



Powiat Wałbrzyski



**DOLNY  
ŚLĄSK**

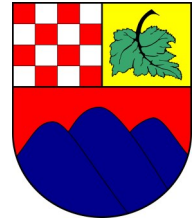
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## HEROS Lady OPEN 2021

Boguszów-Gorce / Poland

**3-5.12.2021**



Boguszów-Gorce

*Heros Wrestling Team* would like to invite Your Team to  
**16. International Women's Wrestling Tournament HEROS Lady OPEN**  
*for seniors/juniors, cadets and younger*

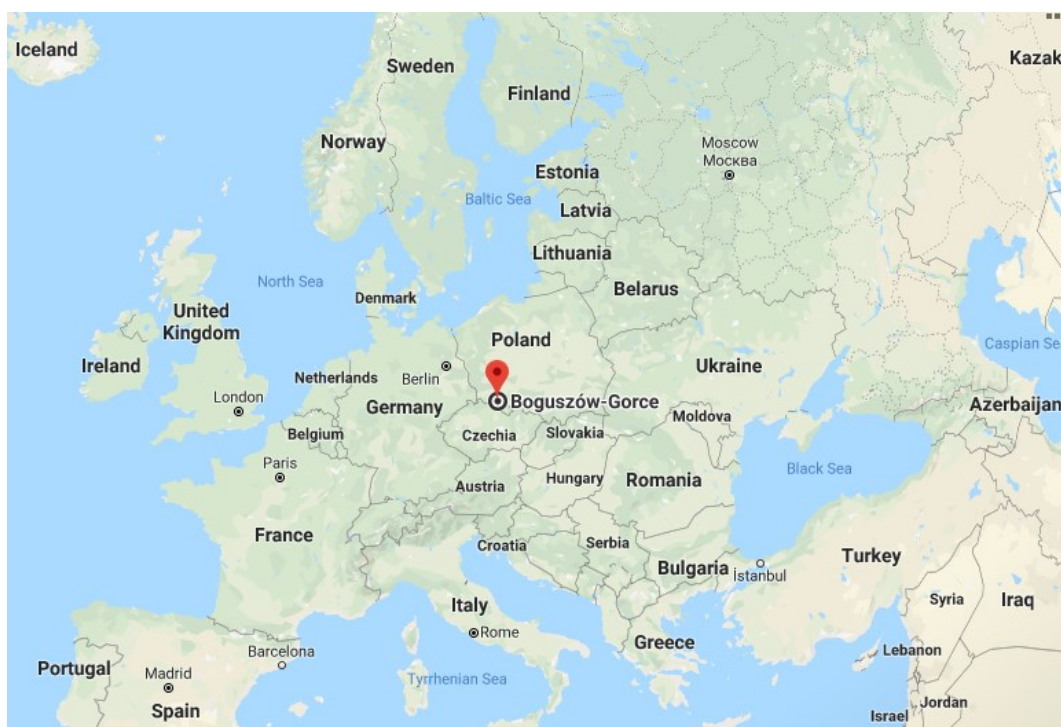
<b>Date:</b>	<b>3-5.12.2021</b>
<b>Location:</b>	The competition, weighing and bouts will be arranged in: <b>58-370 BOGUSZÓW-GORCE, ul. Waryńskiego 10</b> (Sporthall)
Arrival:	<b>Friday, 3rd December 2021, till 18:00</b> BOGUSZÓW-GORCE, ul. Waryńskiego 10
Competition for:	<b>WOMEN (3 age groups):</b> <u>Seniors/Juniors &amp; Cadets &amp; Younger</u>
<b>Age groups and weight categories:</b>	<p>Seniors/Juniors born <b>2003 and earlier (18 yrs + ):</b> <b>50, 53, 55, 57, 59, 62, 65, 68, 72, 76 Kg /+ 2 Kg /</b></p> <p>Cadets <b>2004—2007:</b> <b>40, 43, 46, 49, 53, 57, 61, 65, 69, 73 / no weight tolerance</b></p> <p>Younger <b>2008—2011:</b> <b>27, 30, 33, 36, 39, 42, 46, 50, 54, 58, 62, 66 kg / no weight tolerance</b> <i>(The smallest categories may be joined or changed depending on number of girls and their weight)</i></p> <p>Each athlete must have passport or license to present at the weigh-in.</p>
Final entries:	The final applications must be submitted before <b>21st November</b> to: <b><u>zapasy@interia.pl</u></b>
Referees:	The teams are asked to take a referee <i>(we cover costs of accommodation and hotel for each referee also referee earn for his job 50 €).</i>
<b>Costs:</b>	<u>Board and lodging:</u>  <b><u>35 euro per person / per day</u></b>

	<b>PROGRAM</b> <i>(schedule)</i>
<b>Friday, 3 December 2021</b>	15.00 - 18.00 – arrival of teams 15.00 - 19.30 – weigh-in for all categories
<b>Saturday, 4 December 2021</b>	09.00 - 09.30 – opening ceremony 09.30 - 18.00 – elimination matches about 13.00 – dinner
<b>Sunday, 5 December 2021</b>	09.00 - 12.00 – finals for bronze and gold medals and awarding ceremony about 12.00 – dinner

*We are looking forward to welcome you at the **16. International Women's Wrestling Tournament in Boguszów-Gorce (former in Czarny Bór).***

*In **2019** our competition numbered **366 girls** from **15 countries** - **Hungary, Austria, Croatia, Italy, Latvia, France, Germany, Sweden, Lithuania, Belarus, Netherlands, Czech Republic, Estonia, Greece, Kazakhstan and Poland** with many medallists of European or World Championship.*

*After competition we plan organize a 5-days training camp - **EURO CAMP***



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**[www.herosladyopen.pl](http://www.herosladyopen.pl)**