



USA WRESTLING
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2026 U20 Pan American & World Team Selection Process (Women)

Birth Years: 2006-2009

Location: Spokane, WA

Date: April 9-12, 2026

<u>UWW U20 Pan American & World Weights</u>
50 kg
53 kg
55 kg
57 kg
59 kg
62 kg
65 kg
68 kg
72 kg
76 kg

Above are the ten UWW U20 weights (kgs) that will be used in determining the 2026 U20 Pan American & World Teams. The trials event will take place at the Women's Age Group Nationals in Spokane, WA on April 9-12, 2026. No true seconds will be wrestled at this event.

The U20 World Championships are currently scheduled for August 17-23, 2026, in Manama, Bahrain. USA Wrestling will follow rank order 1st-8th place finish for selection of the 2026 World Team. Finals will be a best of three series.

The U20 Pan American Championships are currently scheduled for July 9-11, 2026, in Niteroi, Brazil. USA Wrestling will follow rank order 2nd-8th place finish for selection of the 2026 Pan American Team.

*A passport will be required, so it is highly recommended that you plan on securing a passport at your earliest convenience. USA Wrestling will work down the list in rank order. If for any reason an athlete can't make the weight, USA Wrestling reserves the right to take the necessary steps to fill the team as quickly as possible.

Both the Pan Am Championships and World Championships are fully funded tours.

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