

# 2026 TALLINN OPEN Training Camp

## „Adding something new to your style”

**TALLINN OPEN INTERNATIONAL WRESTLING TRAINING CAMP:** The TALLINN OPEN training camp (March 30 – April 1, 2026) is a Unique high-level training opportunity which takes place immediately following the tournament at the competition site. The motto is „adding something new to your style”.

The 2025 Camp was attended by 754 GR, FS and WFS wrestlers of Schoolboy/girl, Cadet and Junior age from 21-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 and special coaches. In 2025, Yui SUSAKI led the women’s training. For 2026 we plan to again have accomplished World renowned coaches.

### Overview:

- Camp is March 30 – April 1, 2026 on 16-mats, at the Competition Site.
- Two sessions per day
- Saunas and shower facilities present
- Cost of camp is 27eur/day. This includes 2-training sessions, facilities and two post-training meals.
- Free transportation is provided by the City of Tallin during the competition and training camp

### The training camp Schedule is:

WW	08:30 – 10:30	14:30 – 16:30
FS	10:30 – 12:30	16:30 – 18:00
GR	12:30 – 14:30	18:00 – 19:30

For training camp registration and information, please contact [info@tallinnopen.ee](mailto:info@tallinnopen.ee)



*„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”.*

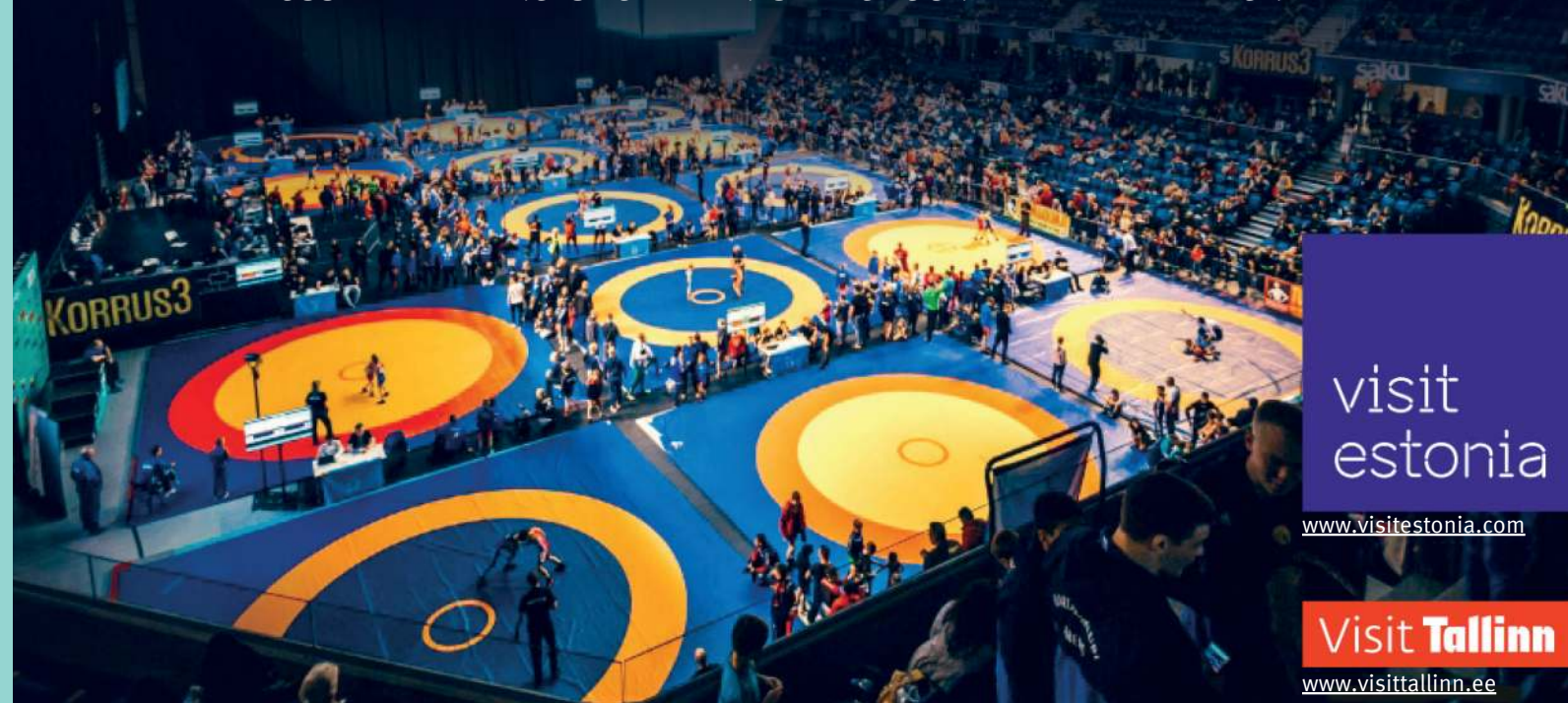
Matt Lindland (USA National Greco Roman coach from 2014 to 2022)



