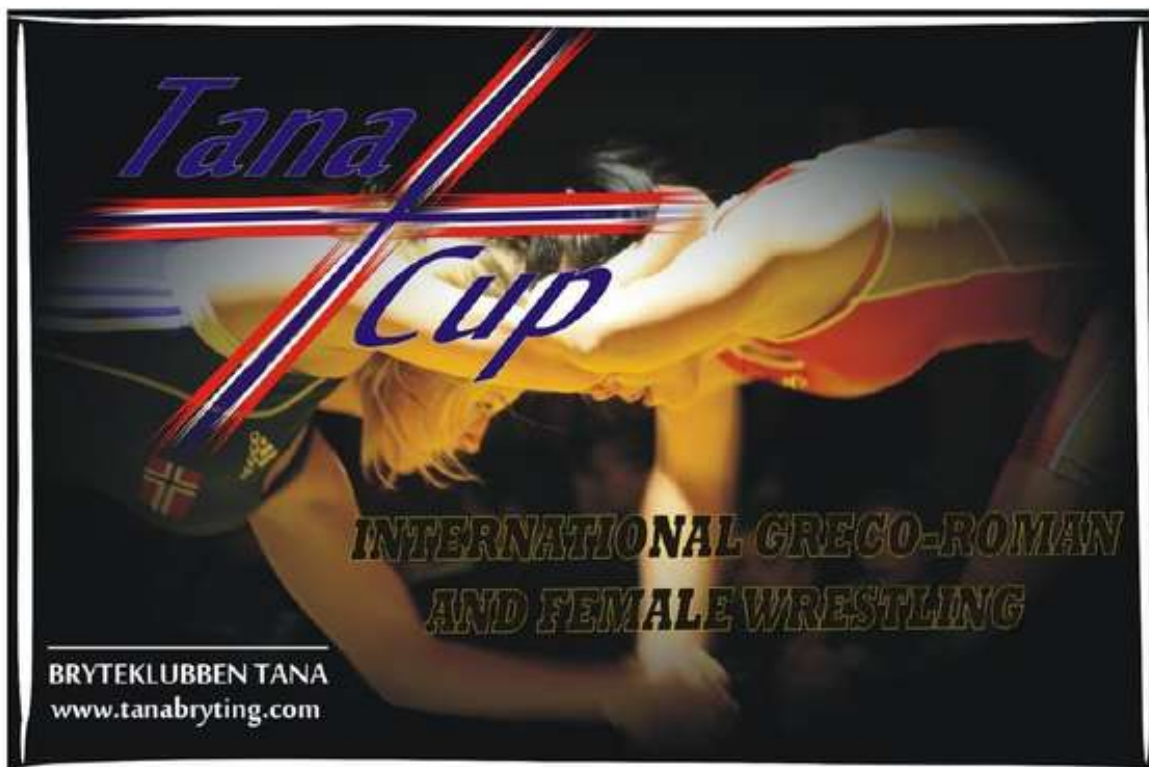




16th Tana Cup 2020

BRYTEKLUBBEN TANA HAS THE GREAT PLEASURE TO
INVITE YOUR TEAM TO TAKE PART IN THE 16th TANA CUP.
INTERNATIONAL WRESTLING TOURNAMENT IN
GRECO-ROMAN AND FEMALE WRESTLING.





Bryteklubben Tana

Stiftet 07.04.2011

Tana Cup 2020

- GROUP SIZE:** 5 wrestlers and 2 leaders
- ARRIVAL:** Friday 17 January 2020
- DEPARTURE:** Sunday 19 January 2020
- COMPETITION:** Saturday 18 January - 10:00
- PLACE:** Tana Sports hall - Tana Bru
- CATEGORY:**

GRECO-ROMAN				FEMALE WRESTLING			
2008-2009	2005-2007	2002-2005	2002 -	2008-2009	2005-2007	2002-2005	2002 -
Boy 12	Boys 15	Cadet 18 +1kg	Senior +2kg	Girls 12	Girls15	Cadet 18 +1kg	Senior +2kg
24-27	34-38	41-45	60	24-27	29-33	36-40	50
30	41	48	67	30	36	43	53
33	44	51	77	33	39	46	57
37	48	55	87	37	42	49	62
41	52	60	97	41	46	53	68
45	57	65	130	45	50	57	76
50	62	71		50	54	61	
55	68	80		55	58	65	
60	75	92		60	62	69	
66	85	110		66	66	73	
					75	80	

**In the U18 and UK18 classes it is allowed to have +1 kg overweight.
In the senior classes it is allowed to have +2 kg overweight.**

ENTRY: Please send registration no later than 13 December 2019.
For registrations please use a separate document. Look attachment.

Send to Bryteklubben Tana, Frode Gundersen, e-mail: frogun@online.no

MEDICAL CONTROL Friday 17 January, 19:00 - 20:00
New rules in Norway: medical control of wrestlers are carried out before weigh-in

WEIGHT CONTROL: Friday 17 January, 19:30 - 20:00 at Tana Sports hall.
Sauna opens at 14:00.



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- RULES:** UWW / Norwegian Wrestling Federation.
- AWARDS:** 1000 NOK to the tournaments best wrestler
1000 NOK to the tournaments best team
- REFEREES:** Please bring referees. There will be competed on 3 mats.
- ACCOMMODATION:** Tana Sports hall / Tana Hotel
- MEALS:** BK Tana will see to that your team are served breakfast, lunch and dinner every day during your stay. Café opens on Saturday.
- BANQUET:** Saturday at 20:00 there will be held a banquet for leaders, trainers and referees. It is served buffet with warm dishes.
- CONTACT:** Frode Gundersen
Mobile: +47 92 45 85 19
E-mail: frogun@online.no
- FACEBOOK** Follow Tana Cup on Facebook:
Tana Cup - International Greco-Roman and Women's wrestling
<https://www.facebook.com/Tana-Cup-International-Greco-Roman-and-Womens-wrestling-373280376419213/>

BK Tana will cover all expenses necessary for your wrestling team during your stay in Norway.

Bryteklubben Tana welcomes all wrestlers, trainers, referees and leaders to Tana.

Tana, 18 October 2019

Frode Gundersen

Bryteklubben Tana

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Frode Gundersen
Sport Director
Bryteklubben Tana
