

HELSINKI-OPEN, Helsingin Herakles' 75th Anniversary Competition on May 25, 2024

Registration instructions for international athletes.

Venue: Ruskeasuo sports center, Ratsastie 10, 00280 Helsinki

Weight classes, qualifying totals: IWF official categories

Qualifying totals:

MEN	WOMEN
55 kg 113 kg	45 kg 69 kg
61 kg 136 kg	49 kg 93 kg
67 kg 146 kg	55 kg 98 kg
73 kg 159 kg	59 kg 110 kg
81 kg 191 kg	64 kg 133 kg
89 kg 200 kg	71 kg 135 kg
96 kg 210 kg	76 kg 140 kg
102 kg 220 kg	81 kg 145 kg
109 kg 230 kg	87 kg 150 kg
+109 kg 240 kg	+87 kg 155 kg

Registration: by email to tapahtumat@herakles.fi, with subject line "HELSINKI-OPEN". Registration closes on May 20th at 6:00 PM.

Entry fee 45€ per athlete, to be paid to Herakles' official account:

IBAN: FI21 1235 3000 1138 10

BIC: NDEAFIHH

Fee is non-refundable.

Contact person: Mika Tiainen (phone. 045-356 9530, email: mika.tiainen1@gmail.com)

Additional information: There is no sauna available at the competition venue. There is a café adjacent to the venue where food can be purchased.

Weigh-ins: May 25, 2024, from 9.00 AM to 10.00 AM, weigh-in in competition singlet, identification required.

Competition schedule: The competition for the first group will start at 11:00 AM. The initial grouping will be announced after the registration deadline and final grouping will be announced immediately after the weigh-in.

Accommodation: Valo Work & Hotel, distance to competition venue 1,3km.