# 2026 TALLINN OPEN-

## KR. PALUSALU YOUTH WRESTLING TOURNAMENT

POSSIBLY THE LARGEST OPEN WRESTLING TOURNAMENT IN THE WORLD



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estonia

[www.visitestonia.com](http://www.visitestonia.com)

Visit Tallinn

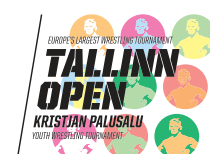
[www.visittallinn.ee](http://www.visittallinn.ee)

### OVERVIEW OF 2026 TALLINN OPEN:

- Largest tournament in Europe
- March 26, 2026: Mens FS & FS/GR combined weighin
- March 27, 2026: FS wrestling (until 18:00)  
Womens WFS & WGR weighin  
Country duals starting at 18:00
- March 28, 2026: FS wrestling continuation  
Womens WFS wrestling starting at 12:00  
Mens GR weighin
- March 29, 2026: Mens GR and Womens WGR wrestling
- March 30 – April 1, 2026: FS, GR and WW International training camp
- Registration closes at 2500 wrestlers
- 16 wrestling mats
- Nordic A/B system guarantees two match minimum
- Opportunity to wrestle in both Greco-Roman and Freestyle (separate days)

### OVERVIEW OF 2025 TALLINN OPEN:

- 2537 wrestlers (incl 485 women)
- 39-countries • 358 teams (including +40 national teams)
- Womens WGR: participants from 14-countries
- Training Camp attended by 754 FS, GR and WW wrestlers from 30-countries
- 2025 protocol: [www.liga-db.de/classic/TallinnOpen2025](http://www.liga-db.de/classic/TallinnOpen2025)



### INFORMATION:

Vello LEITHAM: (372) 510 2876 for English and French  
Kaja RANTS (372) 528 8509 for English and Russian

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[www.tallinnopen.ee](http://www.tallinnopen.ee)  
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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 2025 – three wrestlers accomplished this feat!

The **TALLINN OPEN** organising committee, is please to invite you to Europe’s largest wrestling tournament, the 2026 TALLINN OPEN – KRISTJAN PALUSALU YOUTH WRESTLING TOURNAMENT in GR, FS, WFS and WGR, from 26–29 march, 2026. The tournament is on 16-mats and employs the Nordic A/B system which guarantees a two match minimum. It is possible to wrestle both GR (WGR) and FS (WFS) on sub-sequent days. TALLINN OPEN is for experienced wrestlers and is limited to 2500 wrestlers.

The **2025 TALLINN OPEN** was attended by 2537 wrestlers (including 485 women) from 39-countries. Many National Teams use Tallinn Open for preparation or as a benchmark qualification tournament for European (Continental) and World Championships. The 2025 tournament attracted over 40 national teams of various age-groups in GR & FS and WFS & WGR. The 2023 protocol is here: [www.liga-db.de/classic/TallinnOpen2025](http://www.liga-db.de/classic/TallinnOpen2025)

**TALLINN OPEN** is immediately followed by the International Wrestling Training Camp from March 30 – April 1, 2025. The 2025 training camp attracted 754 GR, FS and WW wrestlers from 30-countries (please see Training Camp on page 4).

Category	FEMALE				MALE (Greco-Roman and Freestyle)				
	U13	U15	Cadet	Junior	U13 “Kotkas”	U15 “Englas”	Cadet	Junior	
Birthyear	2013 & younger	2012-2011	2010-2009	2008-2006	2013 & younger	2012-2011	2010-2009	2008-2006	
Tolerance	—	—	+1kg	+2kg	—	—	+1kg	+2kg	
								GR	FS
Weight in kg	20 (+18kg)	33 (+29kg)	40 (+36kg)	50	26 (+23kg)	38 (+34kg)	45 (+41kg)	55	57
	23	36	43	53	29	41	48	60	61
	26	39	46	55	32	44	51	63	65
	29	42	49	57	35	48	55	67	70
	32	46	53	59	38	52	60	72	74
	35	50	57	62	42	57	65	77	79
	40	54	61	65	47	62	71	82	86
	45	58	65	68	53	68	80	87	92
	50	62	69	72	59	75	92	97	97
	+50	66	73	76	66	85	110	130	125
Time	1 x 3min	2 x 2min	2 2 min	2 x 3min	+66	+85			
					1 x 3min	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
Regulation	Nordic A/B pool system. Current UWW scoring rules								
Note	Competition organisers reserve the right to make changes to the tournament program								

WOMEN’S GRECO ROMAN (WGR) AGE/WEIGHT PAIRINGS WILL BE ASSIGNED ONCE REGISTRATIONS ARE KNOWN.

