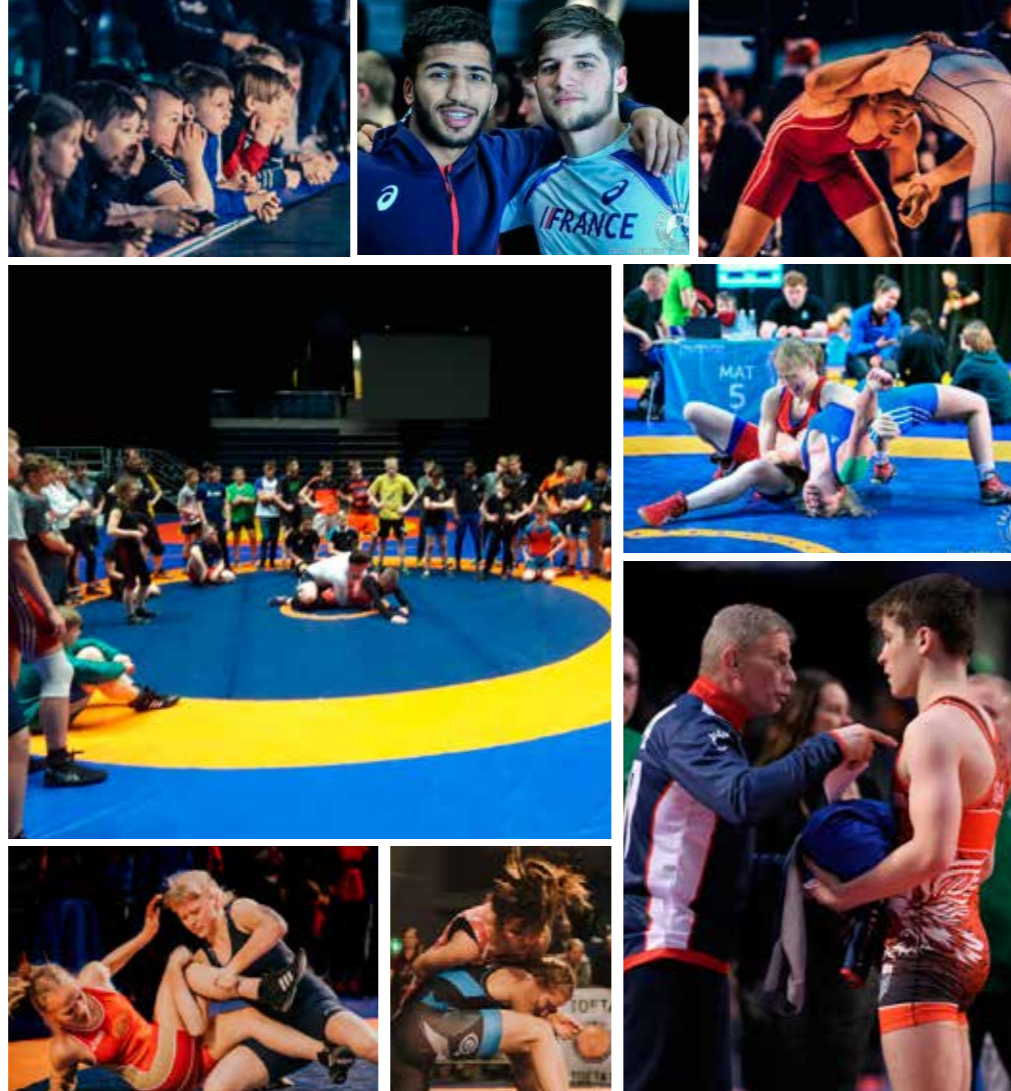


“When you start learning and coaching yourselves, that is when you start to create your own suitable style. If you are waiting for your coach to say, put your hand here, put your foot there, put your head here, you are never going to get into the high level!”

Mat Lindland (USA National Greco Roman Coach) at 2018 Tallinn Open Camp.



2019 TALLINN OPEN –

Kr. PALUSALU YOUTH WRESTLING TOURNAMENT

OVERVIEW OF 2019 TALLINN OPEN:

- Largest tournament in Europe
- March 29, 2019 start of weigh-in
- March 30, 2019 Greco-Roman
- March 31, 2019 Freestyle and Female wrestling
- Registration is closed at 2000 wrestlers
- 14 wrestling mats
- Nordic A/B Pool system guarantees two-match minimum
- Opportunity to wrestle in both Greco-Roman and Freestyle (separate days)
- International Training Camp April 1-4, 2019

AT 2018 TALLINN OPEN:

1911 wrestlers (incl 232 female)
25 countries
218 teams
Training camp with
+330 wrestlers from 16 countries



TALLINN OPEN INTERNATIONAL CADET TRAINING CAMP:

The TALLINN OPEN training camp is a high-level training opportunity and takes place immediately after the tournament (1-4 April, 2019) at the competition site. The motto for the 2019 camp is „adding something new to your own style“.

