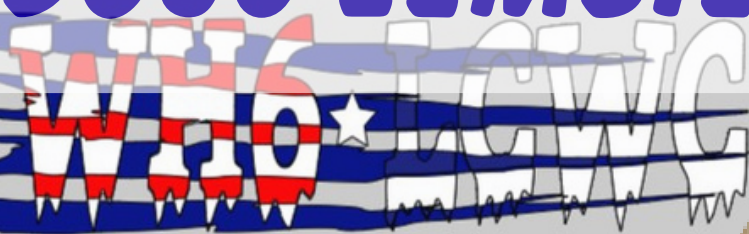


DOUG ZEMBIEC MEMORIAL

Sunday, November 16th, 2025



ADMISSION

6\$ PER PERSON

***Clear bag for all spectators**

Weigh-in/Skin Checks

- LCHS Aux Gym
- SINGLETs OR COMPRESSION FIT REQUIRED
- **SAT Nov. 15TH** 10AM-12PM & 5PM-7PM
- **SUN Nov. 16TH** 6:30AM-7AM

REGISTER ON TRACKWRESTLING.COM BY WED.NOVEMBER 12TH.

ADDRESS

La Cueva High School
7801 Wilshire Ave. NE,
Albuquerque, NM 87122

SESSION I

- 8AM-12:30PM
- BOYS. 6U,10U,14U
- GIRLS. 6U,11U,14U

SESSION II

- 1PM-TO COMPLETION
- BOYS. 8U,12U,HS
- GIRLS 8U,HS

BOYS

Weight Class/Division

GIRLS

6U: 30,35,40,45,50,55, HWT

8U: 40,45,50,55,60,65,70,75,80,90, HWT

10U: 50,55,60,65,70,75,80,85,90,95,103,112,120,130, HWT

12U: 60,65,70,75,80,85,90,95,100,105,112,120,130,140, HWT

14U: 70,75,80,85,90,95,100,105,110,115,120,125,130,140,150,160,180, HWT

HS: 84,91,98,106,113,120,126,132,138,145,152,160,170,182,195,220,285, HWT

6U: 30,35,40,45,50,55,60, HWT

8U: 35,40,45,50,55,60, HWT

11U: 53,58,65,73,82,91,100, HWT

14U: 73,82,91,100,115,130, HWT

HS: 95,100,106,112,118,124,130,138,148,160,185, HWT

GUIDELINES

2 OUNCE ALLOWANCE GIVEN TO ALL LISTED WEIGHTS

DIVISION OF ATHLETE DETERMINED BY AGE OF WRESTLER ON DAY OF COMPETITION

COMPETITORS DRESS PROPERLY FOR SKIN/WEIGHT CHECKS (SINGLET OR COMPRESSION 2 PIECE)

TOURNAMENT START TIME SUN. NOV.16TH 8AM. DOORS OPEN 630AM

BOUT TIMES 6U 8U 10U 11U 12U 1.5/1.5/1.5 14U HS 2/2/2

SESSION TIMES LISTED ARE SUBJECT TO CHANGE

CLEAR BAG RULE IN EFFECT FOR ALL SPECTATORS VISIT APS.EDU FOR DETAILS

ALL NM JUNIOR COACHES MUST HAVE COACHES AAU CARD PRINTED OR PAY \$6 ENTRY FEE

FOLLOW WH6 LCWC

@WH.6.WRESTLING



CONTACT

Coach Trujillo

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