



2016 TALLINN OPEN - Kr. PALUSALU YOUTH WRESTLING FESTIVAL

We are pleased to invite you to the 2016 TALLINN OPEN – 28. KRISTJAN PALUSALU YOUTH WRESTLING TOURNAMENT from 1-3 April, 2016. This is followed by the International Cadet Wrestling Training Camp on 4-7 April, 2016.

The 2015 tournament attracted 1392 wrestlers from 16-countries and is Europe's largest wrestling tournament. The 2015 protocol: http://www.liga-db.de/Turniere/VT/EE/2014/EE/150329_Tallinn/indexENG.htm

OVERVIEW OF 2016 TALLINN OPEN – 28th Kr. Palusalu Youth Wrestling Tournament:

- Largest tournament in Europe
- April 1, 2016 start of weigh-in
- April 2, 2016 Greco-Roman
- April 3, 2016 Freestyle and Female wrestling
- 1500 wrestlers on 12 mats
- New female categories (3 age groups)
- Nordic A/B Pool system guarantees two-match minimum
- Opportunity to wrestle both Greco-Roman and Freestyle (separate days)
- International Training Camp april 4-7, 2016

CATEGORIES:

Category	FEMALE			MALE (Greco-Roman and Freestyle)					
	Children	Schoolgirl	Cadet/Junior	Children	Palusalu Small	Palusalu Big	Schoolboy	Cadet	Junior
Birthyear	2004 & Younger	2003-2001	2000-1996	< 2007	2006-2005	2004-2003	2002-2001	2000-1999	1998-1996
Tolerance	—	—	+1kg	—	—	—	—	+1kg	+2kg
Weight in kg	wrestlers	32 (+29kg)	46 (+42)	20 (+18)	26 (+23)	32 (+29)	38 (+34)	46 (+42)	55 (+50)
	will be	34	49	23	29	35	42	50	60
	grouped	37	52	26	32	38	47	54	66
	according	40	56	29	35	42	59	58	74
	to weight,	44	60	32	40	47	66	63	84
	with a	48	64	35	45	53	73	69	96
	minimum	52	69	40	50	59	85	76	120
	4 wrestlers per group	58	75	+40 kg	+50	66		85	
Time	2 x 2min	2.2 min	2 x 2min	2 x 2min	2 x 2min	2 x 2min	2 x 2min	2 x 2min	2 x 3min
Points	10pts	10pts	10pts	12pts	12pts	12pts	8-GR & 10-FS	8-GR & 10-FS	8-GR & 10-FS

SCHEDULE & PROGRAM:

2016 TALLINN OPEN - 28. Kr. PALUSALU YOUTH WRESTLING FESTIVAL			
Dates	Times	Event	Location
01 April, 2016 FRIDAY	10:00 - 14:00	Medical Control & Weigh-In (GR and GR/FS combined)	Saku Suurhall - TALLINN
	16:00 - 22:00		Saku Suurhall - TALLINN
02 April, 2016 SATURDAY	07:00 - 08:30	Medical Control & Weigh-In (GR and GR/FS combined)	Saku Suurhall - TALLINN
	09:30 - 10:00	Opening Ceremony	Saku Suurhall - TALLINN
	10:00 - 18:00	Greco-Roman Competition - Elimination Rounds	Saku Suurhall - TALLINN
	18:00 - 20:00	Greco-Roman Competition - Finals and Award Ceremonies	Saku Suurhall - TALLINN
	17:00 - 20:00	Medical Control & Weigh-In of FS and FW wrestlers	Saku Suurhall - TALLINN
03 April, 2016 SUNDAY	07:00 - 08:30	Medical Control & Weigh-In (FS and FW)	Saku Suurhall - TALLINN
	09:00 - 09:30	Opening Ceremony	Saku Suurhall - TALLINN
	09:30 - 16:00	FS and FW Competition - Elimination Rounds	Saku Suurhall - TALLINN
	16:00 - 17:00	FS & FW Competition - Finals and Award Ceremonies	Saku Suurhall - TALLINN
4 - 7 April, 2016		TALLINN OPEN International Wrestling Training Camp	Korus3 Training Centre - TALLINN

COMPETITION LOCATION: Saku Suurhall. Paldiski Maantee 104B, Tallinn 13522 www.sakusuurhall.ee (GPS coordinates: Lat: 59°42.6156', Long E 24° 64.7332'). Saku Suurhall is 10km from the Airport and Harbour, and 7km from the centre of the Old City.

REGISTRATION: Registration via www.tallinnopen.ee „Registration Form“ or email to info@tallinnopen.ee . Registration starts december-1, 2015 and will be made viewable on-line early 2016. Information (372) 510 2876 or info@tallinnopen.ee .



PARTICIPATION FEES: Possibility to wrestle on both days.

- 10 euro Greco-Roman **OR** Freestyle
- 15 euro Greco-Roman **AND** Freestyle

Payment via bank-transfer or on-site.

REFEREE: Visitor referees are invited and encouraged to participate. Head Referee is Mr. Tanel RENTER. For information and notification, please contact Tanel at Tanel.Renter@mail.ee or (372) 5297979 .

INTERNATIONAL CADET TRAINING CAMP:

Camp is 4-7 April, 2016 at Korrus3 Wrestling Club (Veerenni 29, Tallinn www.korrus3.ee) Tallinn's „Wrestling Centre of Excellence“ and home of the National Teams. (GPS Co-ordinates: LAT: N59° 25' 25.0'' LONG: E24° 45'04.9''). Korrus3 is 2km from the airport and harbour, and 1km from the centre of Old City.

The 2015 Camp was attended by 130 wrestlers from Norway, Sweden, Denmark, Lithuania, Belgium, Ukraine, Russia, Czech Republic, Isreal, USA and Estonia. With such a wide diversity of wrestlers, the 2016 camp will emphasise sparring, to maximise and gain wrestling experience from different schools of wrestling. This is a vetted camp (not for beginners) with the number of participants being limited. For information in English and Russian, please contact Mr. Martin PLASER, Manager and Coach at Korrus3 Training Centre. Contact: korrus3@korrus3.ee (372) 5362 7351 . For detailed information www.korrus3.ee/uudised/tallinn-open-official-training-camp-2016

ACCOMODATION:

Special rates from sponsor/partner Hotels. Over 400 inexpensive hostel beds are reserved. Because in 2015, several 100 persons notified attending only a week or days before the competition – we request more advance notice to guarantee accomodations.

Inexpensive (Free): Hard-accomodations available at competition site. Lights out at 23:00. Team Leader required.

Please refer to www.tallinnopen.ee for current accomodation information and booking.

Other accomodations may be found on Tallinn Tourism page at:

<http://www.tourism.tallinn.ee/eng/travelplanning/accommodation/facilities>

TRANSPORT:

Transportation is available from harbour, airport and bus station, to competition site and to participating sponsor hotels. Please provide advance notification (We are better prepared than in 2015!) Also – the City of Tallinn will provide FREE city-wide transportation on buses, trolleys and trams, with presentation of „Tallinn Open Participant Card“ (This will be provided at weigh-in).

Taxi from harbour and airport to competition site is about 10EUR.

MEALS:

Saku Suurhall has several eating options, from fast-food to restaurants & buffet. Specially priced „athletes meals“ will be available via pre-ordering. Menu information will be available at www.tallinnopen.ee in beginning 2016.

INFORMATION:

info@tallinnopen.ee

www.tallinnopen.ee

www.facebook.com/TallinnOpenWrestling

Vello LEITHAM: (372) 510 2875 for English and French

Leo LUMILA: (372) 5688 8860 for Russian



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