



POLSKI ZWIĄZEK ZAPAŚNICZY
FEDERATION POLONAISE DE LUTTE

00-871 Warszawa, ul. Żelazna 67 m. 73, tel./fax. (48-22) 624 81 11, 624 01 69, 652 19 03, e-mail: pzz@zapasy.org.pl; www.zapasy.org.pl

Konto bankowe: PKO BP S.A. XV O/Warszawa 94 1020 1156 0000 7202 0007 5150, NIP 526-12-86-191, Regon 000866449

INVITATION

The Polish Wrestling Federation has a great pleasure to invite you for the

XIV International Tournament "Poland Open" - female wrestling

XIX International Tournament "Ziółkowski" - free style

6 - 8 August 2010

Senior

I. GENERAL INFORMATION

Organizer: The tournament will be organised by the Polish Wrestling Federation,
tel/fax (0048 22) 624-81-11 e-mail: pol@fila-wrestling.com, according to FILA Rules.

Date: 6-8 August 2010

Place: Olympic Training Centre, St. Mościckiego 6, Spała

II. PARTICIPATION

1. Preliminary entries: not later than June 6th 2010
2. Entries by name: not later than July 6th 2010
3. The final entries: not later than 3 hours before weighting

III. TECHNICAL ORGANISATION

1. The competition will be held in the following weight categories: 48, 51, 55, 59, 63, 67, 72kg (female wrestling) and 55, 60, 66, 74, 84, 96, 120kg (free style).

The weight tolerance is 2 kg.

2. Three (3) mats will be used for the competition.
3. Each wrestler must have a valid FILA licence.

IV. AWARDS

The Organising Committee will be in charge of individual awards for each weight category.

For I place - financial prize and for II-III places - prize gifts.

V. FINANCIAL CONDITIONS

1. Accommodation from 6th August 2010 to 9th August (breakfast) **60€/person per day**.
2. A delegation, whose preliminary entry does not correspond to the invitation till 6th June 2010, as well delegations or persons staying longer than scheduled, each person will pay 80€/person per day. Leaders of the delegations must fulfil their financial obligations just after arrival.

VI. ACCOMMODATION - MEALS - TRANSPORT

1. Accommodation and meals for teams will be ensured by the Organising Committee. The reception will be situated in the Olympic Training Centre, St. Mościckiego 6, Spała.
2. All delegations must make transport arrangements from their country to Spała and back at their cost. The Organising Committee can arrange transport from the airport (in Warsaw) or the railway station in Warsaw ("Dworzec Centralny") (**40EURO per person**).

3. VII. PROGRAMME

Friday 6th August 2010	till 14.00	Arrival of delegations - Olympic Training Centre, St. Mościckiego 6, Spała	
	15.00-16.00	Clinic for referees	
	till 15.00	<u>Final entries for:</u>	free style – 55, 66, 96kg female – 48, 55, 63, 72kg
	17.00-17.30	Technical Conference	
	17.00-18.00	Medical Control for:	free style – 55, 66, 96kg female – 48, 55, 63, 72kg
	18.00-18.30	Weighting for:	free style – 55, 66, 96kg female – 48, 55, 63, 72kg
Saturday 7th August 2010	9.00-13.00	Elimination matches:	free style – 55, 66, 96kg female – 48, 55, 63, 72kg
	till 12.00	<u>Final entries for:</u>	free style – 60, 74, 84, 120kg female – 51, 59, 67kg
	13.00-14.00	Medical Control for:	free style – 60, 74, 84, 120kg female – 51, 59, 67kg
	14.00-14.30	Weighting for:	free style – 60, 74, 84, 120kg female – 51, 59, 67kg
	16.30-18.00	Repasages:	free style – 55, 66, 96kg female – 48, 55, 63, 72kg
	18.00-19.30	Opening Ceremony	
	19.30-21.00	Final rounds:	free style – 55, 66, 96kg female – 48, 55, 63, 72kg
Sunday 8th August 2010	9.00-13.00	Elimination matches:	free style – 60, 74, 84, 120kg female – 51, 59, 67kg
	15.00-16.00	Repasages:	free style – 60, 74, 84, 120kg female – 51, 59, 67kg
	16.00-18.00	Final rounds:	free style – 60, 74, 84, 120kg female – 51, 59, 67kg
	20.00-21.30	Supper	
Monday 9th August 2010	After breakfast	Departure of delegations	

