

2024 TALLINN OPEN Training Camp

„Adding something new to your style”

TALLINN OPEN INTERNATIONAL WRESTLING TRAINING CAMP: The TALLINN OPEN training camp (March 25–27, 2024) is a unique high-level training opportunity which takes place at the competition site immediately following the tournament. The motto for the 2024 camp is „adding something new to your own style”.

The 2023 Camp was attended by over 500 GR, FS and FW wrestlers of Schoolboy/girl, Cadet and Junior age from 21-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 camp sessions are led by the various participating coaches. Every session is led by a coach of a different country. This is a popular and excellent opportunity for coaches and trainers to exchange ideas and gain experience from different schools of wrestling.

Overview:

- Camp is March 25–27, 2024 on 14-mats at the Competition Site.
- Two sessions per day
- Saunas, showers, facilities available
- Cost of camp is 22 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

The training camp Schedule is:

WW	09:00–10:30	WW	15:00–16:30
FS	10:30–12:00	FS	16:30–18:00
GR	12:00–13:30	GR	18:00–19:30

For training camp registration information (English and Russian) please contact info@tallinnopen.ee or www.tallinnopen.ee/2024-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 from 2014 to 2022)



SEE YOU IN TALLINN



2024 TALLINN OPEN –

KR. PALUSALU YOUTH WRESTLING TOURNAMENT

POSSIBLY THE LARGEST OPEN WRESTLING TOURNAMENT IN THE WORLD



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OVERVIEW OF 2024 TALLINN OPEN:

- Largest tournament in Europe
- March 22, 2024: Start of weighin
- March 23, 2024: Freestyle and Women’s wrestling
- March 24, 2024: Greco-Roman wrestling
- Registration is closed at 2200 wrestlers
- 14 wrestling mats
- Nordic A/B system guarantees two match minimum
- Opportunity to wrestle in both Greco-Roman and Freestyle (separate days)
- International Training Camp March 25-27, 2024

AT 2023 TALLINN OPEN:

- 2193 wrestlers (incl 387 women)
- 30-countries
- 277 teams (including 40 national teams)
- Training Camp +500 GR, FS and WW wrestlers from 21-countries
- 2023 protocol: www.liga-db.de/TallinnOpen2023/



INFORMATION:

Vello LEITHAM: (372) 510 2876 for English and French
Kaja RANTS (372) 528 8509 for English and Russian

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 2023 – three wrestlers accomplished this feat!

The **TALLINN OPEN** organising committee, is pleased to invite you to Europe's largest wrestling tournament, the 2024 TALLINN OPEN – KRISTJAN PALUSALU YOUTH WRESTLING TOURNAMENT in GR, FS and FW, from 22-24 march, 2024. 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 2200 wrestlers.

The **2023 TALLINN OPEN** was attended by 2193 wrestlers (including 387 women) from 30-countries. Many National Teams use Tallinn Open for preparation or as a benchmark qualification tournament for European (Continental) and World Championships. The 2023 tournament attracted 40 national teams of various age-groups in GR, FS and FW. The 2023 protocol is here: www.liga-db.de/TallinnOpen2023

TALLINN OPEN is immediately followed by the International Wrestling Training Camp from March 25-27, 2024. In 2023 attracted over 500 GR, FS and FW wrestlers from 21-countries (please see Training Camp on page 4).

COMPETITION LOCATION:

UNIBET ARENA Paldiski Maantee 104B, Tallinn 13522 www.unibetarena.ee (GPS coordinates: Lat: 59°42.6156', Long E 24° 64.7332'). UNIBET ARENA 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 1. september 2023. Registration ends either March 19, 2024 or at 2200 registered wrestlers, whichever comes first.

NOTE: In 2023, registration was closed weeks before start of competition, since maximum number of participants was reached.

REFEREE:

Experienced accredited referees are encouraged to participate. In 2023 there was 61 referees from 12-countries. Referees are provided accommodations and meals and compensated:

- 125eur per day for International Category referees
- 100eur per day for National Category referees

For information and to register as a referee, please forward credentials to Head Referee Mr. Tanel RENTER at Tanel.Renter@mail.ee or (372) 5297979

PARTICIPATION FEES:

Possibility to wrestle on both days.

- 25 euro Greco-Roman OR Freestyle. After 1-march participation is 30 eur.
 - 35 euro Greco-Roman AND Freestyle. After 1-march participation is 40 eur.
- An additional fee of 10 eur/wrestler is charged to those teams without a referee.

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

Name: MTU TALLINN OPEN

Bank: Luminor Bank, Liivalaia 45, 10145 Tallinn

BIC/SWIFT: RIKOEE22

Account: EE141700017003653230

Please bring proof of payment at registration

ACCOMODATION:

Visitors to Tallinn Open, account for approximately 25% of available accommodations 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 for accommodation contact information, status and booking instructions.

Accommodations 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 the airport, harbour, train station and bus station to the competition site and onto hotels. There is a WELCOME DESK at the airport (just outside arrivals) to assist you, starting march 21, 2024. Advance notification for transport is required via info@tallinnopen.ee.

The City of Tallinn provides **FREE** city-wide transportation on buses, trolleys and trams with a special QR-code. The QR-code will be available March-1, 2024.

Taxi from harbour and airport to competition site is about 8-10 EUR. Bolt and Uber also operate in Tallinn.

FOOD/MEALS:

UNIBET ARENA has several fast-food eating options. Available is also specially priced „athletes meals“ only via pre-ordering to info@tallinnopen.ee. Meals are paid for at registration.

Friday (22 March): After weigh-in meal 7.50eur.

Saturday, Sunday (23–24 March): Lunch (7.50eur), Dinner (7.50eur)

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

2024 TALLINN OPEN -32. KR. PALUSALU YOUTH WRESTLING FESTIVAL

Dates	Times	Event	Location
22 March, 2024 FRIDAY	10:00–14:00	Medical Control & Weigh-In (WW, FS, FS/GR combined)	Unibet Arena - TALLINN
	16:00–22:00	Medical Control & Weigh-In (WW, FS, FS/GR combined)	Unibet Arena - TALLINN
23 March, 2024 SATURDAY	09:00–09:30	Opening Ceremony	Unibet Arena - TALLINN
	09:30–20:00	WW & FS: Elimination Rounds, Finals & Award Ceremonies	Unibet Arena - TALLINN
	11:00–14:00 16:00–20:00	Medical Control & Weigh-In of GR wrestlers	Unibet Arena - TALLINN
24 March, 2024 SUNDAY	09:00–18:00	Greco-Roman: Elimination Rounds, Finals & Award Ceremonie	Unibet Arena - TALLINN
25 - 27 March, 2024	TBA	TALLINN OPEN International Wrestling Training Camp	Unibet Arena - TALLINN
29 - 31 March, 2024	TBA	Kristjan Palusalu Memorial for Seniors (Juniors allowed)	TBA