



WRESTLING NEW ZEALAND

## NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)

**UWW Coaching Level 2 Course: 14-18 October 2019**  
**UWW Introduction to Refereeing Course: 16-18 October 2019**  
**NZOWU National Training Camp: 15-18 October 2019**  
to be held at Mighty River Domain, Lake Karapiro, Cambridge

**NZOWU National Wrestling Championships: 19-20 October 2019**  
to be held at Hamilton Boys High School, Peachgrove Road, Hamilton

### UWW Coaching Level 2 Course (at Karapiro)

- Coaches can only participate in the Level 2 Course if they have completed and passed the UWW Coaching Level 1 Course. However, any observers are welcome to be involved in this course, but will not be able to complete the qualification.
- Coaches should bring with them to the course a laptop if you have one (you will need to purchase your own wifi card from the Mighty River Domain Reception at own cost).
- Course will run from 8.00am to 5.00pm each day.
- Lunches will be provided for this course. Breakfast and Dinners will be an extra charge.

### UWW Introduction to Refereeing Course (at Karapiro)

- This course is designed for anyone to participate in. While it is aimed at people with little to no refereeing background, it can be very valuable for those already with refereeing and/or coaching experience. This course would be ideal for parents/athletes wanting to learn the basics of refereeing in wrestling.
- If you are interested in observing the UWW Coaching Level 2 Course, you are welcome to do so from the commencement of that course until this course begins (Monday-Tuesday).
- Course will run from 8.00am to 5.00pm each day.
- Lunches will be provided for this course. Breakfast and Dinners will be an extra charge.

### National Training Camp (at Karapiro)

- This camp is open to all athletes aged 10 years and upwards. This is a 4-day camp.
- Athletes will need to bring enough training gear for 4 days, including wrestling boots and sweat towels.
- Athletes will need to bring their own water bottles and snacks for the duration of the camp.
- Athletes will need to purchase their own Wifi card from the Mighty River Domain Reception at own cost.
- Breakfast, lunch and dinners are a cost to each athlete.

### NZ National Championships (in Hamilton)

- Athletes can enter one category plus another (if eligible); i.e. Cadets may compete in Juniors; Juniors may compete in Seniors; wrestlers can compete in both Freestyle and GR (if eligible).
- T-shirts are available to purchase and can be pre-ordered to be guaranteed.
- A small amount of food/drinks will be available for purchase at the tournament venue.

### Accommodation

- Basic shared bunk room (4-6/room) accommodation is available at the Mighty River Domain (very limited spaces available, those paid immediately on booking will be given priority) at a cost of \$15/night/person. Bunks are singles and you will need to bring your own sheets/blankets/pillow. This accommodation is only available from Monday, 13 October and then depart Friday, 18 October.
- Other options for accommodation are listed on the registration sheet for National Championships.



WRESTLING NEW ZEALAND

**NEW ZEALAND OLYMPIC WRESTLING UNION  
AND ASSOCIATED STYLES (INC).**

M: 0274 765 833

E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)

W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)



WRESTLING NEW ZEALAND

# NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)

## UWW COACHING LEVEL 2 COURSE REGISTRATION SHEET

Don Rowlands Centre, Mighty River Domain,  
Lake Karapiro, Cambridge

Monday, 14 October to Friday, 18 October 2019



Note: Only Coaches who have completed the UWW Coaching Level 1 Course may register for this.



UNITED WORLD  
WRESTLING

<b>First Name:</b>			
<b>Surname:</b>			
<b>Address:</b>			
<b>Post Code:</b>		<b>Country:</b>	
<b>Mobile:</b>			
<b>Email:</b>			
<b>Wrestling Federation:</b>			
<b>T-Shirt Size:</b>		<b>Female / Male:</b>	
<b>Special Dietary Requirements:</b>			

Accommodation at Mighty River Domain, Rob Waddell Lodge (\$15/person/night) (own pillow/sheets/blankets required)

..... nights @ \$15/night	\$
---------------------------	----

Meals (breakfast/lunch/dinner) can be provided during course days only at a cost indicated dependent on what meal as below (delete which is not applicable):

	<b>Monday 14/10/19</b>	<b>Tuesday 15/10/19</b>	<b>Wednesday 16/10/19</b>	<b>Thursday 17/10/19</b>	<b>Friday 18/10/19</b>
<b>Breakfast (NZ\$15/day)</b>	Not Available	Yes / No	Yes / No	Yes / No	Yes / No
<b>Lunch (complimentary)</b>	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
<b>Dinner (NZ\$20/day)</b>	Yes / No	Yes / No	Yes / No	Yes / No	Not Available
<b>Total Payable (Add cost of all meals/day):</b>					\$

<b>Total Accommodation &amp; Meals Payable:</b>	\$
<b>Payable into NZOWU Bank Account: 03-0903-0179849-00 by 25 September 2019</b>	



