



Alaska Battle Cats presents:
**2nd Annual Miriam "Mimi" Ambrose
Memorial Wrestling Tournament**

Greco – March 13, 2026

Freestyle – March 14, 2026

Chugiak High School, 16525 S Birchwood Loop Rd, Chugiak

Friday, March 13 – Greco (10U and older)

3:30-4:00pm Weigh-in for those who did not do satellite weigh-in (must wear singlet)
5:00pm Wrestling begins

Saturday, March 14 – Freestyle (all ages)

7:30-8:00am Weigh-in for those who did not do satellite weigh-in (must wear singlet)
8:00am Coaches & Officials Meeting
9:00am Wrestling begins for 6U, 8U, 10U
12:00pm Wrestling begins for 12U, 14U, 16U, USA Junior, and Open

Headgear and mouthguards are optional but strongly recommended.

**WRESTLERS SHOULD ARRIVE AT LEAST ONE HOUR PRIOR TO START TIME TO CHECK BRACKETS.
NO CHANGES WILL BE MADE TO THE BRACKETS 20 MINUTES BEFORE START TIMES.**

Registration: For satellite weigh-ins, athletes must be affiliated with a club and registered through the USAW Membership system. Clubs must enter weights by 11:59 p.m. on Thursday, March 12. Hand-deliver or email team sign-off sheet of coach/official doing skin/nail checks and pairing official entering weights to Stacey Medeiros (yecatsak@gmail.com). Unaffiliated or missed registration competitors can register on-site at the Head Table during the day-of weigh-in time.

Entry Fee: \$30 per wrestler per entry. ALL wrestlers must have a valid USAW Card. Cards will not be available for purchase at the tournament. Girls-only brackets will run simultaneously. It is your responsibility to watch both brackets if you chose to enter both tournaments.

Coaches: Wristbands will be given to rostered Coaches who hold a current USAW Wrestling Leader Card with Copper level or higher credentials and concussion certifications. No credentials, no wristband, no corner. **NO EXCEPTIONS.**

Mats: We will run 8 mats on Friday. Saturday we will run 12 half mats in the morning and 8 full mats in the afternoon.

Spectators: Friday: \$5 per person; Saturday: \$10 for adults, \$5 for children. **50% of all spectator fees collected on Saturday will be donated to a local organization that provides teenagers with fentanyl awareness and treatment.** Please be respectful of spectators in the stands when watching matside. Please leave the mat as soon as the match is finished.

Concessions / Hospitality: Concessions will be available for spectators and wrestlers. Hospitality for banded Coaches and Mat / Pairing Officials only will be offered.

Awards: Medals for the top three wrestlers in each bracket after all brackets have closed in each session.

Questions? Contact our Tournament Director, Susan Koller Nieves, at ABCvice@hotmail.com.

2025 Spectator Fees raised \$4,218 for VOA Alaska. Thank you for your contributions.
<https://voaak.org/about/>