



Oslo Wrestling Club

has the pleasure of inviting clubs and teams from your nation to Oslo Open
12. - 14. February 2010.

Invitation



NORDIC GRAND PRIX FOR SENIOR

Meet the best wrestlers from Norway, Sweden, Denmark, Finland and Estonia.

Participating nations Oslo Open 2009

Norway
Hungary
Russia
Estonia

France
Austria
Germany
Albania

Sweden
Denmark
Poland



Program of competition

Place of tournament Nye Apaløkkahallen
Tjernveien 2
0957 OSLO

Friday 12.02.2010 Arrival of delegations
19.00 – 19.30 Referees clinic
19.30 – 20.00 Weight control

Referees clinic and weight control will be held at Oslo Wrestling Clubs training hall. Gårdsveien 6, Grorud Samfunnshus, Kalbakken, Oslo

Saturday 13.02.2010 09.30 – 10.00 Opening ceremony
10.00 – 13.00 Elimination rounds
13.00 – 14.00 Lunch
14.00 – 18.30 Requalification / Finals

Sunday 14.02.2010 09.00 – 11.30 Elimination rounds, ½ finals
11.30 – 12.30 Lunch
12.30 – 14.00 Finals
14.00 – 15.00 Price ceremony

Girls 15	Girls 18 + 1 kg	Woman + 2 kg	Boys 15	Youth 18 + 1 kg	Senior + 2 kg
1995-97	1992-94	1991-	1995-97	1992-94	1991-
G15	G17	SK	B15	Y18	S
28-30	36-38	48	29-32	39-42	55
32	40	51	35	46	60
34	43	55	38	50	66
37	46	59	42	54	74
40	49	63	47	58	84
44	52	67	53	63	96
48	56	72	59	69	120
52	60		66	76	
57	65		73	85	
62	70		85	100	

There is +1 kg overweight tolerance for girls 18 and youth18
There is +2 kg overweight tolerance for woman and seniors.

License Each participant must show valid club license / passport.

Mats There will be competed on 4 mats in the tournament hall



Rules of regulation

Rules	International rules of FILA / Norwegian Wrestling Federation. The tournament is open for club teams and national teams.
Awards	Prizes to the best 4 wrestlers in each weight.
Entry fee	NOK 150,- / EUR 20,- per wrestler.
Accommodation	Oslo Youth hostel. Tlf: +47 22222965 Linne Hotel. Tlf: +47 23170000 Rica Helsfyr Hotel. Tlf: +47 23067878 Boarding at school Contact Oslo Wrestling Club.
Transportation for national teams etc.	The organizing committee will receive the delegations at Gardermoen Oslo Airport . Free transportation from Oslo Youth hostel and Linne Hotel to competition venues during the competition days. (Friday – Sunday)
Entry	Preliminary entry to confirm participation. No later than 15.01.2010 Final entry with names and weights. No later than 29.01.2010
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