

# SWISS OPEN 2010

**Saturday  
23.10.2010**



**Mehrzweckhalle  
Landstrasse 12a  
9615 Dietfurt -Switzerland**

## Program

10H00-12h00 Weigh-in

**13h00 Competition Start**

20h00 Finals

21h00 Puller's dinner

## Categories

- Beginner Women right Hand: -65 / +65
- Beginner Men right Hand: -80 / +80
- Junior Boys & Girls right Hand: -18 years open
- Women's Master right & left Hand: open
- Men's Master right & left Hand: -85 / +85
- Disabled Men & Woman: open category
- Women's left hand: -65 / +65
- Men's left hand: -70 / -85 / -100 / +100
- Women's right hand: -65 / -70 / +70
- Men's right hand: -60 / -70 / -80 / -90 / -100 / +100
- Special: Champ of the Champions

Each category only if minimum 3 competitors.

**Dress code:** The unique national dress or "athletic ware", no jeans allowed.

## For general organisation:

- **Catherine Zmoos** (French, Italian, English ) President of SAF  
Mail: [president@armsport.ch](mailto:president@armsport.ch)
- **Remo Hollenstein** (German) Vice President of SAF  
Mail: [remo@soundmania.ch](mailto:remo@soundmania.ch)

## For Visa, Hotel and Transportation infos:

- **Claudio Biderbost** (English, German, French), Secretary of SAF  
Mail: [claudio@nutriforce.ch](mailto:claudio@nutriforce.ch)