



## 2026 Wrestling City Championship Information Package

City Championship March 5 and March 6 at Aden Bowman Collegiate  
Weigh-ins March 4 at City Park Collegiate 4:30 PM

Scott Aaro - SSSAD Athletic Consultant | [aaros@spsd.sk.ca](mailto:aaros@spsd.sk.ca) | Cell: 306-381-9801

### REMINDERS

---

1. **Policies**
  - a. Can be found: [www.sssad.net](http://www.sssad.net) – Athletics – Wrestling.
    - i. SSSAD Wrestling Sport Policy
    - ii. SHSAA Wrestling Information
2. **Admission Prices/Day**
  - a. Adults \$5.00 daily, students \$3.00 daily.
  - b. Athletes will be admitted by showing their singlet.
  - c. Aden Bowman will be **running a concession**.
3. **Medical**
  1. Summit Sports will be on site for the entire tournament. They are not to be used for pre-existing injury therapy.
  2. Schools must supply their own First Aid supplies.
4. **Volunteer Food**
  - a. There will be food in the PE office on Thursday and Friday only for the officials, minor officials, gate workers, supervisors, etc.
  - b. There will be water, drinks, and snacks in the staff room for the coaches on both Thursday and Friday.
  - c. On Wednesday the coaches will get pizza at the Seeding Meeting.
  - d. On Friday the coaches will get food from the Cave at the provincial team meeting.

### REGISTRATION | ELIGIBILITY

---

1. **Athlete Registration**
  - a. Please enter all athletes into the TrackWrestling system prior to **7:00 PM on Tuesday Mar. 3**.
2. **Eligibility**
  - a. Schools can enter any wrestler who is a member of their team, provided they have competed at least **once** in league or exhibition matches. They must have been present and ready to wrestle in at least one competition.

### WEIGH-INS | MEDICAL | SEEDING

---

1. **Medical check** – Wednesday, March 4 - 4:30 pm to 5:30 pm
  - a. All wrestlers will have preliminary skin checks done by all coaches before weigh-in.

- b. Any wrestler with suspect skin conditions must be seen by the on-site doctor prior to weigh-in.
  - c. The head physician's (Dr. Misfeldt) judgment is FINAL.
  - d. Our medical professional will be on-site at 4:30 pm until 5:30 pm.
2. **Weigh-ins** – Wednesday, March 4 - 4:45 pm and 5:45 pm
- a. All wrestlers competing in the SSSAD City Championship must weigh-in.
  - b. Weight divisions are as indicated in the SHSAA Handbook.
  - c. A single weigh-in will take place on Wednesday, March 4 at City Park Collegiate.
  - d. Boys and Girls will both weigh-in between 4:45 pm and 5:45 pm.
  - e. No coaches will be involved in the actual weigh-in but may be in the designated coaches' area.
3. **Seeding**
- a. **Seeding Meeting** - Seeding will take place immediately after the weigh in at 6:00 pm on Wednesday, March 4 at City Park Commons. (Pizza will be provided by Pizza Hut).
  - b. Up to the top four wrestlers in each weight class will be seeded and the rest of the draw will be random.
  - c. At the conclusion of the seeding meeting the draw will be set and no further changes will be made other than scratches.
  - d. Entries will not be released to the public until the start of competition.

**NOTE:** We will use the modified bracket draw. The draw master will clarify at the coaches meeting on Wednesday.

## **CITY CHAMPIONSHIP SCHEDULE**

---

1. **Thursday, March 5**
- a. 4:15 PM - Coaches Meeting - Aden Bowman LRC
    - i. All school programs must be in attendance.
    - ii. Instructions and reminders from SSSAD, head referee, and draw master.
  - b. 4:30 PM - Opening Ceremonies
    - i. Please bring all your athletes to the main gym immediately after the coaches meeting.
      - 1. Format:
        - a. Welcome from Aden Bowman
        - b. Welcome from SSSAD
        - c. O' Canada
  - c. 4:40 PM - Wrestling begins immediately following the opening ceremonies and concludes at approximately 9:00 pm.
  - d. Thursday will go a maximum of four rounds in any one weight class.
2. **Friday, March 6**
- a. Wrestling starts at 2:30 PM and runs to completion.
  - b. Saskatoon District Provincial Team Selection meeting to follow. Food will be provided.

## **SCORING | AWARDS**

---

1. **Team Scoring**
- a. Scoring is the same as provincial scoring.
  - b. Is based on the first six placing on a 10-7-5-3-2-1 scoring system and a school can score two or more wrestlers in a weight division.
  - c. A tie in team standings will follow the SSSAD Tie Breaking policy. Resolved by awarding the City Championship to the school with the most first place finishers, and if necessary, most seconds, etc.
2. **Girls Wrestling**
- a. As per SSSAD policy on girls wrestling, we will have a competition for girls in any weight class where there are two or more girls entered.
  - b. Medals will be provided.

- c. In cases where there is only one girl in a weight class she will automatically qualify to wrestle in the provincials where the same procedure will be in place.
- d. The girls point totals will be separate for the girl's city championship.

### 3. Protests

- a. We do not allow any protests at the SSSAD City Championships.
- b. A technical committee consisting of the drawmaster, head official, and commissioner (or designate) will resolve any technical disputes (not official's rulings or interpretations).

### 4. Awards

- a. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.
- b. All medals (bronze to gold) will be presented at the conclusion of the gold medal match in each weight classification.
- c. Please inform your wrestlers of the following procedures:
  - i. **Medal presentations:**
    - 1. Medals will be presented immediately following the completion of the gold medal match for each weight class.
    - 2. Coaches – ensure all medalists are on the correct mat:
      - a. The winners from all three mats will be brought to the podium
      - b. They will have their weight class and names announced
      - c. Photo will be taken – parents will have access to the photo electronically following the meet
    - 3. Absolutely no parents on the mats.
  - ii. **Team awards** will be handed out at the completion of the last bouts of the evening and the mats have been rolled up. **NOTE: For 2025 the mats do not need to be rolled up as there will be an elementary meet on Saturday, March 7.**
- d. The city championship (4A and 5A) league trophies will be presented at this time.
- e. **Teams who won trophies last year are asked to bring them to the weigh-ins (if Scott does not already have them).**

---

## SHSAA PROVINCIAL CHAMPIONSHIPS

### 1. Provincial Championship Dates

- a. March 13-14 in Saskatoon at Evan Hardy.

### 2. Coaches Provincial Team Meeting

- a. Before the Provincial Team Selection Meeting, please ensure to ask all wrestlers who are possible provincial team members whether they intend to compete at the provincial tournament (top 6 should be asked).
- b. A meeting to select the provincial team and discuss any details will be held immediately after completion of the tournament on Friday, March 6 in the Aden Bowman LRC.
- c. Supper will be provided by SSSAD.

***Good Luck in the Championships!***