



**CENTRUM SPORTU
I REKREACJI**
w Dąbrowie Górniczej



"POLISH OPEN"
**INTERNATIONAL POLISH CHAMPIONSHIPS
IN SENIOR WRESTLING
GRECO-ROMAN - WOMEN'S WRESTLING - FREESTYLE**

DĄBROWA GÓRNICZA 29/02-03/03/2024

STRATEGIC SPONSOR of PZZ

The national food group SA is the owner of the Polski Cukier brand

ORGANIZER:

Polish Wrestling Association

CO-ORGANIZER

Ministry of Sport and Tourism

HOST

City Dąbrowa Górnicza.
Sports and Recreation Center in Dąbrowa Górnicza.

PURPOSE OF THE EVENT:

Popularization of wrestling sport in the community.
Raising the sports level of male and female players.
Selection of the best players among the senior age group in three styles.

DATE AND PLACE:

29/02-03/03/2024

Competition venue

Centrum Rozrywki and Sports Hall.
Zygmunta Cybulskiego 41-300 Dąbrowa Górnicza ul. Aleja Róż 3.



Accommodation and catering

Holiday Inn Dąbrowa Górnicza
41-300 Dąbrowa Górnicza ul. Aleja Róż 1A

Cost for 1 person per day: PLN 200

Hotel parking fee PLN 10 (day) - free parking under the center hall

Amount includes stay and meals

Please send reservations specifying the number of people to the following address:

email Holiday Inn: **k.komenda@hidabrowa.pl**

Holiday Inn telephone number: +48609022722

Please send all formalities regarding accommodation and catering orders to the **Holiday Inn hotel reception** by **February 16, 2024**

the distance of the hotel from the hall is 300 meters

CONDITIONS OF PARTICIPATION:

The competition will be conducted in accordance with the PZZ regulations on 3 mats

Men and women players have the right to start in accordance with the PZZ regulations for 2024.

Foreign teams do not pay an entry fee.

GRECO-ROMAN - weight categories (tolerance 2 kg)

55kg ,60kg ,63kg ,67kg ,72kg ,77kg ,82kg ,87kg ,97kg ,130kg.

WOMEN'S WRESTLING - Weight categories (**no weight tolerance**)

50kg, 53kg, 55kg, 57kg, 59kg, 62kg, 65kg, 68kg, 72kg, 76kg.

FREESTYLE – weight categories (tolerance 2 kg)

57kg, 61kg, 65kg, 70kg, 74kg, 79kg, 86kg, 92kg, 97kg, 125kg.

COMPETITION PROGRAM – GRECO-ROMAN

February 29, 2024 (Thursday)

17:00 – 19.00 verification of players - Holiday Inn hotel

19:00 – 19:30 technical briefing – judges and coaches – **Holiday Inn hotel**

March 1, 2024 (Friday)

08:00 – 8:30 players' weight and draw – **Holiday Inn hotel**

10:30 – 16:00 elimination and semi-final fights - **Centrum hall**

16:00 – 18:00 break

18:00 - 21:00 final fights and decoration ceremony - **Centrum hall**



COMPETITION PROGRAM – WOMEN'S WRESTLING

March 1, 2024 (Friday)

17:00 – 18:00 verification of players - **Holiday Inn hotel**

March 2, 2024 (Saturday)

08:00 – 8:30 players' weight and draw – **Holiday Inn hotel**

09:45 – 10:00 technical briefing – judges and coaches – **Centrum hall**

10:30 – 16:00 elimination and semi-final fights - **Centrum hall**

16:00 – 18:00 break

18:00 - 21:00 final fights and decoration ceremony - **Centrum hall**

COMPETITION PROGRAM – FREESTYLE

March 2, 2024 (Saturday)

17:00 – 18:00 verification of players - **Holiday Inn hotel**

March 3, 2024 (Sunday)

08:00 – 8:30 players' weight and draw – **Holiday hotel inn**

09:45 – 10:00 technical briefing – judges and coaches – **Centrum hall**

10:30 – 16:00 elimination and semi-final fights - **Centrum hall**

16:00 – 18:00 break

18:00 - 21:00 final fights and decoration ceremony - **Centrum hall**

AWARDS:

For taking 1st, 2nd and 2x 3rd places in each weight category - a medal, a diploma.
