

2023 TALLINN OPEN Training Camp

„Adding something new to your style“

TALLINN OPEN INTERNATIONAL WRESTLING TRAINING CAMP: The TALLINN OPEN training camp is a unique high-level training opportunity which takes place immediately after the tournament (March 27 – 29, 2023) at the competition site. The motto for the 2023 camp is „adding something new to your own style“.

The 2022 Camp was attended by 330 GR, FS and FW wrestlers of Schoolboy/girl, Cadet and Junior age from 19-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, over 20 Trainers and Coaches from various countries participated.

Overview:

- Camp is March 27 – 29, 2023 on 14-mats at the Competition Site.
- Two sessions per day
- Saunas, showers, facilities available
- Cost of camp is 20 eur/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 Training Camp information in English and Russian, please contact Mr. Kristjan PRESS at kristjan6786@hotmail.com (372) 5176978 Camp information at <http://tallinnopen.ee/2023-international-wrestling-camp/>



“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!”

Matt Lindland (USA National Greco Roman coach from 2014 to 2022)



SEE YOU IN TALLINN



2023 TALLINN OPEN –

KR. PALUSALU YOUTH WRESTLING TOURNAMENT

After two years of cancellations, the 2022 edition of TALLINN OPEN was again the largest European wrestling event. With RUS and BLR not being able to participate, the 2022 event was attended by 1496 GR, FS and WW wrestlers (including 272 women) from 29-countries.

The 2022 protocol is here: www.liga-db.de/TallinnOpen2022/

The post-tournament training camp was attended by 330 GR, FS and WW wrestlers from 18-countries.

The 2020 Tallinn Open registration list prior to cancellation (2722 wrestlers from 35-countries) is here:

www.liga-db.de/TallinnOpen2020/

The 2019 Tallinn Open protocol (2246 wrestlers from 29-countries) is here:

www.liga-db.de/TallinnOpen2019/

The 2018 Tallinn Open protocol (1911 wrestlers from 28-countries) is here:

www.liga-db.de/TallinnOpen2018/



OVERVIEW of 2023 TALLINN OPEN:

Largest tournament in Europe

- March 24, 2023: GR and GR/FS-combined weigh-In
- March 25, 2023: Greco-Roman wrestling day
- March 26, 2023: Freestyle and Women's Freestyle wrestling day
- Registration closes at 2200 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 Match 27-29, 2023.

The 2023 TALLINN OPEN tournament and training camp is followed by the UWW Kristjan Palusalu Memorial for Seniors (Juniors may participate):

- March 31, 2023: Registraton
- April 1-2, 2023: GR and FS wrestling
- Senior training camp: to be determined



INFORMATION:

Vello LEITHAM: (372) 510 2876 for English and French
Kaja RANTS (372) 528 8509 for English and Russian
Kristjan PRESS (372) 517 6978 (for Training Camp information)

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#tallinnopenwrestling



KRISTJAN PALUSALU



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

Young wrestlers have the opportunity to duplicate this feat, by participating in both Greco-Roman and Freestyle days.

In 2019 – two wrestlers accomplished this endeavour!

The **TALLINN OPEN** organising committee, is pleased to invite you to Europe's largest wrestling tournament, the 2023 TALLINN OPEN – KRISTJAN PALUSALU YOUTH WRESTLING TOURNAMENT in GR, FS and FW, from 24 – 26 March, 2023. 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 2200 wrestlers.

The **2022 TALLINN OPEN** was attended by 1496 wrestlers (including 272 women) from 29-countries. Many National Teams use Tallinn Open for preparation or as a benchmark qualification tournament for European and World Championships. The 2022 protocol is here: <https://www.liga-db.de/TallinnOpen2022/>

TALLINN OPEN is immediately followed by an International Wrestling Training Camp from March 27 – 29, 2023. The 2022 Camp attracted 330 GR, FS and FW wrestlers from 18-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 2022. Registration ends either March 18, 2023 or at 2200 registered wrestlers, whichever comes first.

