



The **13th** FILA International Tournament
 For juniors and female juniors-
**V. Freidenfeld's Free-style Wrestling
 Club Cup**

Grostonas str.6b 27.03.2010. - 28.03.2010.

Programa Riga.

26.03.2010		Arrival of delegations
	Till 17.00	Accreditation
	17.30-18:00	Medical examination LF-cat: 44-51-59-67kg LL-cat: 50-60-74-96kg
	18:00-18.30	Weigh in LF-cat: 44-51-59-67kg LL-cat: 50-60-74-96kg The weight tolerance will be of 2 kg
	18.45-19.30	Press conference to teams leaders, FILA neutral referee and org. committee
27.03.2010	09.00-10.00	Referee Clinic
	10.00-14.00	Elimination round LF-cat: 44-51-59-67kg LL-cat: 50-60-74-96kg
	14.00-14.30	Medical examination LF-cat: 48-55-63-72kg LL-cat: 55-66-84-120kg
	14.30-15.00	Weigh in LF-cat: 48-55-63-72kg LL-cat: 55-66-84-120kg The weight tolerance will be of 2 kg
	14.00-16.00	Lunch-hour
	16.00-16.30	Opening ceremony
	16.30-19.00	Finals 1-2 + bronze medals LF-cat: 44-51-59-67kg LL-cat: 50-60-74-96kg
	19:30 -	Banquet for delegation officials and referees
28.03.2010	09.00-10.00	Referee Clinic
	10.00-14.00	Elimination round LF-cat: 48-55-63-72kg LL-cat: 55-66-84-120kg
	14.00-16.00	Lunch-hour
	16.00-18.00	Finals 1-2 + bronze medals LF-cat: 48-55-63-72kg LL-cat: 55-66-84-120kg
29.03.2010		Departure of delegation

Organization committee