

**METEORA Int. Wrestling Tournament (FS, GR, WW)
U15**

TRIKALA (GRE),16-18.06.2023

SPECIFIC INFORMATION / INFORMATIONS SPECIFIQUES	
Details of the organising Federation Coordonnées de la Fédération organisatrice	Hellenic Wrestling Federation Olympic center "Ano Liossia" GR – 133 43 Ano Liossia Tel: +30 210 3307176 Email: GRE@unitedworldwrestling.org
Details of competition venue Coordonnées salle de compétition	Trikala Minicipal Stadium Trikala, GRE 42131
Age group	U15 according to United World Wrestling Rules
Weight categories U15	GR 38-41-44-48-52-57-62-68-75-85 kg FS 38-41-44-48-52-57-62-68-75-85 kg WW 33-36-39-42-46-50-54-58-62-66 kg
Number of mats and trademark	3 United World Wrestling approved mats
Number of training mats	2 mats
Registration site	Athena system
Deadline for the final entries	<u>22 May 2023</u>
Referee's category Catégories d'arbitres	INTERNATIONAL REFEREE
Reception of the teams	Thessaloniki Airport
Reception of the teams	Trikala Municipal Stadium
Details of hotel for the teams	<p>Litheon Hotel Othonos 16 & Garibaldi Trikala, Thessalie Postal code.: 42100 Τηλ.: 0030 24310 20690 - 1 0030 24310 75690 - 1 Fax: 0030 24310 37390 website: www.litheonhotel.gr e-mail: litheonhotel@gmail.com</p> <p>Ntina Hotel 1 Karanasiou & Asklipiou str. 42131 Trikala - Greece Tel. :+30 2431074777-9 Fax.:+30 2431029490 Email: info@ntinashotel.gr http://www.ntinashotel.gr</p>
Details of hotel for the referees	Achilion City Hotel RP Hotels "Business & Pleasure" Asklipiou 2 & Kanouta

Coordonnées hôtel pour les arbitres	[square Vasileos Georgiou] Trikala Thessalie Greece Pc.: 421 31 T.: +30 24310 28192 - 3 +30 24310 28291 +30 24310 73655 - 6 F.: +30 24310 74858 website: www.rphotels.gr/achillion e-mail: achillion@rphotels.gr
Accommodation fee per day and per person Taxe de séjour par jour et par personne	EUR 70
Transportation fee from Thessaloniki Airport /per person	EUR 25
Minimum days of stay	3
Kg tolerance	2 kg
Details of the accreditation place	Trikala Municipal Stadium "Katsimidio"
Organizer's bank details	Beneficiary Trikala Wrestling Club IBAN: GR7901104770000047700646533

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***In case of a large number of entries the Semifinals of 17.06 will start in the morning session of 18.06**

****Mandatory break must be made (14.00-17.00) due to excessive heat and to protect the health of the participants**

PROGRAM		
Friday 16/06/2023	Until 10:00	Arrival of the delegations Final Entries U15&U17
	18:00- 19:00	Technical conference DRAW U15 GR, FS, WW all weight categories,
Saturday 17.06.2023	08:00-09:00	Medical examination -Weigh-in U15 GR 34-38-41-44-48-52-57-62-68-75-85 kg FS 34-38-41-44-48-52-57-62-68-75-85 kg WW 33-36-39-42-46-50-54-58-62-66 kg
	10.00-14.00	Qualification rounds
	18:00-19:00	Qualification rounds
	19.00-20.00	Opening Ceremony
	20.00-21:30	Semifinals
Sunday 18.06.2023	8:30-9:00	Medical examination- Weigh-in all weight categories
	10:00-14:00	Repechage
	18:00-20:00	FINALS
	20 :00-21 :00	Awards Ceremony

METEORA WRESTLING ACADEMY

5th Meteora Wrestling Model Camp

19- 23 JUNE



**ΕΛΛΗΝΙΚΗ ΟΜΟΣΠΟΝΔΙΑ
ΠΑΛΗΣ**



1. **DATE** : 19- 23 of June after the International Tournament « Meteora Int. Wrestling Tournament »
2. **PLACE**: Trikala Municipal Stadium
3. **Registration**: <https://meteorawrestlingacademy.gr/>
4. **AGE**: 2006-2013 (10-17 years old)
U17 (2006-2007) GR- FS- WW
U15 (2008-2009) GR- FS- WW
U13 (2010-2011) GR-FS- WW
U11 (2012-2013) GR-FS- WW
5. Wrestling clubs are more than welcome to register in **Meteora Wrestling Model Camp**

SCHEDULE

June	19/6	Technical positioning	19/6	Technical positioning
	20/6	Interval training	20/6	Technical positioning
	21/6	Technical training	21/6	Technical training
	22/6	Training match	22/6	Training match
	23/6	Conditioning training in Meteora	23/6	Departure of the delegations



During the "METEORA WRESTLING ACADEMY - Wrestling Model camp 2023", experienced scientists from the Training Laboratory of the Center for Research and Evaluation of Physical Performance of the University of Thessaly with the scientific

manager of **Dr. Vassilis Gerodimos**, Professor of Training at the Research Center, will perform an ergometric assessment on all participants.



As part of the event, sessions will be held by renowned and internationally recognized wrestling match referees with practical application of the international wrestling regulations and the athletes will have the opportunity to apply their techniques under the guidance of the experienced referees.

6. PARTICIPATION REQUIREMENTS

- Applications for Participation for the training camp at www.meteorawrestlingacademy.gr

- Application deadline **May 19, 2023!**

*Please book early due to specific availability. A strict priority order will be followed. Please note if there is any particularity regarding the participant's diet add it in the comments on the participation application.

7. COST

- **80 euro/per day- per person** all inclusive (accommodation- full boarding- transportation- historic and cultural tours)
- **80 euro/for all the days per person** ONLY for training without accommodation and full boarding

*The cost must be deposit until **19 of May 2023**

Account details: IBAN GR7901104770000047700646533 for 'Meteora Wrestling Model Camp' with the full name of the participant or the wrestling club who participate

The cost of participation, apart from the above, includes

1. Participation in training
2. • Ergometric control and evaluation of GR-FS-WW athletes
3. • A session on First Aid - CPR
4. • Guided tours based on the program
5. • Training in a natural environment (METEORA).
6. • Thematic evenings: history, film evening, music evening, dance evening, local culture presentation evening always in agreement with the national delegations.
7. • Souvenirs of METEORA WRESTLING ACADEMY - International model camp 2023