

# 2022 TALLINN OPEN Training Camp

## „Adding something new to your style”

**TALLINN OPEN INTERNATIONAL WRESTLING TRAINING CAMP:** The TALLINN OPEN training camp is a unique high-level training opportunity which takes place immediately after the tournament (March 28 – 31, 2022) at the competition site. The motto for the 2022 camp is „adding something new to your own style”.

The 2019 Camp was attended by over 400 GR, FS and FW wrestlers of Schoolboy/girl, Cadet and Junior age from 19-countries. With such a wide diversity of wrestlers, the camp emphasises sparring, to maximise experience from different schools of wrestling, to help you add to your „own wrestling style”. This is a vetted camp (not for beginners) and the number of participants is limited.

Training and Coaching is led by various participating coaches. In 2019, over 20 Trainers and Coaches from various countries participated.

### Overview:

- Camp is March 28 – 31, 2022 on 14-mats at the Competition Site.
- Two sessions per day
- Saunas, showers, facilities available
- Cost of camp is 17 eur/day. This includes 2-training sessions, facilities and two meals.
- Free transportation is provided by the City of Tallinn during the competition and training camp.

For Training Camp information in English and Russian, please contact Mr. Kristjan PRESS at [kristjan6786@hotmail.com](mailto:kristjan6786@hotmail.com) (372) 5176978 Camp information at <http://tallinnopen.ee/2020-international-wrestling-camp/>



*“When you start learning and coaching yourselves, that is when you start to create your own suitable style. If you are waiting for your coach to say, put your hand here, put your foot there, put your head here, you are never going to get into the high level!”*

Matt Lindland (USA National Greco Roman Coach) at Tallinn Open Camp.



SEE YOU IN TALLINN



# 2022 TALLINN OPEN –

## KR. PALUSALU YOUTH WRESTLING TOURNAMENT

**Announcement:** Prior to cancellation, 2020 TALLINN OPEN had 2700 registered wrestlers from a record 33-countries including over 500 Women wrestlers. The good news from 2020 is that 2022 TALLINN OPEN will finally have a separate days for Womens and Mens Freestyle wrestling.

Here was 2020 TALLINN OPEN registration before cancellation:  
<https://www.liga-db.de/TallinnOpen2020/>

visit  
estonia



### OVERVIEW OF 2022 TALLINN OPEN:

Largest tournament in Europe

- March 24, 2022: Start of Weigh-In
- March 25, 2022: Men’s Freestyle wrestling day
- March 26, 2022: Greco-Roman wrestling day
- March 27, 2022: Women’s Freestyle wrestling day
- Registration closes at 2700 wrestlers
- 14 wrestling mats
- Nordic A/B Pool system guarantees two-match minimum
- Opportunity to wrestle in both Greco-Roman and Freestyle (separate days)
- International Training Camp March 28 – 31, 2022.

### AT 2019 TALLINN OPEN:

- 2246 wrestlers (incl 322 women)
- 29 countries
- 270 teams (40 national teams)
- Training Camp: +400 GR, FS and WW wrestlers from 19 countries
- 2019 protocol: [www.liga-db.de/TallinnOpen2019/](http://www.liga-db.de/TallinnOpen2019/)



### INFORMATION:

Vello LEITHAM: (372) 510 2876 for English and French  
 Kaja RANTS (372) 528 8509 for English and Russian  
 Kristjan PRESS (372) 517 6978 (for Training Camp information)

info@tallinnopen.ee  
 www.tallinnopen.ee  
 www.facebook.com/TallinnOpenWrestling  
 #tallinnopenwrestling





## KRISTJAN PALUSALU



**Kristjan Palusalu is Estonia's most famous sports person, having won the Heavyweight Gold Medal at the 1936 Berlin Olympics in both Greco-Roman and Freestyle. Kristjan remains the only person to ever have achieved this feat at the same Olympic Games.**

**Young wrestlers have the opportunity to duplicate this feat, by participating in both Greco-Roman and Freestyle days.**

**In 2019 – two wrestlers accomplished this endeavour!**

The **TALLINN OPEN** organising committee, is pleased to invite you to Europe's largest wrestling tournament, the 2022 TALLINN OPEN – KRISTJAN PALUSALU YOUTH WRESTLING TOURNAMENT in GR, FS and FW, from 24 – 27 March, 2022. The tournament is on 14-mats and employs the Nordic A/B system, guaranteeing a two-match minimum. It is possible to wrestle in both GR and FS on subsequent days. TALLINN OPEN is for experienced wrestlers, and is limited to 2700 wrestlers.

The **2019 TALLINN OPEN** attracted 2246 wrestlers (including 322 women) from 270-teams and 29-countries. Many National Teams use Tallinn Open for preparation or as a benchmark qualification tournament for European and World Championships. The 2019 tournament attracted 40 national teams of various age-groups in GR, FS and FW. The 2019 protocol is here: [www.liga-db.de/TallinnOpen2019/](http://www.liga-db.de/TallinnOpen2019/)

**TALLINN OPEN** is immediately followed by an International Wrestling Training Camp from March 28 – 31, 2022. The 2019 Camp attracted over 400 GR, FS and FW wrestlers from 19-countries (please see Training Camp page).

## COMPETITION LOCATION:

Saku Suurhall. Paldiski Maantee 104B, Tallinn 13522 [www.sakusuurhall.ee](http://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](http://www.tallinnopen.ee) „Registration Form“ or email to [info@tallinnopen.ee](mailto:info@tallinnopen.ee). Registration starts 1. September 2021. Registration ends either March 18, 2022 or at 2700 registered wrestlers, whichever comes first.

