

# Lilla Mälarcupen 2010

Västerås Brottarklubb has the pleasure to invite you to Lilla Mälarcupen, one of the largest wrestling competitions in Scandinavia.

Date: November 5 – 7 2010.

Place: Bombardier Arena in Västerås (GPS coordinates: Lat: N 59° 37.9319', Long: E 16° 31.788').

Categories: Rules and categories according to the Swedish wrestling association:

Categories	Year born	Age	Weight
<b>Men (grec/rom)</b>			
Younger schoolboys (K)	1999-2003	7-11 year	22/24, 26, 29, 32, 35, 38, 42, 47, 53, 53/59 kg
Schoolboys (P)	1996-1999	11-14 year	29/32, 35, 38, 42, 47, 53, 59, 66, 73, 73/85 kg
Male cadets (U)	1993-1996	14-17 year	39/42, 46, 50, 54, 58, 63, 69, 76, 85, 85/100 kg
Juniors (J)	1990-1993	17-20 year	46/50, 55, 60, 66, 74, 84, 96, 96/120 kg
<b>Ladies (free style)</b>			
Younger schoolgirls (F/y)	1999-2003	7-11 year	22/24, 26, 29, 32, 35, 38, 42, 47, 53, 53/59 kg
Schoolgirls (F/ä)	1996-1999	11-14 year	29/30, 32, 34, 37, 40, 44, 48, 52, 57, 57/62 kg
Female cadets (KvU)	1993-1996	14-17 year	36/38, 40, 43, 46, 49, 52, 56, 60, 65, 65/70 kg
Woman (Kv)	-1993	17- year	44/48, 51, 55, 59, 63, 67, 67/72 kg

Schedule: All categories

Medical control 2010-11-05 at 6.30 – 8.00 P.M. Weight control 2010-11-05 at 7.00 – 8.00 P.M.

**NOTE! Medical and weight control only on Friday evening.**

The competition starts 2010-11-06 at 9.00 A.M. in both halls (A & C).

Registration: Via the registration form on Västerås wrestling club web site (<http://vbk.nu>).

Last day to make competitions registrations is 2010-11-02. Also applied on cancellation of participation, food and lodging in school class room. Any changes in the registration after last registration day must be done on site before the weigh-in.

NOTE! New registrations after last registration day are equal to post-applications with double charge.

Charges: All categories 200 SEK per participator. NOTE! Double charge at post-applications. Payment shall be done via SWIFT to IBAN SE36 9500 0099 6026 0344 5608 Nordea Bank AB, SE-105 71 Stockholm, BIC-address NDEASESS. Receiver is Lilla Mälarcupen. If the payment is done late a receipt must be shown for the competition cashier, otherwise the charge must be paid in cash. Any double charging will be adjusted and refunded after the competition. Don't forget to add information about sender and scope in the payment.

Food: Breakfast buffet 50 SEK per person will be served both on Saturday and Sunday in the conference room at hall C. Lunch 70 SEK per person served both Saturday and Sunday in hall A foyer. Saturday lunch is rice with chilli con carne made on beef. Sunday lunch is pasta gratin El Forno (pasta sauce with beef). The lunches also include salad, crisp bread, butter, milk or soft drink. To breakfast is soft and crisp bread, sandwich spread (cheese, h am, pat e and caviar), sour milk, milk, corn flakes, muesli, egg, juice, coffee and tea served. In case of lactose free, gluten free, vegetarian diet or other variants wanted, that must be specified at registration. The food is paid together with the registration fee. NOTE! Breakfast and lunch booking are conclusive.

Contact: Västerås wrestling club website: (<http://vbk.nu>).

E-mail: [lillamalarcupen@vbk.nu](mailto:lillamalarcupen@vbk.nu).

Telephone to weigh-in: +46 70 86 58 170.

Lodging: School class room

Hard accommodation at Skallbergsskolan (Lat: N 59° 37,749', Long: E 16° 32,641'), 100 SEK each per person and night in shared class rooms. Own clean-out with inspection on Sunday morning. The lodging are paid together with competition fee and booked at the same time as the registration of competitors.

NOTE! Alcohol drinking is not allowed in the school according Västerås town regulations.

Recommended hotels

Scandic Hotel in Västerås, +46 21 49 55 800.

Clarion Collection Hotel Etage in Västerås, +46 21 15 12 20.

Booking reference is "Lilla Mälarcupen".

**WELCOME!**