The 2018 Camp was attended by over 330 GR, FS and FW wrestlers of Schoolboy/girl, Cadet and Junior age from 16-countries. With such a wide diversity of wrestlers, the camp emphasises sparring, to maximise experience from different schools of wrestling, to help you add to your „own wrestling style“. This is a vetted camp (not for beginners) and the number of participants is limited.

Training and Coaching is led by various participating coaches. In 2018, over 20 Trainers and Coaches from various countries participated.

Overview:

- Camp is 1-4 April, 2019 on 14-mats at the Competition Site.
- Two sessions per day
- Saunas, showers, facilities available
- Cost of camp is 15eur/day. This includes 2-training sessions, facilities and two meals.
- Free transportation is provided by the City of Tallinn during the competition and training camp.

For information in English and Russian, please contact Mr. Kristjan PRESS at kristjan6786@hotmail.com (372) 5176978

Camp information at <http://tallinnopen.ee/2019-international-wrestling-camp/>

INFORMATION:
info@tallinnopen.ee
www.tallinnopen.ee
www.facebook.com/TallinnOpenWrestling
#tallinnopenwrestling

Vello LEITHAM: (372) 510 2876 for English and French
Kaja RANTS (372) 5288509 for English and Russian
Velja ANDRUSE (372) 56572067 for English
Kristjan PRESS (372) 5176978 (for Training Camp information)

Reikonen
ANDRUSE MARTIN REIKONEN

SEE YOU IN TALLINN



Kristjan Palusalu is Estonia's most famous sports person, having won the Heavy-weight Gold Medal at the 1936 Berlin Olympics in both Greco-Roman and Freestyle. And in so doing, becoming the only person to ever have achieved this feat at the same Olympic Games.

The most acclaimed wrestler in sports history Kristjan Palusalu's gold medal achievements at the 1936 Games, in both Greco-Roman and Freestyle heavyweight wrestling, remain unparalleled. No other athlete has been able to repeat this feat. In addition to becoming European Greco-Roman Champion in 1937, he was also a 12-time National Champion.

The **TALLINN OPEN** organising committee, is pleased to invite you to Europe's largest wrestling tournament, the 2019 TALLINN OPEN – KRISTJAN PALUSALU YOUTH WRESTLING TOURNAMENT in GR, FS and FW, from 29 - 31-march, 2019. The tournament is on 14-mats and employs the Nordic A/B system, guaranteeing a two-match minimum. It is possible to wrestle in both GR and FS on subsequent days. TALLINN OPEN is for experienced wrestlers. and is limited to 2000 wrestlers.

The **2018 TALLINN OPEN** attracted 1911 wrestlers (including 232 female) from 218-teams and 25-countries. Many National Teams use Tallinn Open for preparation or as a benchmark qualification tournament for European and World Championships. The 2018 tournament attracted over 20 national teams of various age-groups in GR, FS and FW. The 2018 protocol is here: www.liga-db.de/TallinnOpen2018/

TALLINN OPEN is immediately followed by an International Wrestling Training Camp from 1-4 April, 2019, which in 2018 attracted over 330 GR, FS and FW wrestlers from 16-countries (please see Training Camp page).

COMPETITION LOCATION:

Saku Suurhall. Paldiski Maantee 104B, Tallinn 13522 www.sakusuurhall.ee (GPS coordinates: Lat: 59°42.6156', Long E 24° 64.7332'). Saku Suurhall is 10km from the Airport and Harbour, and 7km from the centre of the Old City.

REGISTRATION:

Registration via www.tallinnopen.ee, „Registration Form“ or email to info@tallinnopen.ee. Registration starts 1-september 2018 and will made viewable on-line. Registration ends either march 25, 2019 or at 2000 registered wrestlers, whichever comes first.

NOTE: In 2018, registration was closed 4-weeks before start of competition, since maximum number of participants was reached.

REFEREE:

Visitor referees are invited and encouraged to participate. In 2018 there was over 50 referees from 15 countries. Referees travel with team. For information and notification, please contact Head Referee Mr Tanel RENTER at Tanel.Renter@mail.ee or (372) 5297979.

PARTICIPATION FEES:

Possibility to wrestle on both days.

