



Powiat Wałbrzyski



**DOLNY
ŚLĄSK**



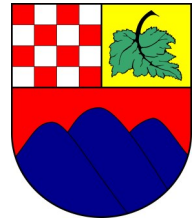
**ziemia
Wałbrzyska**
niezwykła z każdej perspektywy



HEROS Lady OPEN 2025

Boguszków-Gorce / Poland

5-7.12.2025



Boguszków-Gorce

Heros Wrestling Team would like to invite Your Team to
20. International Women's Wrestling Tournament HEROS Lady OPEN
for seniors/juniors, cadets and younger

Date:	5-7.12.2025
Location:	The competition, weighing and bouts will be arranged in: 58-370 BOGUSZÓW-GORCE, ul. Waryńskiego 10 (Sporthall)
Arrival:	Friday, 05.12.2025 , till 18:00 58-370 BOGUSZÓW-GORCE, ul. Waryńskiego 10
Competition for:	WOMEN (3 age groups): <u>Seniors/Juniors & Cadets & Younger</u>
Age groups and weight categories:	<p>Seniors/Juniors born 2008 and earlier (17 yrs +): 50, 53, 55, 57, 59, 62, 65, 68, 72, 76 Kg /+ 2 Kg /</p> <p>Cadets 2009-2011: 40, 43, 46, 49, 53, 57, 61, 65, 69, 73 / no weight tolerance</p> <p>Younger 2012-2015: 27, 30, 33, 36, 39, 42, 46, 50, 54, 58, 62, 66 kg / no weight tolerance <i>(The smallest categories may be joined or changed depending on number of girls and their weight)</i></p> <p>Each athlete must have passport/ID to present at the weigh-in.</p>
Final entries:	The final applications must be submitted before 28th November to: <u>zapasy@interia.pl</u>
COSTS:	<u>Accommodation and meals (in hotels):</u> <u>220 PLN (polish zloty) per person / per day</u>
ENTRY FEE:	<u>20 PLN (polish zloty) per wrestler</u> <i>(entry fee is 60 PLN when club don't order hotel by organizer)</i>

	PROGRAM <i>(schedule)</i>
Friday, 5 December 2025	15.00 - 18.00 – arrival of teams 15.00 - 19.30 – weigh-in for all categories
Saturday, 6 December 2025	09.00 - 09.30 – opening ceremony 09.30 - 18.00 – elimination matches about 13.00 – dinner
Sunday, 7 December 2025	09.00 - 17.00 – elimination matches, finals awarding ceremony about 13.00 – dinner

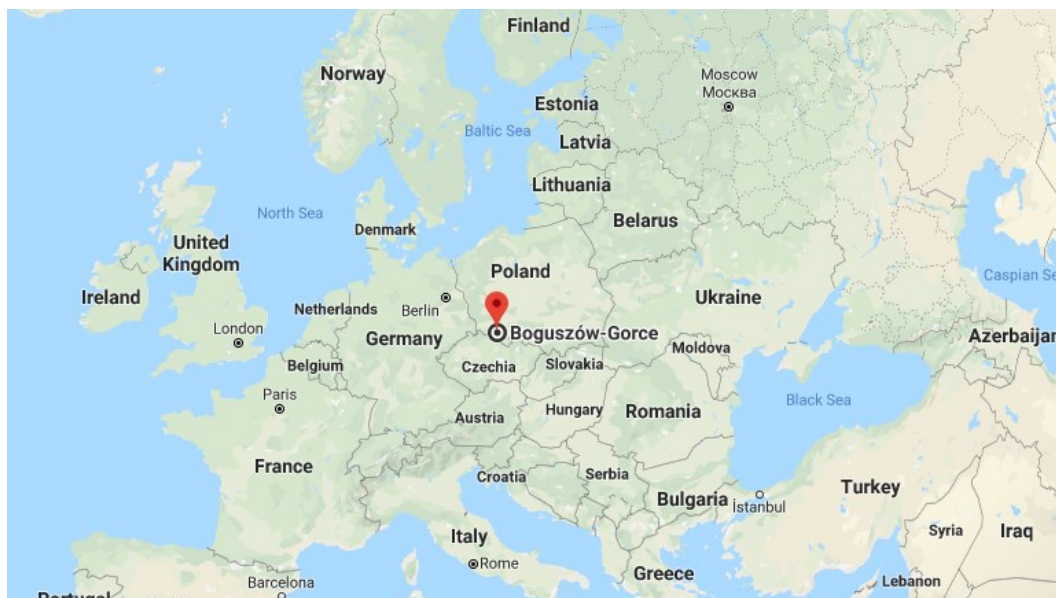
*We are looking forward to welcome you at the **20. International Women's Wrestling Tournament in Boguszów-Gorce (former in Czarny Bór)***

HEROS LADY OPEN 2024 in NUMBERS:

391 girls from 20 countries

*(Austria, Croatia, Czech Republic, Denmark, Lithuania, Latvia, Finland, Great Britain, France, Germany, Hungary, Italy, Slovakia, Spain, Sweden, Turkiye, Netherlands, Norway, Ukraine, Poland)
...with many Olympians, medallists of European or World Championship!*

! After competition 8-12.12 we organize an international training camp - EURO CAMP !



HEROS BOGUSZÓW-GORCE, contact:

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Joanna Kolodziej: +48 533 733 704

www.herosladyopen.pl