**NOTE: In 2019, registration was closed 4-weeks before start of competition, since maximum number of participants was reached.**

## REFEREE:

Registered referees will be paid 65 eur for each complete day. Experienced accredited referees are encouraged to participate. In 2019 there were over 60 referees from 16-countries. For information and to register as a referee, please forward credentials to Head Referee Mr. Tanel RENTER at [Tanel.Renter@mail.ee](mailto:Tanel.Renter@mail.ee) or (372) 5297979.

## PARTICIPATION FEES:

Possibility to wrestle on both days.

- 20 euro Greco-Roman OR Freestyle. After 1-march participation is 25 eur.
- 30 euro Greco-Roman AND Freestyle. After 1-march participation is 35 eur.

An additional fee of 4 eur/wrestler is charged to those teams without a referee, up to a maximum of 40eur per team.

Registered referees will be paid 65 eur for each complete day.

## Payment via bank-transfer or on-site (cash or card).

Name: MTU TALLINN OPEN

Bank: Luminor Bank, Liivalaia 45, 10145 Tallinn

BIC/SWIFT: NDEAEE2X

Account: EE141700017003653230

Please bring proof of payment at registration

## ACCOMODATION:

Visitors to Tallinn Open, account for approximately 25% of available accomodations in Tallinn. Past years experience has shown that early reservation is highly recommended. Tallinn Open has pre-booked over 1400 beds of different comfort levels. Please refer to [www.tallinnopen.ee/accomodations](http://www.tallinnopen.ee/accomodations) for accomodation contact information, status and booking instructions.

Accomodations information can also be found on Tallinn Tourism page at: <http://www.tourism.tallinn.ee/eng/travelplanning/accommodation/facilities>

We also recommend referring to Booking.Com and considering AirBnB.

## TRANSPORTATION:

Transportation is provided for larger groups from harbour, airport, train station and bus station, to competition site and onto hotels. Advance notification for transport is required via [info@tallinnopen.ee](mailto:info@tallinnopen.ee).

The City of Tallinn provides **FREE** city-wide transportation on buses, trolleys and trams with the „Tallinn Open Participant Card“. This Card is provided at weigh-in.

Taxi from harbour and airport to competition site is about 10 EUR. Taxify, Uber and Yandex also operate in Tallinn.

## FOOD/MEALS:

Saku Suurhall has several fast-food eating options. Available is also specially priced „athletes meals“ only via pre-ordering. Meals are paid for with registration.

Thursday (24 March): After weigh-in meal 6eur.

Friday, Saturday, Sunday (25-27 March): Lunch (6eur), Dinner (6eur)

SEE YOU IN TALLINN

CATEGORY	FEMALE				MALE (Greco-Roman and Freestyle)					
	U13	U15	Cadet	Junior	U11 "Neo"	U13 "Kotkas"	U15 "Englas"	Cadet	Junior	
Birthyear	2009 & Younger	2008-2007	2006-2005	2004-2002	2011 & Younger	2010-2009	2008-2007	2006-2005	2004-2002	
Tolerance	—	—	+1kg	+2kg	—	—	—	+1kg	+2kg	
Weight in kg	20 (+18)	33 (+29)	36 (+34kg)	50	20 (+18)	32 (+29)	38 (+34)	45 (+41)	55	57
	23	36	43	53	23	35	41	48	60	61
	26	39	46	55	26	38	44	51	63	65
	29	42	49	57	29	42	48	55	67	70
	32	46	53	59	32	47	52	60	72	74
	35	50	57	62	35	53	57	65	77	79
	40	54	61	65	40	59	62	71	82	86
	45	58	65	68	45	66	68	80	87	92
	50	62	69	72	50	+66	75	92	97	97
	+5+	66	73	76	+50		85	110	130	125
Time	2 x 2min	2 x 2min	2 x 2min	2 x 3min	2 x 2min	2 x 2min	2 x 2min	2 x 2min	2 x 3min	
Points	10pts	10pts	10pts	10pts	8-GR & 10-FS	8-GR & 10-FS	8-GR & 10-FS	8-GR & 10-FS	8-GR	10-FS
Regulation	Nordic A/B pool system. Current UWW scoring rules									
Note	Competition organisers reserve the right to make changes to the tournament program									

## 2022 TALLINN OPEN - Kr. PALUSALU YOUTH WRESTLING FESTIVAL

Dates	Times	Event	Location
24 March, 2022 <b>THURSDAY</b>	10:00 - 14:00	Medical Control & Weigh-In (FS, FS/GR combined)	Saku Suurhall - TALLINN
	16:00 - 20:00	Medical Control & Weigh-In (FS, FS/GR combined)	Saku Suurhall - TALLINN
25 March, 2022 <b>FRIDAY</b>	09:00 - 19:00	Freestyle Men: Elimination Rounds, Finals & Award Ceremonies	Saku Suurhall - TALLINN
	11:00 - 14:00 16:00 - 20:00	Medical Control & Weigh-In of GR and WW wrestlers	Saku Suurhall - TALLINN
26 March, 2022 <b>SATURDAY</b>	09:00 - 09:30	Opening Ceremony	Saku Suurhall - TALLINN
	09:30 - 20:00	Greco-Roman: Elimination Rounds, Finals & Award Ceremonies	
	16:00 - 20:00	Medical Control & Weigh-In of WW wrestlers	
27 March, 2022 <b>SUNDAY</b>	09:00 - 17:00	Freestyle Women: Elimination Rounds, Finals & Award Ceremonies	Saku Suurhall - TALLINN
28 – 31 March, 2022	TBA	TALLINN OPEN International Wrestling Training Camp	Saku Suurhall - TALLINN