A. Rule Book. The age grouping for the Canada Games covers two age divisions. In cases of conflicting rules, the Juvenile rule requirements will be in effect.



## Media Information Package Wrestling



Competitors can compete in either the weight class determined by their weight or in one weight class above. The only exception is the 130 kg (male) and 90 kg (female) categories in which all competitors must weigh at least 105 kg (male) and 75 kg (female).

### Weight Categories:

#### Male

- |                 |                 |                                       |
|-----------------|-----------------|---------------------------------------|
| 1. 43 to 46 kg. | 5. up to 63 kg. | 9. up to 90 kg.                       |
| 2. up to 50 kg. | 6. up to 68 kg. | 10. up to 105 kg.                     |
| 3. up to 54 kg. | 7. up to 74 kg. | 11. over 105 kg., and not over 130 kg |
| 4. up to 58 kg. | 8. up to 81 kg. |                                       |

#### Female

- |                 |                 |                                    |
|-----------------|-----------------|------------------------------------|
| 1. 36 to 40 kg. | 5. up to 56 kg. | 9. up to 75 kg.                    |
| 2. up to 44 kg. | 6. up to 60 kg. | 10. over 75 kg. and not over 90 kg |
| 3. up to 48 kg. | 7. up to 65 kg. |                                    |
| 4. up to 52 kg. | 8. up to 70 kg. |                                    |

The competitive format will be dual meets on the first two days with individual competitions on the third day. Both the team and individual competition between the males and females will be considered separate events.

Pool A: Male - 1<sup>st</sup> (SK), 4<sup>th</sup> (BC), 5<sup>th</sup> (NB), 8<sup>th</sup> (MB), 9<sup>th</sup> (PE), 12<sup>th</sup> (NU)  
Female - 1<sup>st</sup> (BC), 4<sup>th</sup> (AB), 5<sup>th</sup> (NB), 8<sup>th</sup> (NS), 9<sup>th</sup> (QC), 12<sup>th</sup> (NU)

Pool B: Male - 2<sup>nd</sup> (AB), 3<sup>rd</sup> (ON), 6<sup>th</sup> (NL), 7<sup>th</sup> (QC), 10<sup>th</sup> (NT), 11<sup>th</sup> (NS)  
Female - 2<sup>nd</sup> (SK), 3<sup>rd</sup> (ON), 6<sup>th</sup> (NL), 7<sup>th</sup> (MB), 10<sup>th</sup> (PE), 11<sup>th</sup> (NT)

## F. EQUIPMENT AND TERMINOLOGY

*Match* – The match consists of a best two out of three periods of 2 minutes in length with an intermission of 30 seconds between each period. If the same wrestler wins two consecutive periods the third period is not wrestled.

*Object of the Sport* – The ultimate objective is to pin your opponent which occurs when one wrestler controls the other on the mat with the opponent's shoulder blades touching the mat simultaneously. The pin, or 'fall' ends the match immediately.

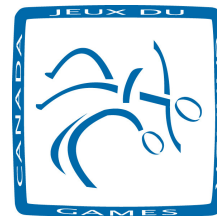
*One Point* – A 'takedown' occurs when from standing, one wrestler takes his/her opponent to the mat, gets behind and in control of the opponent ready to attempt to 'tilt' the opponent, or if the wrestler holds the opponent on his/her back for five seconds after scoring the original 'tilt', or if he/she throws his/her opponent but where the throw did not expose the opponent's back to the mat. The opponent of the wrestler who touches out of bounds first will receive 1 point.

*Two Points* – While wrestling on the ground turns his/her opponent so that his/her shoulders face the mat at an angle of less than 90 degrees. This is also known as a 'tilt' or 'danger position'. If the defensive wrestler bridges out of bounds in the danger position and the action is intentional, the wrestler is cautioned and the opponent shall receive 2 points. If at any time a throw is attempted and the defensive wrestler is able to counter resulting in putting their opponent on their back, the wrestler will receive 2 points

*Three Points* – When one wrestler takes his/her opponent from standing directly to their back in a position of danger.



## Media Information Package Wrestling



*Five Points* – Scored when a wrestler throws his opponent from standing to their back in a high arcing throw. If the crowd groans, and you have to catch your breath after watching the throw, it's probably a five-point throw!

*Cautions* – A caution may be given for fleeing the mat, fleeing a hold, applying an illegal hold, clinch position situations or assuming an incorrect par terre starting position. Recorded as an "0" on the score sheet. A wrestler who receives 3 cautions over the duration of the complete match will be automatically disqualified.

