



## INVITATION

### HEROS Lady OPEN 2019 (Czarny Bór OPEN before)

Boguszow-Gorce / Poland

**29.11—1.12.2019**



We have the pleasure of inviting Your Team to  
**14. International Women's Wrestling Tournament**  
**HEROS Lady OPEN 2019**  
*for seniors/juniors, cadets and younger*

With the participation of the **Polish national teams of cadets, juniors and seniors**

Organiser:	Heros Czarny Bor & Heros Boguszow-Gorce Wrestling Teams
Date:	<b>29.11-1.12.2019</b>
!!! NEW location:	The competition, weighing and bouts will be arranged in: <b>58-370 BOGUSZÓW-GORCE, ul. Waryńskiego 10 (Sporthall)</b>
Arrival:	<b>Friday, 29th November 2019</b> , till 18:00, BOGUSZÓW-GORCE, ul. Waryńskiego 10
Competition for:	<b>WOMEN:</b> Seniors/Juniors + Cadets + Younger
Age groups and weight categories:	Seniors/Juniors born <b>2002 and earlier (17 yrs + ):</b> <b>50, 53, 55, 57, 59, 62, 65, 68, 72, 76 Kg /+ 2 Kg /</b>  Cadets <b>2003—2005:</b> <b>40, 43, 46, 49, 53, 57, 61, 65, 69, 73 / no weight tolerance</b>  Younger <b>2006—2009:</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>  Each athlete must have passport or license to present at the weigh-in.
Final entries:	The final applications must be submitted before 15th November 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>
Costs:	<u>Board and lodging:</u>  <b><u>30 euro per person / per day</u></b>

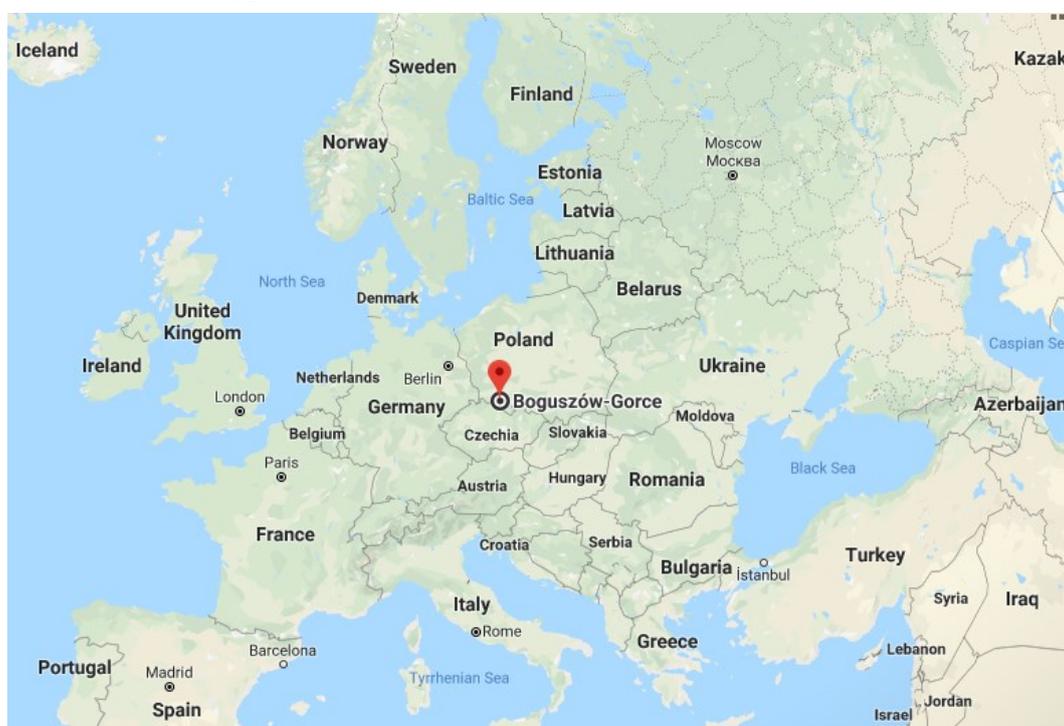
	<b>PROGRAM</b> <i>(schedule)</i>
<b>Friday, 29 November 2019</b>	16.00—18.00 – arrival of teams 16.00—19.30 – weigh-in for all categories
<b>Saturday, 30 November 2019</b>	09.00—09.30 – opening ceremony 09.30—19.00 – elimination matches about 13.00 – dinner (in the competition place)
<b>Sunday, 1 December 2019</b>	09.00—12.00 – finals for bronze and gold medals and awarding ceremony about 12.00 – dinner (in the competition place)

*We are looking forward to welcome you at the **14. International Women's Wrestling Tournament in Boguszów-Gorce (Czarny Bór before).***

*In 2018 our competition numbered over **330 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.*



*The tournament and training camp:  
with the participation of the Polish  
national teams of cadets, juniors and seniors.*



**HEROS CZARNY BÓR & BOGUSZÓW-GORCE**

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