**Date:** Saturday the 22nd of February

It is with great pleasure that the wrestling club *Heros* is inviting Kids, Boys, Teens, Juniors, Girls and Women to the international tournament Heros Cup.

**Competition Address:** Frederiksvaerkhallen, Sportsvej 5, 3300 Frederiksvaerk, Denmark

**Weighing:** Friday the 21st of February at 18:00 to 20:00 or Saturday the 22nd at 8:00 to 8:30 at Frederiksvaerkhallen. Valid starting license will be distributed at the weighing session.

**Time Schedule:** Wrestling matches will start at 10:00

**Categories:**

Kids GR (age 7-10 years): class 2010-2013 – Floating weight classes (see info. \*)

Boys GR (age 11-14 Years): class 2006-2009 – Weight class: 34, 38, 41, 44, 48, 52, 57, 62, 68 and 75 kgs

Teens GR (age 15-17 Years): class 2003-2005 - Weight class: 41/45, 48, 51, 55, 60, 65, 71, 80, 92 and 110 kgs

Juniors GR (age 18-20 years): class 2000-2002 – Weight class: 55, 60, 63, 67, 72, 77, 82, 87, 97 and 130 kgs

Girls (age 7-14 years): class 2006-2013 (free style) - Weight class: Floating weight classes (see info. \*)

Women (Age 15 🡪 ): class 2005 and older (free style) - Weight class: 40/46, 50, 53, 57, 62, 68 and 78 kgs

\* Information regarding floating weight classes: runs after the Swedish example. Weighing is carried out normally and girls and boys are grouped into pools of approximately 5 boys/girls. The maximum weight difference will be appr. 10% in each pool.

All wrestling matches are carried out in accordance with UWW’s rules. Wrestling after the A/B pool system.

**Prizes:
-** Medals for the top three wrestlers in each weight class.
- All together best club receives a trophy and DKK 3,000
- Trophy for the best wrestler in each category

**Overnight Stay:** Limited sleeping accommodation at Heros club house (“First come, first served” principle). We recommend Frederiksvaerk Vandrehjem (youth hostel), Frederiksvaerk Hotel, Hundested Kro og Hotel (Hundested Inn), Lynes Kro (Lynes Inn)... etc.

**Price:** DKK 150 per contestant. Wrestling referee charge per club: DKK 200 for 1-3 contestants. More than 3 contestants: DKK 400. All wrestling referees will be signed up together with the wrestlers and will be paid DKK 500 each.

**Food:** It will be possible to buy breakfast and lunch at Frederiksvaerkhallen.

**Registration deadline**: February 10th 2020
**Registration by email:** else@kilgod.dk

**If you are prevented from participating:** Give notice no later than February 17th 2020.

**In need of more information? Please contact Flemming Nielsen: Phone +45 20 70 31 42**