



USA WRESTLING
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****2026 U23 Pan American & World Team Selection Process (Women's Freestyle)***

Birth Years: Born 2003-2008 (must turn 18 in the calendar year)

Location: Spokane, WA

Date: April 9th - 12th, 2026

U23 World team selection: (Listed in rank order for selection)

World Team Weight Categories: 50kg / 53kg / 55kg / 57kg / 59kg / 62kg / 65kg / 68kg / 72kg / 76kg

1. Highest placing Senior World Team Trials National Team member (top 3) that are age eligible.
2. If there are no age eligible Senior National Team members, the U23 World Team spot will be awarded to the 2026 U23 National Champion.
3. If the 2026 U23 National Champion declines the opportunity, it will then be offered to the #2 and #3 ranked athletes from the 2026 U23 Women's National Championships.
4. If #2 and #3 ranked athletes from the 2026 U23 Women's National Championships decline the opportunity, National team coaches will make a recommendation to the Women's Freestyle Sport Committee for final approval.

Pan American Weight Categories: 50kg / 53kg / 55kg / 57kg / 59kg / 62kg / 65kg / 68kg / 72kg / 76kg

1. Above are the ten UWW U23 weights (kgs) that will be used in determining the 2026 U23 Pan American team. 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.
2. The U23 Pan American Championships are currently scheduled for June 11-13, 2026, Lima, Peru. USA Wrestling will follow rank order 1st-8th place finish for selection of the 2026 Pan American Team.

*Due to the dates of the 2026 U23 Pan American Championships, a current passport will be required immediately following the team selection event. 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 (1st – 8th). If for any reason an athlete can't make the weight or does not have a current passport, 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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