

NEMWA WRESTLING

A&B Regional Competition

FEB 14th 2026

Standish-Sterling Highschool
2401 Grove Street Road, Standish MI 48658

Doors Open 730 AM

Coaches Meeting 830 AM

Session 1 Begins 9 AM

Session 2 Begins 1130 AM

Session 3 Begins 130 PM

WEIGHT CLASSES

**5-6 YEAR OLDS: 37, 40, 43, 46, 49, 52, 55, 58, 61, 64, 67,
68-77- LT HWT, 78-87 HWT, 88-97 SUPER HWT, 98-107 SUPER SUPER HWT (MAX 107)**

**7-8 YEAR OLDS: 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82,
83-97 LT HWT, 98-112 HWT, 113-127 SUPER HWT, 128-142 SUPER SUPER HWT (MAX 142)**

**9-10 YEAR OLDS: 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110,
111-130 LT HWT, 131-150 HWT, 151-170 SUPER HWT, 171-190 SUPER SUPER HWT (MAX 190)**

**11-12 YEAR OLDS: 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133,
134-158 LT HWT, 159-183 HWT, 184-208 SUPER HWT, 209-233 SUPER SUPER HWT (MAX 223)**

**13-14 YEAR OLDS: 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 138, 145, 155, 170,
171-200 LT HWT, 201-230 HWT, 231-260 SUPER HWT, 261-275 SUPER SUPER HWT (MAX 275)**

MULTIPLE VENDORS ON SITE FOR ALL OF YOU WRESTLING TOURNAMENT NEEDS

ADMISSION

**\$5 per person
\$10 per family (up to
6 people)
Coaches with Valid
USA Card Free**

**Awards to top 4
placers**

**Concessions served
all day with
breakfast items,
lunch, and snacks.**

**Rules
Modified Highschool
Rules Apply
2 Coaches per
corner
Coaches wrist band
must be worn to be
inside wrestling
area.**

**No smoking, vaping,
or tobacco use of any
kind, no alcohol, or
drugs of any kind on
school grounds. *You
will be removed from
the school grounds.***

***Any misconduct of
any kind will result in
removal from
tournament and
school grounds.***

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