WRESTLING NEW ZEALAND

# NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)



## UWW INTRODUCTION TO REFEREEING COURSE REGISTRATION SHEET Don Rowlands Centre, Mighty River Domain, Lake Karapiro, Cambridge Wednesday, 16 October to Friday, 18 October 2019



<b>First Name:</b>			
<b>Surname:</b>			
<b>Address:</b>			
<b>Post Code:</b>		<b>Country:</b>	
<b>Mobile:</b>			
<b>Email:</b>			
<b>Wrestling Federation:</b>			
<b>T-Shirt Size:</b>		<b>Female / Male:</b>	
<b>Special Dietary Requirements:</b>			

Accommodation at Mighty River Domain, Rob Waddell Lodge (\$15/person/night) (own pillow/sheets/blankets required)

..... nights @ \$15/night	\$
---------------------------	----

Meals (breakfast/lunch/dinner) can be provided during course days only at a cost indicated dependent on what meal as below (delete which is not applicable).

	<b>Monday 14/10/19</b>	<b>Tuesday 15/10/19</b>	<b>Wednesday 16/10/19</b>	<b>Thursday 17/10/19</b>	<b>Friday 18/10/19</b>
<b>Breakfast (NZ\$15/day)</b>	Not Available	Yes / No	Yes / No	Yes / No	Yes / No
<b>Lunch (complimentary)</b>	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
<b>Dinner (NZ\$20/day)</b>	Yes / No	Yes / No	Yes / No	Yes / No	Not Available
<b>Total Payable (Add cost of all meals/day):</b>					\$

<b>Total Accommodation &amp; Meals Payable:</b>	\$
---	----

Payable into NZOWU Bank Account: 03-0903-0179849-00 by 25 September 2019



WRESTLING NEW ZEALAND

# NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)



## NZ NATIONAL TRAINING CAMP REGISTRATION SHEET Don Rowlands Centre, Mighty River Domain, Lake Karapiro, Cambridge Tuesday, 15 October to Friday, 18 October 2019



<b>First Name:</b>			
<b>Surname:</b>			
<b>Address:</b>			
<b>Post Code:</b>		<b>Country:</b>	
<b>Mobile:</b>			
<b>Email:</b>			
<b>Wrestling Federation:</b>			
<b>Female / Male:</b>			
<b>Special Dietary Requirements:</b>			

Accommodation at Mighty River Domain, Rob Waddell Lodge (\$15/person/night) (own pillow/sheets /blankets required)

..... nights @ \$15/night	\$
---------------------------	----

Meals (breakfast/lunch/dinner) can be provided during camp days only at a cost indicated dependent on what meal as below (delete which is not applicable).

	<b>Monday 14/10/19</b>	<b>Tuesday 15/10/19</b>	<b>Wednesday 16/10/19</b>	<b>Thursday 17/10/19</b>	<b>Friday 18/10/19</b>
<b>Breakfast (NZ\$15/day)</b>	Not Available	Yes / No	Yes / No	Yes / No	Yes / No
<b>Lunch (NZ\$15/day)</b>	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No
<b>Dinner (NZ\$20/day)</b>	Yes / No	Yes / No	Yes / No	Yes / No	Not Available
<b>Total Payable (Add cost of all meals/day):</b>					\$

<b>Total Accommodation &amp; Meals Payable:</b>	\$
---	----

Payable into NZOWU Bank Account: 03-0903-0179849-00 by 25 September 2019



WRESTLING NEW ZEALAND

# NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)



## NZ NATIONAL WRESTLING CHAMPIONSHIPS REGISTRATION SHEET Hamilton Boys High School, Peachgrove Road, Hamilton Saturday, 19 October & Sunday, 20 October 2019



<b>First Name:</b>			
<b>Surname:</b>			
<b>Address:</b>			
<b>Country:</b>		<b>Male / Female:</b>	
<b>Date of Birth:</b>		<b>Age:</b>	
<b>Email:</b>			
<b>Wrestling Federation:</b>		<b>Wrestler / Coach / Referee / Spectator:</b>	
<b>Category: (10-13 Years; Cadet; Junior; Senior; Junior GR; Senior GR)</b> Cost - \$45 for first category			\$
<b>Category: (10-13 Years; Cadet; Junior; Senior; Junior GR; Senior GR)</b> Cost - \$20 for second category			\$
<b>Category: (10-13 Years; Cadet; Junior; Senior; Junior GR; Senior GR)</b> Cost - \$20 for third category			\$
<b>Category: (10-13 Years; Cadet; Junior; Senior; Junior GR; Senior GR)</b> Cost - \$20 for fourth category			\$
<b>T-Shirt Size: (only if pre-ordering):</b> Cost - \$30 each <b>Circle relevant Size</b> Youth M / Youth L / Small / Medium / Large / X-Large / XX-Large			\$
<b>I will be attending the Awards Dinner on Sunday, 20 October: Yes/No</b> Cost - \$28.00/adult; \$1.10/age of child up to 10 years old			\$
<b>Total Entry(ies) and/or T-Shirt and/or Awards Dinner Fees Payable:</b>			\$
<b>Payable into NZOWU Bank Account: 03-0903-0179849-00 by 25 September 2019</b>			



