

YLÄ-TIKKURILAN KIPINÄ RY PRESENTS:



## INVITATION TO THE VANTAA CUP 2014

We have a pleasure to invite **8 wrestlers, 1 official and 1 referee** from your country to participate in the Vantaa Cup to be held on 14 – 16.11.2014 in Vantaa, Finland.

**COMPETITION VENUE:** Trio Sport Center, Vantaa, Finland / [www.urheilupuisto.com](http://www.urheilupuisto.com)

### COMPETITION SCHEDULE:

**Saturday November 15**, at 11.00 and 17.30 / categories 66, 75, 85 and 130 kg  
**Sunday November 16**, at 11.00 and 15.00 / categories 59, 71, 80 and 98 kg

**STYLE:** Greco-Roman

**WEIGH-IN:** Friday November 14, at 19.00 – 19.30 at Trio Sport Center (categories 66, 75, 85 and 130 kg)  
Saturday November 15, at 16.00 – 16.30 at Trio Sport Center (categories 59, 71, 80 and 98 kg)

**CATEGORIES:** 59, 66, 71, 75, 80, 85, 98, 130 kg (+ 2 kg allowed)

**RULES:** The FILA Rules

**ENTRIES:** The preliminary entry shall be sent by **October 1, 2014**.  
The final entry with names and weight categories shall be sent by **November 1, 2014**.  
Entries shall be sent by mail / fax / e- mail to the Vantaa Cup Organizing Committee (See paragraph "INFORMATION / INQUIRIES").

**COSTS:** The costs for invited teams is **30 euros** per person per night. This includes the board and lodging for maximum **8 wrestlers, 1 official and 1 referee** from Friday 14 November to Monday 17 November, 2014. The costs for extra persons or extra nights are 120 euros per night.

**ACCOMMODATION:** Hotel Tikkurila / Trio Sport Center. Tel: +358 9 838 400 or  
Hotel Rantasipi Airport: Tel: + 358 9 4157 7100.

**TRANSPORTATION:** All delegations have to pay their travel costs to and from Helsinki. The Organizing Committee will meet your team at the Helsinki-Vantaa Airport, at the Helsinki Harbour or at the Helsinki Railway Station. The committee will also provide the local transportation between the hotel and competition place.

**INFORMATION / INQUIRIES:** The Vantaa Cup Organizing Committee  
E-Mail: [vantaacup@hotmail.com](mailto:vantaacup@hotmail.com)  
Fax: +358 9 3465 7731  
The Finnish Wrestling Federation (only inquiries)  
E-Mail: [FIN@fila-wrestling.com](mailto:FIN@fila-wrestling.com)





# SUOMEN PAINILIITTO

*Finnish Wrestling Federation*

## ***INTERNATIONAL TRAINING CAMP IN FINLAND*** ***From November 17 to 21, 2014***

**Pajulahti Sport Center and Finnish Wrestling Federation will organise an international training camp from November 17 to 21 November 2014, after the FILA Vantaa Cup tournament (14.-16.11.2014 in Tikkurila).**

Pajulahti is located about 100 km north from Helsinki.

There are excellent training facilities for wrestling, strength training and all kind of sports in Pajulahti. Pajulahti Sport Center is one of the Fila's official Training Centers.



### **Entry fee:**

The price is 65€/person per day. The price will include accommodation, meals, training, training facilities and sauna.

**Transportation (cost):** If you need transportation, remember to mention about it when sending the registration.

### **Contact:**

Before 27.10.2014 [juha.lappalainen@painiliitto.net](mailto:juha.lappalainen@painiliitto.net)

Or tel. +358 44 3030273

### **Best wishes**

**Head Coach**

**Juha Lappalainen**

**Finnish Wrestling Federation**

WELCOME TO PAJULAHTI!

***Pajulahti***  
***Focus in training***



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