



# Cougar Classic

**HOSTED BY:** Cannon Wrestling Club  
**DATE:** 12/07/2019

**Tournament Location:** Cannon School, 5801 Poplar Tent Rd,  
 Concord NC 28027

**SPECTATOR FEE: \$10 FAMILY, \$5 General Admission**  
**WEIGH INS:** 12/06/2019 Friday @7 – 9PM (if desired)  
 12/07/2019 Saturday Morning: @7-8 AM  
 Saturday afternoon session: @1-2 PM

**COACHES' MEETING: @ 8:30 am**  
**WRESTLING STARTS: Morning Session @ 9 am Tot thru Juniors**  
**Afternoon Session @ 2:30 pm Schoolboy & up**

**TOURNAMENT USING: STANDARD AAU WEIGHTS**  
 Match Time: TOT-MIDGET 1 MINUTE PERIODS  
 JUNIOR, SCHOOLBOY, CADET & ELITE: 1:30 MINUTE PERIODS

Awards: ENGRAVED HAMMERS FOR CHAMPIONS  
 MEDALS FOR 2<sup>ND</sup> AND 3<sup>RD</sup> PLACE

**REGISTRATION FEE: \$15.00 (until midnight Tuesday (12/03/2019))**  
**REGISTRATION FEE: \$20.00 (Beginning Wednesday 12/04/2019)**  
**REGISTRATION CUTOFF: Noon, Friday 12/6/19 or when registration limit is reached**  
**REGISTRATION LIMIT: 400**  
**REGISTRATION AT: [www.trackwrestling.com](http://www.trackwrestling.com)**

-This event is licensed by the Amateur Athletic Union of the U.S. Inc.  
 -All participants must have a current AAU membership  
 -AAU membership may not be included as part of the entry fee to the event.  
 -AAU Youth athletic membership must be obtained before the competition begins except where event operator has a laptop available with an internet connection. Be Prepared: Adult and Non Athlete Memberships are no longer instant and cannot be applied for at event. Please allow 10 days for membership to be processed.  
 -Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

- **ALL WRESTLERS AND COACHES MUST HAVE CURRENT AAU CARDS.**
- **ALL WRESTLERS MUST COMPLETE THIS FORM AND BRING IT THE DAY OF THE TOURNAMENT.**
- **ALL WRESTLERS MUST HAVE HEADGEAR AND TAPED LACES. Hair length must comply with NFHS rule 4-2-1.**
- **MOUTH PROTECTION REQUIRED IF HAVE BRACES OR ORTHODONTIC DEVICE ON TEETH.**

There is no weight allowance. **Weigh in uniform is singlet, no socks or shoes.** You will not be allowed to strip down to underclothes and you will not be allowed to leave the weigh in room to run. If you do not make weight you will be scratched, you will not be allowed to move to another weight class. There will be no refunds.

**TOURNAMENT DIRECTOR CONTACT INFO: 314-239-7713 TOURNAMENT DIRECTOR: Michael Helfant**  
 email: [mhelfant@cannonschool.org](mailto:mhelfant@cannonschool.org)

*Standard AAU Weights\*\**

Tot	2014/after	35,40,45,50,55,HWT (75 Max)
Bantam	2012/2013	40,45,50,55,60,65,70,75, 80, 90,HWT (125 Max)
Midget	2010/2011	50,55,60,65,70,75,80,85,90,95,103,112,120,130,HWT (175 Max)
Junior	2008/2009	60,65,70,75,80,85,90,95,100,105,112,120,130,140,HWT (205 Max)
School Boy	2006/2007	70,75,80,85,90,95,100,105,110,115,120,125,130,140,150,160,180,HWT (260 Max)
Cadet	2004/2005	84,91,98,106,113,120,126,132,138,145,152,160,170,182,195,220,285
Elite	2001*/2002/2003	98,106,113,120,126,132,138,145,152,160,170,182,195,220,285

\*2000 Elite - Still in High School / Must Provide Proof \*\*Tournament Director reserves right to combine/alter weight classes.

**Team:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**AAU Number:** \_\_\_\_\_

<i>Division</i>	<i>Weight Class</i>

*In consideration of your acceptance to my entry, I and my legal heirs/guardians do hereby waive and release any and all claims for damages I may have against the hosting site, organization/club, their sponsors, coaches, volunteers, tournament officials, and/or administrators for any and all injuries suffered by me in connection with the tournament named above. I have reviewed the flyer for this tournament and agree to all rules, guidelines, and additional waiver information printed.*



\_\_\_\_\_  
Wrestler Signature

\_\_\_\_\_  
Parent (Legal Guardian) Signature

\_\_\_\_\_  
Date