*Elimination from Competition* - Any wrestler who commits an obvious offence against fair play within the spirit of wrestling and openly cheats or engages in brutality, will be immediately disqualified from the match with the unanimous decision of the officiating team and can be eliminated from the competition by a unanimous decision of the officiating team and the head official. In this situation, the wrestler will not place.

### G. AGE ELIGIBILITY

Athletes must be 15 to 18 years of age as of December 31, 2009. (Born in 1991, 1992, 1993 and 1994). The CAWA includes a minimum age category for safety considerations due to the combative nature of the sport.

### H. JUDGING / SCORING SYSTEM

#### Dual Meet Results (Positive Points)

Dual meet results will be determined according to the F.I.L.A. positive point system in effect at the time of the Games.

#### Team Competition Ranking (Dual Meet Points)

Team rankings are based upon the dual meet results amongst the teams in the pool. A dual meet victory for a team is worth two points, a tie is worth one point and a loss is worth no points.

#### Team Competition Points

Teams will receive points in the wrestling competition according to their final ranking in the team competition. Male and female shall be ranked separately.

The distribution of these team competition points will be as follows:

<b>Position</b>	<b>Pts</b>
1 <sup>st</sup> place	150
2 <sup>nd</sup> place	140
3 <sup>rd</sup> place	130
4 <sup>th</sup> place	120
5 <sup>th</sup> place	110

<b>Position</b>	<b>Pts</b>
4 <sup>th</sup> place	120
5 <sup>th</sup> place	110
6 <sup>th</sup> place	100
7 <sup>th</sup> place	90
8 <sup>th</sup> place	80

<b>Position</b>	<b>Pts</b>
9 <sup>th</sup> place	70
10 <sup>th</sup> place	60
11 <sup>th</sup> place	50
12 <sup>th</sup> place	40
13 <sup>th</sup> place	30

#### Individual Ranking

The individual wrestlers will be ranked in their pools according to the total number of victories accumulated during the round robin competition in the pool.

#### Individual Points

Individuals in each weight class will earn points for their teams in the wrestling competition according to the following schedule:



## Media Information Package Wrestling



Position	Pts
1 <sup>st</sup> place	100
2 <sup>nd</sup> place	97
3 <sup>rd</sup> place	94
4 <sup>th</sup> place	91
5 <sup>th</sup> place	88

Position	Pts
6 <sup>th</sup> place	85
7 <sup>th</sup> place	83
8 <sup>th</sup> place	81
9 <sup>th</sup> place	79
10 <sup>th</sup> place	77

Position	Pts
11 <sup>th</sup> place	75
12 <sup>th</sup> place	74
13 <sup>th</sup> place	73

For all details on ranking, please refer to the information sheet on flag points.

### I. PLAYOFF AND TIE-BREAKING FORMAT

#### Within Pool

If two or more teams are tied, the following criteria will be used to break the tie:

- 1) Individual dual meet results between the teams (if three teams or more are tied, if one team has beaten the other two, it will be ranked highest; similarly, if one team has lost to the other two, it will be ranked lowest).
- 2) most accumulated positive points (i.e., total score of dual meets) in the team competition.
- 3) greatest number of match victories
- 4) greatest number of victories by fall or technical superiority
- 5) greatest number of victories by decision
- 6) greatest technical point differential in the entire team competition (fall or technical superiority = 6 points, forfeit = 0 point)
- 7) greatest number of technical points

#### In the finals

If two teams are tied in the final, the tie shall be broken as follows:

- 1) greatest number of victories in the dual meet final
- 2) greatest number of victories by fall
- 3) greatest number of victories by technical superiority
- 4) greatest number of victories by decision
- 5) greatest technical point differential in dual meet final (fall and technical superiority = 6 points, forfeit = 0 point)
- 6) most team 5 point moves
- 7) most team 3 point moves
- 8) most team 2 point moves
- 9) least number of cautions in the dual meet final

### J. ROLE OF OFFICIALS IN SPORT

Three officials are involved in each wrestling match. The 'Official' (the official on the mat) calls the points, etc. the way he/she interprets them, as does the 'Judge'. If there is a disagreement between these two officials on any call, The Mat Chairman (located at the head scoring table) decides between the two.

### K. FACILITY DESCRIPTION

#### Montague and Area Recreation Facility

A new arena complex is being constructed in Montague, 30 minutes east of Charlottetown. The Wellness Centre will be the site for Female Wrestling during Week Two.



