

Heros cup 2024

Date: Saturday 4th of May 2024

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

Competition Address: Frederiksværkhallen, Sportsvej 5, 3300 Frederiksværk, Denmark

Weighing: Friday 3th of May from 18:00 to 20:00 or Saturday the 4th from 8:00 to 8:30 at Frederiksværkhallen. Valid starting license is required at the weighing session.

Time Schedule: Wrestling matches will start at Saturday 4th of May 10:00 O'clock

Categories:

Kids GR (age 7-10 years): class 2014-2017 Floating weight classes (see info. *)

Boys GR (age 11-14 Years): class 2010-2013 – Weight class: 34, 38, 41, 44, 48, 52, 57, 62, 68 and 75 kgs

Teens GR (age 15-17 Years): class 2007-2009 - Weight class: 41/45, 48, 51, 55, 60, 65, 71, 80, 92 and 110 kgs

Juniors/Senior (age 18+ years): class 2006 and older Weight class: 55, 60, 63, 67, 72, 77, 82, 87, 97 and 130 kgs

Girls (age 7-14 years): class 2010-2017 (free style) - Weight class: Floating weight classes (see info. *)

Women (Age 15): class 2009 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 5,000,00, - No.2- 3.000,00,- - No.3- 1.000,00,-
- Trophy for the best wrestler in each category

Overnight Stay: It is possible to book a room a local school. Price is: DKK 150,- per person with breakfast at the school.

Alternatively we can recommend the following accommodations Frederiksværk Hotel, Hundested Kro og Hotel (Hundested Inn), Lynes Kro (Lynes Inn)...

Price: DKK 200,- per contestant. Wrestling referee charge per club: DKK 200,- for 1-3 contestants or DKK 400,- if more than 3 contestants: All referees are to be signed up together with the wrestlers and will receive DKK 500 each.

Food: It will also be possible to buy delicious breakfast and lunch at the tournament.

Registration deadline: April 24th 2024 - Max. 250 competitors.

Registration by email: formand@heros.dk

If you are prevented from participating: Give notice no later than May 1th 2024.

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