



NGWL AAU Wrestling Tournament
2026 NGWL Heritage Classic Open
Dates: 1/11/2026

Address: Heritage High School, 3960 Poplar Springs Rd, Ringgold, GA 30736

Event Schedule is as follows: - All times are: Eastern Standard Times.

Weigh-ins: All wrestlers must show AAU card at weigh in time.

WEIGH INS – 7:30 a.m.-8:00 a.m. for morning session (8U and 12U) and 12:00 p.m.-12:30 p.m. for afternoon session (6U, 10U, and 14U).

*Weigh-ins will be done in singlet with a one-pound allowance only.

*Wrestlers not making registered weight must bump up & bracket change.

*No refund for missing weight!

*NO DOUBLE BRACKETING BUT CAN ENTER TWO DIVISIONS.

*All wrestlers must show AAU card at weigh in time.

Coaches meeting and scratching 1st session 8:45 a.m. and 2nd session 12:30 p.m.

Wrestling Begins: 1st session 8:30 a.m. (8U and 12U)
 2nd session 1:00 p.m. (6U, 10U, and 14U)

Tournament Participants for Kids of the following ages determined by end of the year birth year:

- 6U 2020-and after – 8U 2019-2018 – 10U 2017-2016 – 12U 2015-2014 – 14U 2013, 2012 & 2011 (No High School Wrestlers Allowed)
- 14U: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 140, 150, 160, 180, HWT (260 Max)
- 12U: 60,65,70,75,80,85,90,95,100,105,112,120,130,140, HWT (205 Max)
- 10U: 50,55,60,65,70,75,80,85,90,95,103,112,120,130, HWT (175 Max)
- 8U: 40,45,50,55,60,65,70,75,80,90, HWT (125 Max)
- 6U: 30, 35, 40, 45, 50, 55, HWT (90 Max)

Mandatory Pre-Registration online @ www.trackwrestling.com Late Registration: \$20.00 (for all wrestlers who do not pre-register by midnight on Thursday before the date of each league event)

Include: Name, Ranking (1-5), DOB, Weight class, AAU Membership #

Awards: Medals: 1st through 4th

Registration Cost: \$10.00 plus current AAU membership card is required.

Late Registration: \$20.00 (for all wrestlers who do not pre-register by midnight on Thursday before the date of each league event)

Admission: \$ 5.00 Adults/Children and \$ 2.00 Children 4 and Under

Coaches Entry: Current AAU membership card required to be on the floor coaching an athlete.

1 coach per 5 wrestlers not to exceed 8 coaches - NO EXCEPTIONS!

This event is sanctioned by the Amateur Athletic Union of the U. S., Inc - All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

FOR ADDITIONAL INFORMATION CONTACT:
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