## Media Information Package Wrestling



### L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

The Canadian Amateur Wrestling Association (Wrestling Canada Lutte) is the national sport governing body for Olympic style wrestling in Canada. The association's role is to encourage and develop the widest participation and highest proficiency in Olympic wrestling in Canada. Through the development of coaches, officials and administrators the association provides leadership to the sport and enables the provincial/territorial affiliates to coordinate programs and activities in their jurisdictions.

Wrestling Canada Lutte operates the men's and women's senior and developmental national team programs. These teams represent Canada at major international tournaments, continental and world championships, world cups, and major games including the Olympics. Wrestling Canada Lutte oversees the operation of three National Championships + the Canadian Interuniversity Sport(CIS) Championships and one international cup on an annual basis.

Over 20,000 Canadians are active coaches, athletes and officials in Olympic wrestling in Canada. This number does not include the many individuals who volunteer their time, or the many parents and spectators who partake. Each province has a wrestling association.

### M. NOTABLE ATHLETES TO WATCH FOR

#### British Columbia

##### Men

Arjun Gill of Hargobind – BC Champ, National Juvenile Freestyle and Greco Champ 2009.

Mandeep Sandhu of Miri Piri – BC Champ, Western Canada Games Champ 2007, Fila Cadet National Champ 2008, Pan Am Cadet Champ 2008.

##### Women

Emily Weekes - 52kg - 3x BC Champ, National Juvenile Bronze 2009, Western Canada Games Champ 2007

Gina Carpenter - 56kg - 2x BC Champ, National Junior Bronze 2009, Western Canada Games Champ 2007

#### Prince Edward Island

##### Men

Trevor Banks, Cadet Nationals Silver Medal and 2nd FILA Cadet Trials

##### Women

Jillian Durant, Juvenile National Silver

Veronica Keefe, Junior National Silver medal, Juvenile National Silver medal

#### Ontario

##### Men

Steven Takahashi – London Western WC – 3 time Canadian Champion, Commonwealth Youth Games (India) Silver medalist

Ilya Abelev – National Capital WC – 2 time Canadian Champion, Commonwealth Youth Games (India) Silver medalist

Jacob Jagas of Matmen – Canadian Champion

Tyson Frost of Junior Wolves/Lakehead – Canadian Champion

##### Women

Darby Huckle of Sarnia WC – 2 time Canadian Champion

Brianne Barry of London Western WC – 2 Time Canadian Champion



## Media Information Package Wrestling



Jeramie Herington of Mariposa WC – 2 time Canadian Champion  
Linda Morais 52 kg Cadet National Champion 2009, 2008 FILA Pan Am champion

### Saskatchewan

#### Men

Jose Meglar of Cattown WC– Canadian Champion

### Alberta

#### Men

Spencer Watkins – 2009 National Champion Juvenile, 2009 National Bronze Medalist Junior, 2009 Provincial Champion

#### Women

Natalie Brady – 2009 National Champion Juvenile, 2009 Provincial Champion

Vanessa Wright – 2009 National Silver Medalist Juvenile, 2009 Provincial Champion  
Jessy Seida – 2009 National Champion Juvenile, 2009 National Bronze Medalist Junior, 2009 Provincial Champion

### Nova Scotia

#### Men

Rahen Merchant - 54kg - 4th Place at the 2009 Juvenile Nationals; Atlantic Champion; Provincial Champ  
Riley Otto 85kg - Cadet/Fila National Team 08 and 09. National Cadet Champion 2008. National Fila/Cadet Champion 2009. Provincial Champion, Atlantic Champion  
Andrew Thomas 69kg - 4th place at the 2009 Juvenile Nationals; Atlantic Champion; Provincial Champion

#### Women

Elyse Quann - 56kg - Atlantic Champ; Provincial Champion; Cadet/Fila team Alternate 2009  
Ruhti Laing - 65kg - Atlantic Champion; Provincial Champion; Cadet/Fila team Alternate 2009  
Jillian Mosher -90kg - Atlantic Champion; Provincial Champ; National Cadet Champion 2008; 4th place Juvenile Nationals 2009.

