



**POLSKI ZWIĄZEK ZAPAŚNICZY**  
**FEDERATION POLONAISE DE LUTTE**

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*Ukrainian Wrestling Federation*

**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](mailto: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 6<sup>th</sup> 2010
2. Entries by name: not later than July 6<sup>th</sup> 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. The organizer will bear cost for accommodation for:  
female wrestling: 7 wrestlers and 3 officials  
free style: 7 wrestlers and 3 officials

Accommodation from 6<sup>th</sup> August 2010 to 9<sup>th</sup> August (breakfast) **60€/additional person per day.**

2. A delegation, whose preliminary entry does not correspond to the invitation till 6<sup>th</sup> 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

<b>Friday 6<sup>th</sup> August 2010</b>	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>	<b>free style – 55, 66, 96kg</b> <b>female – 48, 55, 63, 72kg</b>	
	17.00-17.30	Technical Conference		
	17.00-18.00	Medical Control for:	<b>free style – 55, 66, 96kg</b> <b>female – 48, 55, 63, 72kg</b>	
<b>Saturday 7<sup>th</sup> August 2010</b>	18.00-18.30	Weighting for:	<b>free style – 55, 66, 96kg</b> <b>female – 48, 55, 63, 72kg</b>	
	9.00-13.00	Elimination matches:	<b>free style – 55, 66, 96kg</b> <b>female – 48, 55, 63, 72kg</b>	
	till 12.00	<u>Final entries for:</u>	<b>free style – 60, 74, 84, 120kg</b> <b>female – 51, 59, 67kg</b>	
	13.00-14.00	Medical Control for:	<b>free style – 60, 74, 84, 120kg</b> <b>female – 51, 59, 67kg</b>	
	14.00-14.30	Weighting for:	<b>free style – 60, 74, 84, 120kg</b> <b>female – 51, 59, 67kg</b>	
	16.30-18.00	Repasages:	<b>free style – 55, 66, 96kg</b> <b>female – 48, 55, 63, 72kg</b>	
	18.00-19.30	Opening Ceremony		
	19.30-21.00	Final rounds:	<b>free style – 55, 66, 96kg</b> <b>female – 48, 55, 63, 72kg</b>	
	<b>Sunday 8<sup>th</sup> August 2010</b>	9.00-13.00	Elimination matches:	<b>free style – 60, 74, 84, 120kg</b> <b>female – 51, 59, 67kg</b>
		15.00-16.00	Repasages:	<b>free style – 60, 74, 84, 120kg</b> <b>female – 51, 59, 67kg</b>
16.00-18.00		Final rounds:	<b>free style – 60, 74, 84, 120kg</b> <b>female – 51, 59, 67kg</b>	
20.00-21.30		Supper		
<b>Monday 9<sup>th</sup> August 2010</b>	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](mailto: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 2010<sup>1</sup>**

NATIONAL FEDERATION .....

WRESTLERS .....

COACHES .....

REFEREES .....

OFFICIALS .....

**TOTAL NUMBER OF PARTICIPANTS .....**

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_.

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**<sup>1</sup> 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 2010<sup>2</sup>**

NATIONAL FEDERATION .....

WRESTLERS .....

COACHES .....

REFEREES .....

OFFICIALS .....

**TOTAL NUMBER OF PARTICIPANTS .....**

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_.

<sup>2</sup> 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 \_\_\_\_\_.