

# Instructions for Completing the Sarnia Invitational Entry List

Submit the completed spreadsheet to John Burke at [john.burke966@gmail.com](mailto:john.burke966@gmail.com)

Along with the completed spreadsheet, please ensure that the e-mail includes the Coach/Supervisor's name, team name, and contact info (your phone number.)

The entry list template comes with a sample entry. Please delete this entry before submitting.

Fill out the rows of the spreadsheet with athlete names, divisions, and weights.

There are four divisions:

Novice Boys

Open Boys

Novice Girls

Open Girls

A Novice wrestler is a wrestler in grade 9 or 10 who is in their first year of competitive wrestling. For example, a grade 11 with no experience is not a novice, and a grade 9 that's been wrestling since grade 4 is also not a novice.

The weight classes (plus 1kg allowance) are:

Boys: 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95, 130. Plus 1 kg.

Girls: 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 115. Plus 1 kg.

When submitting entries, try to group athletes by experience and sex (eg- all Novice Girls right after each other.)

For example, a sample spreadsheet might look like:

<b>NAME</b>	<b>DIVISION</b>	<b>WEIGHT</b>
Sample Entry	Novice Boys	38
Earl Cauliflower	Novice Boys	44
Susie Fakewrestler	Novice Girls	54
Julie Chinpick	Novice Girls	67.5