### New Brunswick

#### Men

Jean-Francois Godin - Bathurst, NB - 09 Juvenile bronze medalist 50 kg  
Mitchell Player - Geary, NB - 09 Juvenile 5th place 76 kg  
Corey Boudreau - Moncton, NB 09 Cadet bronze medalist 50 kg

#### Women

Megan Getchall - St Stephen, NB - 08 Cadet FILA Team Member 56 kg  
Rebecca Girvan - Oromocto, NB - 09 Cadet Bronze Medalist 90 kg

### Quebec

#### Men

Greg Rossy, 130 kg

#### Women

Dorothy Yeats, 65 kg of Montreal WC– Canadian Champion  
Karyanne Lacoursiere-Roberge, 48 kg



## Media Information Package Wrestling



### N. MATCH UPS – RIVALRIES

63kg - Ontario's *Ilya Abelev* of National Capital vs. British Columbia's *Mandeep Sandhu* of Miri Piri

46kg – Saskatchewan's *Jose Meglar* of Cattown vs. Ontario's *Jonathon Babulall* of Matmen

76kg – Alberta's *Spencer Watkins* of UCWC vs. British Columbia's *Balwinder Sahota* of Khalsa WC

100kg – British Columbia's *Sunny Dhinsa* of Mouat WC vs. Ontario's *Tyson Frost* of Junior Wolves/Lakehead

### O. NOTABLE PAST ATHLETES/ALUMNI

2005

Men's Up to 91 kg	1	Colten Woznow	Alberta
Women's Up to 65 kg	1	Stacie Anaka	British Columbia
Women's Up to 75 kg	1	Hayley McLeary	British Columbia
Men's Up to 50 kg	1	Aso Palani	British Columbia
Men's Up to 63 kg	2	Shawn LeBlanc	New Brunswick
Women's 36 to 40 kg	1	Krista Betts	New Brunswick
Women's Up to 52 kg	2	Kristie-Lee Leblond	Newfoundland & Labrador
Men's Up to 91 kg	3	Wesley Saunders	Newfoundland & Labrador
Women's Up to 70 Kg	1	Emma Brightwell	Ontario
Women's Up to 44 kg	1	Jade Parsons	Ontario
Men's Up to 54 kg	1	David Tremblay	Ontario
Men's Over 105 kg & Not Over 130 kg	5	Patrick Knox	Prince Edward Island
Women's Up to 60 kg	1	Nikita Chicoine	Québec
Men's Up to 105 kg	1	Craig Albert	Saskatchewan
Men's Up to 58 kg	1	Mitch Bodnarchuk	Saskatchewan
Women's Up to 52 kg	1	Pamela Ewanishin	Saskatchewan
Women's Up to 48 kg	1	Alyssa Krahn	Saskatchewan

2001

Men's Up to 58 kg.	1	Josiah Boyd	Saskatchewan
Men's Up to 74 kg.	1	Sheldon Francis	Ontario
Men's Up to 68 kg.	1	Tyler Marghetis	Ontario
Men's Up to 81 kg.	1	Jonathan Rioux	New Brunswick

### P. SCHEDULE OF EVENTS

Men's Wrestling – Team  
Wednesday August 19, 2009

Time	Event Stage	Game No.	Participants
9:00	Preliminary	Mat A	SK v NU
9:00	Preliminary	Mat B	BC v PE
9:00	Preliminary	Mat C	NB v BYE



## Media Information Package Wrestling



10:30	Preliminary	Mat A	AB v NS
10:30	Preliminary	Mat B	ON v NT
10:30	Preliminary	Mat C	NL v QC
14:00	Preliminary	Mat A	SK v PE
14:00	Preliminary	Mat B	BC v BYE
14:00	Preliminary	Mat C	NB v NU
15:30	Preliminary	Mat A	AB v NT
15:30	Preliminary	Mat B	ON v QC
15:30	Preliminary	Mat C	NL v NS
19:00	Preliminary	Mat A	SK v BYE
19:00	Preliminary	Mat B	BC v NB
19:00	Preliminary	Mat C	PE v NU
20:30	Preliminary	Mat A	AB v QC
20:30	Preliminary	Mat B	ON v NL
20:30	Preliminary	Mat C	NT v NS

