



Powiat Wałbrzyski



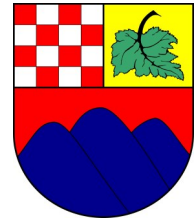
**DOLNY
ŚLĄSK**



HEROS Lady OPEN 2023

Boguszków-Gorce / Poland

1-3.12.2023



Boguszków-Gorce

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

Date:	1-3.12.2023
Location:	The competition, weighing and bouts will be arranged in: 58-370 BOGUSZÓW-GORCE, ul. Waryńskiego 10 (Sporthall)
Arrival:	Friday, 1st December 2023 , till 18:00 BOGUSZÓW-GORCE, ul. Waryńskiego 10
Competition for:	WOMEN (3 age groups): <u>Seniors/Juniors & Cadets & Younger</u>
Age groups and weight categories:	<p>Seniors/Juniors born 2006 and earlier (17 yrs +): 50, 53, 55, 57, 59, 62, 65, 68, 72, 76 Kg /+ 2 Kg /</p> <p>Cadets 2007-2009: 40, 43, 46, 49, 53, 57, 61, 65, 69, 73 / no weight tolerance</p> <p>Younger 2010-2013: 27, 30, 33, 36, 39, 42, 46, 50, 54, 58, 62, 66 kg / no weight tolerance <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/ID to present at the weigh-in.</p>
Final entries:	The final applications must be submitted before 24th November to: <u>zapasy@interia.pl</u>
Referees:	If you can take a referee - we cover costs of accommodation and hotel for each referee also referee earn for his job 50 €.
Costs:	<u>Accommodation and meals (in hotels):</u> 45 euro per person / per day
Entry fee:	FREE - no starting FEE (entry fee only for clubs that do not order accommodation from the organizer: 15 euro)

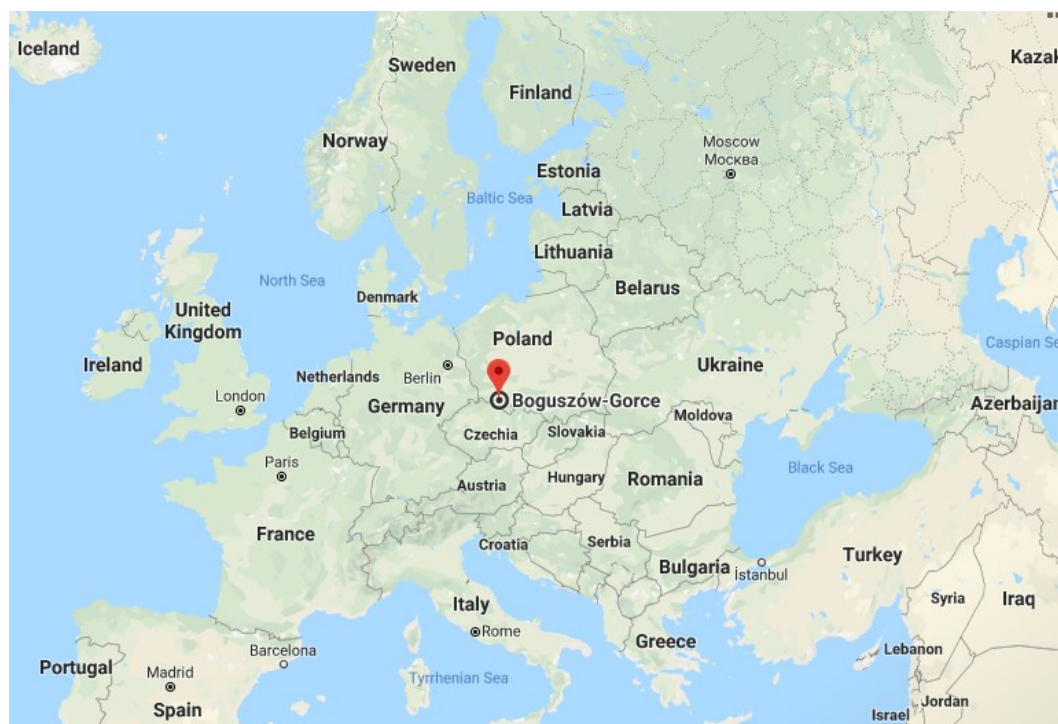
	PROGRAM <i>(schedule)</i>
Friday, 1 December 2023	15.00 - 18.00 – arrival of teams 15.00 - 19.30 – weigh-in for all categories
Saturday, 2 December 2023	09.00 - 09.30 – opening ceremony 09.30 - 18.00 – elimination matches about 13.00 – dinner
Sunday, 3 December 2023	09.00 - 12.00 – finals for bronze and gold medals and awarding ceremony about 12.00 – dinner

*We are looking forward to welcome you at the **18. International Women's Wrestling Tournament in Boguszów-Gorce (former in Czarny Bór)***

***Heros Lady Open 2022 in numbers: 290 girls from 18 countries
(Austria, Croatia, Denmark, Lithuania, Latvia, Finland, France, Germany, Hungary, Slovakia,
Sweden, Switzerland, Netherlands, Norway, Czech Republic, Ukraine, USA, Poland)***

***Heros Lady Open 2019 in numbers: 366 girls from 15 countries
...with many medallists of European or World Championship.***

! After competition 3-8.12 we organize an international training camp - **EURO CAMP** !



Darek Piaskowski: +48 533 733 774

Joanna Kolodziej: +48 533 733 704

www.herosladyopen.pl