- 20 euro Greco-Roman **OR** Freestyle. With referee 15eur.
- 30 euro Greco-Roman **AND** Freestyle. With referee 25eur.

Payment via bank-transfer or on-site (cash or card).

Bank: Nordea Bank, Liivalaia 45, 10145 Tallinn
BIC/SWIFT: NDEAEE2X
Account: EE141700017003653230

ACCOMODATION:

Visitors to Tallinn Open, account for approximately 25% of available accomodations in Tallinn. Past years experience has shown that early reservation is highly recommended. Tallinn Open has pre-booked over 1400 beds of different comfort levels. Please refer to www.tallinnopen.ee/accomodations for accomodation contact information, status and booking instructions.

Accomodations information can also be found on Tallinn Tourism page at: <http://www.tourism.tallinn.ee/eng/travelplanning/accommodation/facilities>

We also recommend considering AirBnB. Early booking provides many interesting options at excellent prices.

Finally, every year several hundred participants find the **Free** Hard-accomodations (wrestling mats) at the competition site, to be the **ONLY** correct way to have and share a wrestling experience!! You are welcome! Lights out at 23:00. Team Leader required.

TRANSPORTATION:

Transportation is provided for larger groups from harbour, airport, train station and bus station, to competition site and onto hotels. Advance notification for transport is required via info@tallinnopen.ee.

The City of Tallinn provides **FREE** city-wide transportation on buses, trolleys and trams with the „Tallinn Open Participant Card“. This Card is provided at weigh-in.

Taxi from harbour and airport to competition site is about 10EUR. Taxify, Uber and Yandex also operate in Tallinn.

FOOD/MEALS:

Saku Suurhall has several fast-food eating options. Available is also specially priced „athletes meals“ only via pre-ordering. Meals are paid for with registration.
Friday (March 29): After weigh-in meal (5eur)
Saturday and Sunday (March 30 and 31): Lunch (5eur) Dinner (5eur)
Menu information will be available at www.tallinnopen.ee at beginning 2019.

CATEGORY	FEMALE			MALE (Greco-Roman and Freestyle)				
	Schoolgirl	Cadet	Junior	"Neo"	"Kotkas"	Schoolboy "Englas"	Cadet	Junior
Birthyear	2005 & Younger	2004-2002	2001-1999	< 2008	2007-2006	2005-2004	2003-2002	2001-1999
Tolerance	—	+1kg	+2kg	—	—	—	+1kg	+2kg
Weight in Kg	33 (+29)	36 (+34kg)	50	20 (+18)	32 (+29)	38 (+34)	45 (+41)	GR 55 FS 57
	36	43	53	23	35	41	48	60 61
	39	46	55	26	38	44	51	63 65
	42	49	57	29	42	48	55	67 70
	46	53	59	32	47	52	60	72 74
	50	57	62	35	53	57	65	77 79
	54	61	65	40	59	62	71	82 86
	58	65	68	45	66	68	80	87 92
	62	69	72	50	+66	75	92	97 97
	66	73	76	+50		85	110	130 125
Time	2 x 2min	2 x 2min	2 x 3min	2 x 2min	2 x 2min	2 x 2min	2 x 2min	2 x 3min
Points	10pts	10pts	10pts	12pts	12pts	8-GR & 10-FS	8-GR & 10-FS	8-GR 10-FS
Regulation	Nordic A/B pool system. Current UWW scoring rules							
Note	Competition organisers reserve the right to make changes to the tournament program							

2019 TALLINN OPEN -31. Kr. PALUSALU YOUTH WRESTLING FESTIVAL

Dates	Times	Event	Location
29 March, 2019 FRIDAY	10:00 - 14:00	Medical Control & Weigh-In (GR and GR/FS combined)	Saku Suurhall - TALLINN
	16:00 - 22:00	Medical Control & Weigh-In (GR and GR/FS combined)	Saku Suurhall - TALLINN
30 March, 2019 SATURDAY	09:00 - 09:30	Opening Ceremony	Saku Suurhall - TALLINN
	09:30 - 12:00	Greco-Roman: Elimination Rounds, Finals & Award Ceremonies	Saku Suurhall - TALLINN
	12:00 - 20:00	Medical Control & Weigh-In of FS and FW wrestlers	Saku Suurhall - TALLINN
31 March, 2019 SUNDAY	09:00 - 18:00	FS & FW Elimination Rounds, Finals & Award Ceremonies	Saku Suurhall - TALLINN
1-4 April, 2019		TALLINN OPEN International Wrestling Training Camp	Saku Suurhall - TALLINN