WRESTLING NEW ZEALAND

## NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)

### PROGRAMME FOR THE 89th NEW ZEALAND NATIONAL OLYMPIC WRESTLING CHAMPIONSHIPS

Saturday, 19 October & Sunday, 20 October 2019

- Entrance to Event is through the Main entrance on Peachgrove Road.
- Parking is available in the visitor/staff car parks and on the surrounding streets.
- Gym will be open from 7.00am on both days.
- Sessions to be run throughout the day on two mats with a lunch break on each mat at separate times.
- Finals of selected bouts will be in the afternoon.
- Medal ceremonies will be held at the conclusion of each day.
- All coaches in corners must wear black track pants and team t-shirt/hoodie, as well as wrestling boots.
- The Awards Dinner (and trophy presentations) will be held on Sunday, 20 October 2019 at the Hamilton Cosmopolitan Club commencing at 6.30pm for a 7.00pm start.

#### FRIDAY, 18th OCTOBER

4.30pm Officials Panel AGM (Hamilton Boys High School)

#### SATURDAY, 19th OCTOBER

7.00am HBHS Gym 1 open and scales available to check weight  
8.00-8.30am Weigh-in for: Female Freestyle 10-13years  
Male Freestyle 10-13years  
Junior Female Freestyle  
Junior Male Freestyle  
Senior Male Greco-Roman  
9.45am Team March in (Team uniform to be worn) & Official Opening  
10.00am Coaches/Managers meeting (HBHS Gym 1 – warm-up area)  
10.30am Wrestling competition starts

#### SUNDAY, 20th OCTOBER

7.00am HBHS Gym 1 open and scales available to check weight  
8.00-8.30am Weigh-in for: Cadet Female Freestyle  
Cadet Male Freestyle  
Senior Female Freestyle  
Senior Male Freestyle  
Junior Male Greco-Roman  
10.00am Coaches/Managers meeting (HBHS Gym 1 – warm-up area)  
10.30am Wrestling competition starts  
6.30pm Awards Dinner & Trophy Presentations (Hamilton Cosmopolitan Club)



# NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)

WRESTLING NEW ZEALAND

## ENTRIES

- Entries must be submitted by email to [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org) by **Monday, 14 October 2019**.
- The following fees apply to all wrestlers:
  - \$45 for First Division Category
  - \$20 for Each Extra Divisions.
- All fees must be paid prior to weigh-in by all competitors to NZOWU using your Name/Club/Nationals as reference.
- All athletes must be registered members of their wrestling federation.
- For weigh-in athletes must wear wrestling singlets.
- During competition athletes must wear wrestling singlets and boots.
- For medal presentations, athletes must be wearing team uniform.

## 2019 NATIONAL CHAMPIONSHIP WRESTLING WEIGHTS

10-13 Years Female		Cadet Female		Junior Female		Senior Female	
29-33		36-40		50		50**	
36		43		53		53**	
39		46		55		55	
42		49		57		57**	
46		53		59		59	
50		57		62		62**	
54		61		65		65	
58		65		68		68**	
62		69		72		72	
66		73		76		76**	
10-13 Years Male Freestyle	Cadet Male Freestyle	Junior Male Freestyle	Junior Male Greco-Roman	Senior Male Freestyle	Senior Male Greco-Roman		
26-30*	41-45	57	55	57**	55		
30-34*	48	61	60	61	60**		
38	51	65	63	65**	63		
41	55	70	67	70	67**		
44	60	74	72	74**	72		
48	65	79	77	79	77**		
52	71	86	82	86**	82		
57	80	92	87	92	87**		
62	92	97	97	97**	97**		
68	110	125	130	125**	130**		
75							
85							

\* These are not UWW weights, but have been inserted to accommodate our 10-13 Years weights.

\*\* Olympic Games weights.

## Awards Dinner & Trophy Presentations (Hamilton Cosmopolitan Club)

- Cost \$28.00/adult; \$1.10/age of child up to 10 years old.





WRESTLING NEW ZEALAND

## NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)

- Confirmed numbers for Awards Dinner must be made by direct credit with your entry fee(s), to NZOWU Bank Account No: 03-0903-0179849-00 by 25 September 2019. Please use your Name/Club/Dinner as reference.
- Door will open 6.30pm for pre-dinner catch ups.
- Evening programme to start at 7.00pm.

