



## INTERNATIONAL HERMAN KARE TOURNAMENT

Saturday, 10 January 2015  
KOUVOLA, FINLAND

We have a pleasure to invite your team to participate in the United World Wrestling Calendar tournament Herman Kare to be held on 10 January 2015 in Kouvola, Finland.

**Competition venue:** Mansikka-ahon Urheiluhalli, Huovinhongantie 1, 45200 Kouvola, Finland

**Time:** Saturday, 10 January at 10.00 and 17.00

**Weight categories:** Greco-Roman: 59, 66, 71, 75, 80, 85, 98 and 130 kg kg (+2 kg)

**Weigh-in:** Friday, 9 January at 18.30-19.00

**Entries:** Suomen Painiliitto – Finnish Wrestling Federation  
E-mail: [FIN@fila-wrestling.com](mailto:FIN@fila-wrestling.com)  
Telefax: + 358 9 149 6913

The preliminary entries should reach the Finnish Wrestling Federation by **1 December 2014** and the nominative entries by **15 December 2014**.

**Financial conditions:** The Organising Committee will provide board and lodging from 9 to 11 January 2015 to **8 wrestlers, 2 coaches and 1 referee**.

The delegations whose composition doesn't correspond to the invitation, as well as the delegations staying for a longer period than scheduled should pay **50 € / day / person**.

The leaders of the delegations must fulfil their financial obligations towards the Organising Committee upon arrival.

**Accommodation:** The delegations will be accommodated in:

Hotel Cumulus  
Kouvolankatu 11  
FIN-45100 Kouvola

**Connections:** Kouvola railway station 5 km  
Helsinki-Vantaa Airport 130 km  
Helsinki harbour 130 km

We will organise free bus transportation from Helsinki harbour and Helsinki-Vantaa airport on Friday, 9 January and back to Helsinki on Sunday, 11 January.

If you have any problems with the connections, please send e-mail or call.

**Information:** Timo Pahkala  
Email: [timo.pahkala@kymli.fi](mailto:timo.pahkala@kymli.fi)  
Tel: + 358 40 354 2530

### Welcome to Kouvola!

**Marko Sillanpää**  
President of the Organising Committee

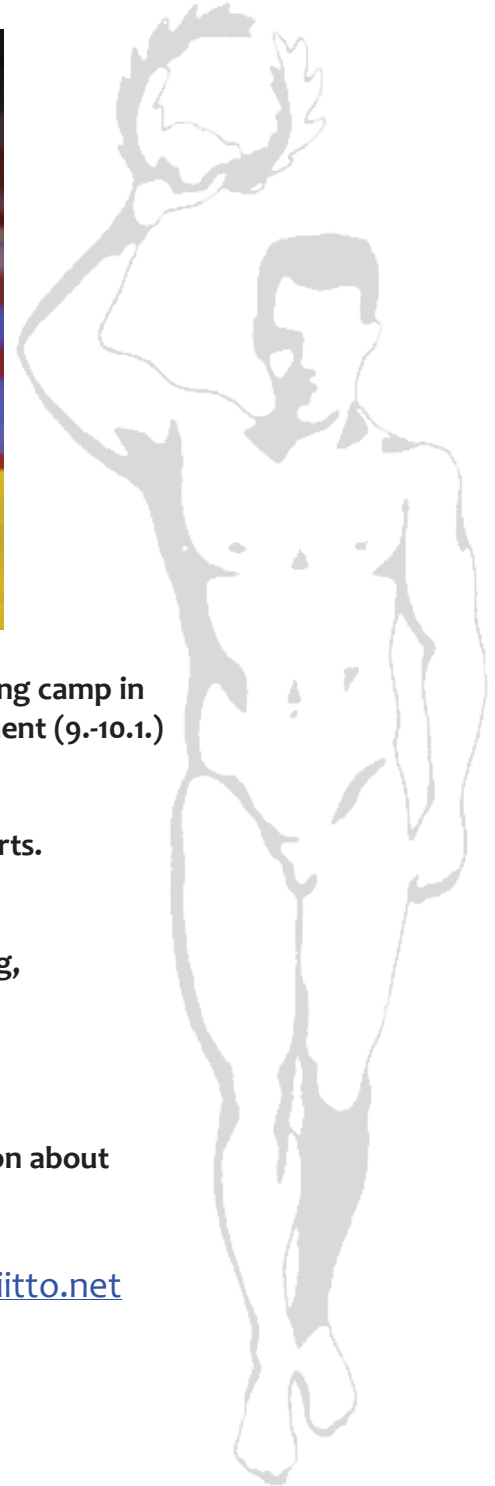


# SUOMEN PAINILIITTO

*Finnish Wrestling Federation*

## INTERNATIONAL TRAINING CAMP IN FINLAND

11.-16.1.2015 in Kouvola



The Finnish Wrestling Federation will organise an international training camp in Kouvola on 11.-16.1. January 2015. Just after the Herman Kare Tournament (9.-10.1.)

Kouvola is located about 140 km north from Helsinki.  
There are excellent training facilities for wrestling and all kind of sports.

Financial conditions: the price is 55€/day.  
The price will include board and lodging, training,  
training places and sauna.

**WELCOME!**

**Transportation:** If you need transportation, remember to mention about it when sending the registration.

**Contact:** Before 15.12.2014 [juha.lappalainen@painiliitto.net](mailto:juha.lappalainen@painiliitto.net)  
Or tel. +358 44 3030273

Best wishes  
Head Coach  
Juha Lappalainen  
Finnish Wrestling Federation