2026 TALLINN OPEN - Kr. PALUSALU YOUTH WRESTLING FESTIVAL			
Dates	Times	Event	Location
26 March, 2026 THURSDAY	10:00 - 14:00	Medical Control & Weighin ( FS & GR/FS combined)	Unibet Arena - TALLINN
	16:00 - 22:00		
27 March, 2026 FRIDAY	09:00 - 18:00	FS wrestling 1st day (up to 6 rounds)	Unibet Arena - TALLINN
	12:00 - 20:00	Medical Control & Weighin (WFS & WFS/WGR combined)	
	18:00 - 20:00	Country duals	
28 March, 2026 SATURDAY	09:00 - 09:30	Opening Ceremony	Unibet Arena - TALLINN
	09:30 - 12:00	FS wrestling 2nd day (continuation, finals and award ceremony)	
	12:00 - 18:00	WFS wrestling day, Elimination rounds, Finals & Award Ceremonies	
	10:00 - 20:00	Medical Control & Weighin GR	
29 March, 2026 SUNDAY	09:00 - 18:00	GR & WGR Elimination rounds, Finals and Award Ceremony	Unibet Arena - TALLINN
30 March - 1 April, 2026	TBA	TALLINN OPEN International Wrestling Training Camp	Unibet Arena - TALLINN

**COMPETITION LOCATION:**  
**UNIBET ARENA** Paldiski Maantee 104B, Tallinn 13522 [www.unibetarena.ee](http://www.unibetarena.ee) (GPS coordinates: Lat: 59°42.6156´, Long E 24° 64.7332´). UNIBET ARENA is 10km from the Airport and Harbour, and 7km from the centre of the Old City.

**REGISTRATION:**  
Send the following information by email to [info@tallinnopen.ee](mailto:info@tallinnopen.ee). ATHLETE NAME ; ATHLETE WEIGHT (we understand that this may change over coming months) ; WRESTLING STLYE (GR and/or FS & WFS and/or WGR); NAME OF TEAM; COUNTRY; Do they participate in training camp (if so , which days). Registration starts 1. september 2025.  
Registration ends either March 20, 2025 **OR** at 2500 registered wrestlers, whichever comes first.  
*NOTE: In 2025, registration was closed 5-weeks before start of competition, since maximum number of participants was reached.*

**REFEREE:** Experienced accredited referees are encouraged to participate. In 2025 there were 83 referees (including 33 UWW referees) from 16-countries. Referees are provided accomodations and meals and compensated:  
• 150eur per day for International Category referees  
• 100eur per day for National Category referees  
Referees must be 21 years old  
In the event of over registration , international category takes precedence. For information and to register as a referee, please forward credentials to [info@tallinnopen.ee](mailto:info@tallinnopen.ee)  
The Head Referee is Mr. Tanel RENTER at [tanel.renter@mail.ee](mailto:tanel.renter@mail.ee) or (372) 5297979

**PARTICIPATION FEES:** Possibility to wrestle both GR & FS and WFS & WGR.  
• 37 euro Greco-Roman OR Freestyle (both MEN and WOMEN). After 1-march participation is 45 euro.  
• 45 euro Greco-Roman AND Freestyle (both MEN and WOMEN). After 1-march participation is 53 euro.  
• An additional fee of 13 euro/wrestler is charged for those teams without a referee.

Over 350 teams from circa 40 countries are participating. To avoid onsite registration and payment delays – we strongly suggest pre-payment. Invoice will be provided. We understand that there may be last-minute lineup changes and guarantee any overpayment will be reimbursed. Thank-you.

**Payment via bank-transfer or on-site (cash or card).**  
**Name:** MTU TALLINN OPEN  
**Bank:** Luminor Bank AS  
**BIC/SWIFT:** RIKOEE22  
**Account:** EE141700017003653230  
Please bring proof of payment at registration

**ACCOMODATION:** Visitors to TALLINN OPEN account for apprcimately 25% of available accomodations in Tallinn. Past years experience has shown that early reservations are highly recommended. TALLINN OPEN has pre-booked with special TALLINN OPEN discount codes over 1400 beds of different comfort level. Please refer to [www.tallinnopen.ee/accomodations](http://www.tallinnopen.ee/accomodations) for accomodation information and discount codes.  
Accomodation information can also be found at Visit Tallinn tourism page at: <https://www.visittallinn.ee/eng/visitor/plan/good-to-know/accommodation>  
We also recommend referring to Booking.Com and considering AirBnB.

**TRANSPORTATION:** Transportation is provided from the airport, harbour, train station and bus station to the competition site and onto hotels. There is a **WELCOME DESK** at the airport (just outside arrivals) to assist you, starting march 25, 2026. Advance notification for transport is required via [info@tallinnopen.ee](mailto:info@tallinnopen.ee).  
The City of Tallinn provides **FREE** city-wide transportation on buses, trolleys and trams with a special QR code. The QR-code will be available March-1, 2026 . Taxi from harbour and airport to competition site is about 8-10 EUR. **Bolt** and **Uber** also operate in Tallinn.

**FOOD/MEALS:**  
UNIBET ARENA has several fast-food eating options. Available is also specially priced „athletes meals“ only via pre-ordering to [info@tallinnopen.ee](mailto:info@tallinnopen.ee).  
Thursday (26 March): After weigh-in meal.  
Friday, Saturday, Sunday (27–29 March): Lunch and/or Dinner.  
Menu and price to be announced 1.february, 2026

MEDICAL INSURANCE: ALL ATHLETES SHOULD HAVE MEDICAL INSURANCE AND RESPONSIBILITY LIES WITH COACHES AND/OR TEAM LEADERS.