### Thursday, August 20, 2009

Time	Event Stage	Game No.	Participants
9:00	Preliminary	Mat A	SK v NB
9:00	Preliminary	Mat B	BC v NU
9:00	Preliminary	Mat C	BYE v PE
10:30	Preliminary	Mat A	AB v NL
10:30	Preliminary	Mat B	ON v NS
10:30	Preliminary	Mat C	QC v NT
13:00	Preliminary	Mat A	SK v BC
13:00	Preliminary	Mat B	NB v PE
13:00	Preliminary	Mat C	BYE v NU
14:30	Preliminary	Mat A	AB v ON
14:30	Preliminary	Mat B	NL v NT
14:30	Preliminary	Mat C	QC v NS
17:00	Placing Matches (9/10th)	Mat A	5th A v 5th B
17:00	Placing Matches (7/8th)	Mat B	4th A v 4th B
17:00	Placing Matches (11/12th)	Mat C	6th A v 6th B
19:00	Medal Matches (3/4th)	Mat A	2nd A v 2nd B
19:00	Medal Matches (1/2nd)	Mat B	1st A v 1st B
19:00	Placing Matches (5/6th)	Mat C	3rd A v 3rd B

### Men's Wrestling – Individual Friday, August 21, 2009

Time	Event Stage	Game/ Match No.	Participants
10:00	Semi-final	Mat A	1A v 2B
10:00	Semi-final	Mat B	2A v 1B
10:00	Placing Matches (5/6th)	Mat C	3A v 3B
11:30	Placing Matches (7/8th)	Mat A	4A v 4B
11:30	Placing Matches (9/10th)	Mat B	5A v 5B
11:30	Placing Matches (11/12th)	Mat C	6A v 6B
16:00	Medal Matches	Mat A	Gold/Silver



## Media Information Package Wrestling



16:00	Medal Matches	Mat B	Bronze/4th
-------	---------------	-------	------------

**Women's Wrestling – Team**  
**Wednesday, August 26, 2009**

Time	Event Stage	Game No.	Participants
9:00	Preliminary	Mat A	A: BC v NU
9:00	Preliminary	Mat B	A: AB v QC
9:00	Preliminary	Mat C	A: NB v NS
10:30	Preliminary	Mat A	B: SK v NT
10:30	Preliminary	Mat B	B: ON v PE
10:30	Preliminary	Mat C	B: NL v BYE
14:00	Preliminary	Mat A	A: BC v QC
14:00	Preliminary	Mat B	A: AB v NS
14:00	Preliminary	Mat C	A: NB v NU
15:30	Preliminary	Mat A	B: SK v PE
15:30	Preliminary	Mat B	B: ON v BYE
15:30	Preliminary	Mat C	B: NL v NT
19:00	Preliminary	Mat A	A: BC v NS
19:00	Preliminary	Mat B	A: AB v NB
19:00	Preliminary	Mat C	A: QC v NU
20:30	Preliminary	Mat A	B: SK v BYE
20:30	Preliminary	Mat B	B: ON v NL
20:30	Preliminary	Mat C	B: PE v NT

**Thursday, August 27, 2009**

Time	Event Stage	Game No.	Participants
9:00	Preliminary	Mat A	A: BC v NB
9:00	Preliminary	Mat B	A: AB v NU
9:00	Preliminary	Mat C	A: NS v QC
10:30	Preliminary	Mat A	B: SK v NL
10:30	Preliminary	Mat B	B: ON v NT
10:30	Preliminary	Mat C	B: BYE v PE
13:00	Preliminary	Mat A	A: BC v AB
13:00	Preliminary	Mat B	A: NB v QC
13:00	Preliminary	Mat C	A: NS v NU
14:30	Preliminary	Mat A	B: SK v ON
14:30	Preliminary	Mat B	B: NL v PE
14:30	Preliminary	Mat C	B: BYE v NT
17:00	Placing Matches (9/10th)	Mat A	5th A v 5th B
17:00	Placing Matches (7/8th)	Mat B	4th A v 4th B
17:00	Placing Matches (11/12th)	Mat C	6th A v 6th B
19:00	Medal Matches (3/4th)	Mat A	2nd A v 2nd B
19:00	Medal Matches (1/2nd)	Mat B	1st A v 1st B
19:00	Placing Matches (5/6th)	Mat C	3rd A v 3rd B

**Women's Wrestling – Individual**  
**Friday, August 28, 2009**



## Media Information Package Wrestling



Time	Event Stage	Game/ Match No.	Participants
10:00	Semi-final	Mat A	1A v 2B
10:00	Semi-final	Mat B	2A v 1B
10:00	Placing Matches (5/6th)	Mat C	3A v 3B
11:30	Placing Matches (7/8th)	Mat A	4A v 4B
11:30	Placing Matches (9/10th)	Mat B	5A v 5B
11:30	Placing Matches (11/12th)	Mat C	6A v 6B
16:00	Medal Matches	Mat A	Gold/Silver
16:00	Medal Matches	Mat B	Bronze/4th