

POST'S
GUIDE
to the
PAN AM
GAMES



WRESTLING

GUIDE TO THE GAMES

BY ERIC KOREEN, NATIONAL POST

Venue

Mississauga Sports Centre

Venue acronym

MIS

Landmark status

Medium

The venue is normally known as the Hershey Centre, which will be the home of the Toronto Raptors' new D-League affiliate. It is the home to the Mississauga Steelheads of the Ontario Hockey League.

Other events at venue

Judo, karate, taekwondo, wrestling, goalball, powerlifting, wheelchair rugby

GUIDE TO THE GAMES

Transit options

You are looking at a tic-tac-toe route from Toronto. From Union Station, the 21B bus (Milton) connects with the Mississauga 43 bus (Matheson-Argentia) at the corner of Argentia Road and Mississauga Road. From there, exiting at the corner of Matheson Boulevard and Rose Cherry Place leaves a 10-minute walk to the venue. Alternatively, you could hop on the 109 bus (Meadowvale Express) from Islington Station and connect with the Northbound 53 bus (Kennedy) at Central Parkway Station. That leaves a 15-minute walk to the venue. Either way, it is about a 90-minute journey from the heart of downtown.

GUIDE TO THE GAMES

For exact directions, try:

Triplinx.ca

[TTC trip planner](#)

Schedule

July 15 Greco-Roman 59, 66, 75 and 85 kilograms

July 16 Greco-Roman 98 and 130 kg; women's 48, 53 and 58 kg

July 17 Women's 63, 69 and 75 kg; men's freestyle 57 and 65 kg

July 18 Men's freestyle 74, 86, 97 and 125 kg

[See the full competition schedule at the Pan Am website](#)

How the sport works

There are two styles of wrestling. Greco-Roman wrestling, the older of the two (and a medal

GUIDE TO THE GAMES

event only for men) allows competitors to use just their arms and upper bodies. Freestyle wrestling allows competitors to engage with any part of their bodies. Points are awarded based on technical difficulty of the holds — which nobody understands. Matches consist of two or three rounds, up to three minutes each. The first wrestler to win two rounds is victorious.

Teams/Nations competing

22; Cuba has an entrant in all 18 classifications.

Canada's team

Women

Genevieve Morrison, Campbell's Bay, Que. (48kg); Brianne Barry, London, Ont. (53kg); Michelle

GUIDE TO THE GAMES

Fazzari, Caledonia, Ont. (58kg);
Braxton Stone-Papadopoulos,
Pickering, Ont. (63 kg); Dorothy
Yeats, Montreal (69kg); Justina
Di Stasio, Coquitlam, B.C. (75kg)

Men's freestyle

John Pineda, Vancouver (57kg);
Haislan Garcia, Surrey, B.C.
(65kg); Jevon Balfour, Brampton,
Ont. (74kg); Tamerlan Tagziev, To-
ronto (86kg); Korey Jarvis, Elliot
Lake, Ont. (125kg)

Men's Greco-Roman

Dylan Williams, Mississauga,
Ont. (59kg); Alex Brown-
Theriault, Ottawa (85kg); Jeremy
Latour, Guelph, Ont. (98kg);
Charles Thoms, Fredericton, N.B.
(130kg)

GUIDE TO THE GAMES

Tournament format

Each weight class has just one day of competition. Qualification rounds, quarter-finals, semifinals and finals are on the same day.

Results from 2011 Pan Ams

Cuba won the most medals, 14, and the most golds, nine. Only one other country took home more than one gold medal — the U.S. Canada managed seven medals, including the gold of Carol Huynh, the two-time Olympic medalist, in the 48-kilogram weight class.

Why it's worth watching

Greco-Roman wrestling is quite possibly the oldest sport in history, with cave drawings depicting wrestlers back to 3000 BC, ac-

GUIDE TO THE GAMES

cording to the Games' official web site. Get in touch with your ancestors, through wrestling.

Competition outlook

Haislan Garcia has competed in two Olympics for Canada, finishing seventh in 2012. He is in the 65-kilogram freestyle event. Montreal's Dorothy Yeats won a silver at the world championships two years ago, and competes in 69-kilogram division.