The correspondence relating to the tournament must be sent to:

POLSKI ZWIĄZEK ZAPAŚNICZY ul. ŻELAZNA 67 M. 73 00-871 WARSZAWA

TEL/FAX: (48-22) 624-81-11

E-MAIL: pol@fila-wrestling.com



SEKRETARZ GENERALNY
Polskiego Związku Zapasniczego

dr Andrzej Głaz

PRELIMINARY ENTRY FORM

14 INTERNATIONAL TOURNAMENT « POLAND OPEN »

SENIOR /FEMALE WRESTLING

SPAŁA 6-8 AUGUST 2010

DEAD LINE: 6th JUNE 2010¹

NATIONAL FEDERATION

WRESTLERS

COACHES

REFEREES

OFFICIALS

TOTAL NUMBER OF PARTICIPANTS

DATE _____

SIGNATURE _____.

¹ A delegation, whose preliminary entry does not correspond till 6th June 2010, as well as delegations or persons staying longer than scheduled, each person will pay 80€/person per day.

NOMINATIVE ENTRY FORM

14 INTERNATIONAL TOURNAMENT « POLAND OPEN »

SENIOR /FEMALE WRESTLING

SPAŁA 6-8 AUGUST 2010

DEAD LINE: 6th JULY 2010

NATIONAL FEDERATION

TOTAL NUMBER

COACH

REFEREE

DOCTOR

OFFICIALS

WRESTLERS (given names and surnames)

48kg

51kg

55kg

59kg

63kg

69kg

72kg

ARRIVAL

DEPARTURE

MEAN OF TRANSPORT

DATE _____

SIGNATURE _____.

FINAL ENTRY FORM

14 INTERNATIONAL TOURNAMENT « POLAND OPEN »

SENIOR /FEMALE WRESTLING

SPAŁA 6-8 AUGUST 2010

DEAD LINE: 3 HOURS BEFORE WEIGHTING

NATIONAL FEDERATION

TEAM LEADER

WRESTLERS (given names and surnames)

48kg

51kg

55kg

59kg

63kg

67kg

72kg

REFEREE

COACH

DOCTOR

MASSEUR

OFFICIALS

DATE _____

SIGNATURE _____

PRELIMINARY ENTRY FORM

19 INTERNATIONAL TOURNAMENT « ZIÓŁKOWSKI »

SENIOR /FREE STYLE

SPAŁA 6-8 AUGUST 2010

DEAD LINE: 6th JUNE 2010²

NATIONAL FEDERATION

WRESTLERS

COACHES

REFEREES

OFFICIALS

TOTAL NUMBER OF PARTICIPANTS

DATE _____

SIGNATURE _____.

² A delegation, whose preliminary entry does not correspond till 6th June 2010, as well as delegations or persons staying longer than scheduled, each person will pay 80€/person per day.

NOMINATIVE ENTRY FORM

19 INTERNATIONAL TOURNAMENT « ZIÓŁKOWSKI »

SENIOR /FREE STYLE

SPAŁA 6-8 AUGUST 2010

DEAD LINE: 6th JULY 2010

NATIONAL FEDERATION

TOTAL NUMBER

COACH

REFEREE

DOCTOR

OFFICIALS

WRESTLERS (given names and surnames)

55kg

60kg

66kg

74kg

84kg

96kg

120kg

ARRIVAL

DEPARTURE

MEAN OF TRANSPORT

DATE _____

SIGNATURE _____.

FINAL ENTRY FORM

19 INTERNATIONAL TOURNAMENT « ZIÓŁKOWSKI »

SENIOR /FREE STYLE

SPAŁA 6-8 AUGUST 2010

DEAD LINE: 3 HOURS BEFORE WEIGHTING

NATIONAL FEDERATION

TEAM LEADER

WRESTLERS (given names and surnames)

55kg

60kg

66kg

74kg

84kg

96kg

120kg

REFEREE

COACH

DOCTOR

MASSEUR

OFFICIALS

DATE _____

SIGNATURE _____.