

A collage of wrestling matches in a large indoor arena. The background shows several wrestling mats with athletes in various colored singlets (red, blue, black) performing moves. The arena is brightly lit, and spectators are visible in the background.

**DATE FOR YOUR DIARY**

**IRISH OPEN**

**FREESTYLE WRESTLING CHAMPIONSHIPS**

**2ND NOVEMBER 2019**

**Date - Saturday 2nd November 2019**

**Venue - National Indoor Sports Arena,  
Sports Campus, Blanchardstown, Dublin**

**[www.irishwrestling.ie](http://www.irishwrestling.ie)**