### Accommodation Options

- You want to get accommodation as close to Mighty River Domain, Karapiro. Therefore best options are in Leamington or Cambridge. There may be some holiday homes available closer.
- It is suggested that you book a motel in Leamington, Cambridge.
  - <https://www.cambridge.co.nz/accommodation/hotels-motels/>
  - <https://www.booking.com/motels/city/nz/cambridge.en-gb.html>
  - <https://www.expedia.co.nz/Lake-Karapiro-Hotels.0-l6048118-0.Travel-Guide-Filter-Hotels>
  - <https://www.podiumlodge.co.nz/>
- A cheaper option for larger groups would be to book a holiday home via Bookabach [www.bookabach.co.nz](http://www.bookabach.co.nz)
- To see proximity from Cambridge to Karapiro, look at this link <https://www.google.com/maps/@-37.9091803,175.5341405,13z>

### Lake Karapiro

- There are plenty of walks around the Lake Karapiro area and for the brave, swimming in the Lake is allowed.
- For other tourist activities see <https://www.tourism.net.nz/region/waikato/waikato---lake-karapiro/attractions-and-activities>
- Bring along rugby balls or outside equipment as there is plenty of space.
- There is no TV area in this facility, so feel free to bring along cards etc., for in the evening if you wish.



# NEW ZEALAND OLYMPIC WRESTLING UNION AND ASSOCIATED STYLES (INC).

M: 0274 765 833  
E: [nzl@unitedworldwrestling.org](mailto:nzl@unitedworldwrestling.org)  
W: [www.olympicwrestlingnz.com](http://www.olympicwrestlingnz.com)

WRESTLING NEW ZEALAND

- MAP KEY:**
1. Site Office
  2. Sir Don Rowlands Centre
  3. Finish Tower
  4. Main Boat Ramp
  5. Sand Court
  6. Rob Waddell Lodge/ Chalets
  7. High and Low Rope Courses
  8. Camp Ground Amenity Block
  9. Pointoons
  10. Podium Cafe
  11. Playground
  12. Rowing NZ - HPC
  13. Petry Community Water Sports Centre - Home of the Cambridge Yacht Club
  14. Canoe Racing NZ - HPC
  15. Karapiro Water Ski Club
  16. Cambridge Rowing Club
  17. Cleo Storage Sheds
  18. Waikato Rowing Club
  19. Karapiro Rowing Inc. (NPA)
  20. Water Treatment Plant (NPA)
  21. Maintenance Shed (NPA)
  22. Lower Camp Ground/ Boat Park
  23. Upper Camp Ground
  24. Event Car Parking
  25. Spectator Embankment
  26. Swimming Zone
- T Toilet Facilities  
Te Awa Cycle Walkway
- NPA - No Public Access  
HPC - High Performance Centre



Site Map

## WELCOME TO MIGHTY RIVER DOMAIN - LAKE KARĀPIRO

We hope you have an enjoyable stay!

While you are here...

- **Need a great coffee, meal or snack?** visit our fabulous Podium Café
- **Look out for some world famous athletes** – Rowers and Kayaking world champions are around every corner
- **Kids need some fun?** Try our challenging children's playground – with the largest climbing net in NZ! Spinning top and 16m slides (good for adults too!)
- **Time to refresh?** Have a swim in Lake Karapiro
- **Take a fabulous walk** on the Te Awa walk/cycle way with stunning views of the lake (southbound)
- **Dessert?** Enjoy an ice cream available at the site office
- **Take a photo** of our magnificent view and keep it with you forever
- **Unwind, rest and relax!**

### Camp Information:

- Office Hours:** Summer weekdays: (1 Nov – 31 April) 8.30am to 8.00pm,  
Winter weekdays: 8.30am - 6.00pm Mon – Fri,  
8.30am – 11.00am Sat/Sun and Public Holidays
- Liquor bans:** Temporary liquor bans will be in place for certain events/ dates during the year. Please check with the site office.
- Tents:** Electricity can only be connected through an approved isolating transformer or RCD Safety switch. There must be only one large tent or two small tents on each site.
- Caravans:** Must have current electrical warrant of fitness and comply with LPG gas regulations. Vehicles to be parked on own site only – Only two cars per site with a parking pass displayed during large events.
- Quiet time:** Between 8.00pm and 7.00am. Breaching of the rules will result in you being required to leave the site without refund.
- Visitors:** To depart by 10.00pm
- Pets:** Not admitted, strictly no dogs (\$500.00 fine)
- WIFI:** Cards can be purchased from the Site Office
- Laundry:** Coin operated and located near the Camp kitchen
- Site Gates:** Will close during large events only or at the discretion of the site manager.
- Emergencies:** Check the site office door for the best number to call.



Find us on Facebook:  
Mighty River Domain, Lake Karapiro

