



Suid-Afrikaanse Stoeifederasie South-African Wrestling Federation

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9 September 2009

TO: GRAPPLING WRESTLERS

FROM: ASSISTANT TREASURER – SAWF

TRAILS & CHAMPIONSHIP

All grapplers, coaches and team manager,

1. Some information regarding the championship and trails:
 - The competition is being held in Fort Lauderdale Florida from 11 to 13 December 2009
 - The cost to attend this championship is for each attendee's own account.
 - Drug testing will be done.
 - The good news is that for this year's championship we will be able to take 5 competitors per weight division and per discipline. Participation in the trails is compulsory to be selected.
 - No national colours for this year's participation
 - Coaches and team managers that want to accompany the team should register with the particular sub committees of the Wrestling Federation.
 - Pre entry for the trails.

2. Trails Tournament details

DATE: 10/10/2009
CLOSING DATE: 5/10/ 2009
VENUE: NORTHERN GAUTENG WRESTLING HALL
ATTERBURY OFF RAMP, MENLYN
MEDICAL: 8H30 – 9H00
WEIGH IN: 9H00 – 9H30
ENTRY FEE: R100
AGE DIVISION MEN&WOMEN: 17 YEARS AND OLDER
WEIGHT CATEGORIES – GI: MEN 60,66,74,84,96kg,120kg
WEIGHT CATEGORIES – No-GI MEN 60,66,74,84,96,120kg
WEIGHT CATEGORIES - GI: WOMEN 48,55,63,72
WEIGHT CATEGORIES – No GI: WOMEN 48,55,63,72

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PLEASE TAKE NOTE OF THE FOLLOWING:

- Wrestlers must be registered with SAWF – all wrestlers entering for the tournament will automatically be registered. Additional R80 for registration.
- Wrestlers already registered, must bring registration card for weigh in
- Complete attached entry form
- Entries must be send to Tournament Secretary by fax or e-mail before **closing date**

Wrestling Greetings

Anna Addinall
Asst. Treasurer SAWF