NOTE: In 2019, registration was closed 4-weeks before start of competition, since maximum number of participants was reached.

REFEREE:

Registered referees will be paid 100 eur for each complete day. Experienced accredited referees are encouraged to participate. In 2022 there were over 40 referees from 11-countries. For information and to register as a referee, please forward credentials to Head Referee Mr. Tanel RENTER at Tanel.Renter@mail.ee or (372) 5297979.

PARTICIPATION FEES:

Possibility to wrestle on both days.

- 25 euro Greco-Roman OR Freestyle. After 1-march participation is 30 eur.
 - 35 euro Greco-Roman AND Freestyle. After 1-march participation is 40 eur.
- An additional fee of 5 eur/wrestler is charged to those teams without a referee. Registered referees will be paid 100 eur for each complete day.

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

Name: MTU TALLINN OPEN
Bank: Luminor Bank, Liivalaia 45, 10145 Tallinn
BIC/SWIFT: RICOEE2
Account: EE141700017003653230
Please bring proof of payment at registration

ACCOMODATION:

Visitors to Tallinn Open, account for approximately 25% of available accommodations 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 accommodation contact information, status and booking instructions.

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

We also recommend referring to Booking.Com and considering AirBnB.

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 10 EUR. Bolt and Uber 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 (24 March): After weigh-in meal 7eur. Saturday, Sunday (25-26 March): Lunch (7eur), Dinner (7eur)

CATEGORY	FEMALE				MALE (Greco-Roman and Freestyle)					
	U13	U15	Cadet	Junior	U11 "Neo"	U13 "Kotkas"	U15 "Englas"	Cadet	Junior	
Birthyear	2010 & Younger	2009-2008	2007-2006	2005-2003	2012 & Younger	2011-2010	2009-2008	2007-2006	2005-2003	
Tolerance	—	—	+1kg	+2kg	—	—	—	+1kg	+2kg	
Weight in kg	20 (+18)	33 (+29)	36 (+34kg)	50	20 (+18)	32 (+29)	38 (+34)	45 (+41)	55	57
	23	36	43	53	23	35	41	48	60	61
	26	39	46	55	26	38	44	51	63	65
	29	42	49	57	29	42	48	55	67	70
	32	46	53	59	32	47	52	60	72	74
	35	50	57	62	35	53	57	65	77	79
	40	54	61	65	40	59	62	71	82	86
	45	58	65	68	45	66	68	80	87	92
	50	62	69	72	50	+66	75	92	97	97
	+50	66	73	76	+50		85	110	130	125
Time	2 x 2min	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	10pts	8-GR & 10-FS	8-GR & 10-FS	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									

2023 TALLINN OPEN - Kr. PALUSALU YOUTH WRESTLING FESTIVAL

Dates	Times	Event	Location
24 March, 2023 FRIDAY	10:00 - 14:00	Medical Control & Weigh-In (GR, FS/GR combined)	Saku Suurhall - TALLINN
	16:00 - 20:00	Medical Control & Weigh-In (GR, FS/GR combined)	Saku Suurhall - TALLINN
25 March, 2023 SATURDAY	09:00 - 09:30	Opening Ceremony	Saku Suurhall - TALLINN
	09:30 - 20:00	Greco-Roman: Elimination Rounds, Finals & Award Ceremonies	Saku Suurhall - TALLINN
	16:00 - 20:00	Medical Control & Weigh-In of FS and WW wrestlers	
26 March, 2023 SUNDAY	09:00 - 17:00	FS & WW: Elimination Rounds, Finals & Award Ceremonies	Saku Suurhall - TALLINN
27 – 29 March, 2023	TBA	TALLINN OPEN International Wrestling Training Camp	Saku Suurhall - TALLINN
31 March, 2023	TBA	Registration for Kristjan Palusalu Memorial for Seniors (Juniors allowed) UWW Tournament	Saku Suurhall - TALLINN
1 – 2 April, 2023	TBA	Kristjan Palusalu Memorial for Seniors in FS & GR (Juniors allowed)	Saku Suurhall - TALLINN