

14. Training program

Date	9:45 – 11:00 (New complex)	11:30 – 13:00 (New complex)	16:00 – 17:30 (New complex)	18:00 – 19:30 (New complex)
	3 January 2026 years – 17:30 Opening Ceremony			
3 January 2023			Men: under 71 kg. Women: up to 72 kg. 5 x 4' – wrestling in the stalls 5x 5' – standing wrestling	Men: over 71 kg Women: over 72 kg 5 x 4' – wrestling in the stalls 5x 5' – standing wrestling
4 January 2023	Men: under 71 kg. Women: up to 72 kg. 2 x 3' wrestling in the stalls 6 x 5' wrestling standing	Men: over 71 kg Women: over 72 kg 2 x 3' wrestling in the stalls 7 x 5' wrestling standing	Men: under 71 kg. Women: up to 72 kg. 2 x 3' wrestling in the stalls 7 x 5' wrestling standing	Men: over 71 kg Women: over 72 kg 2 x 3' wrestling in the stalls 6 x 5' wrestling standing
5 January 2023	Men: over 71 kg Women: over 72 kg 2 x 3' wrestling in the stalls 6 x 5' wrestling standing	Men: under 71 kg. Women: up to 72 kg. 2 x 3' wrestling in the stalls 7 x 5' wrestling standing	Men: over 71 kg Women: over 72 kg 2 x 3' wrestling in the stalls 7 x 5' wrestling standing	Men: under 71 kg. Women: up to 72 kg. 2 x 3' wrestling in the stalls 6 x 5' wrestling standing
6 January 2023	All sportsmen Start training 10:30 AM 2 x 3' wrestling in the stalls 6 x 5' wrestling standing		Departure of teams	

The program may be modified according to the total number of entries. A final program including a detailed training schedule will be handed out during registration.

Participants warm up on their own until training begins – this is the start time of the training matches.