



San Diego Swiss Club

75th Annual Schwingfest

Saturday, June 21, 2025

2001 Main St., Chula Vista, CA 91911

Come join us for our Annual Schwingfest.

SCHWINGEN (from German *schwingen* "to swing"), also known as

SWISS WRESTLING, is a style of folk wrestling native to Switzerland. Wrestlers wear Schwingerhosen with belts that are used for taking holds. Throws and trips are common because the first person to pin his opponent's shoulders to the ground wins the bout.

STEINSTOSSEN is the Swiss variant of **stone put**, a competition in throwing a heavy stone. Practiced among the alpine population since prehistoric times, it is recorded to have taken place in Basel in the 13th century.

Day Schedule

- 10:00** Park Opens
- 10:30** Meeting with Wrestlers & Judges
- 11:00** Schwingen will begin
Game booths, Souvenir booth, and kids
free games with prizes and candy.

12:00 Face painter & balloon artist

LUNCH

Served until approx. 4:00 pm



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| Bratwurst or Barbeque Beef Plate
(incl. - fruit, green salad & potato salad)
Veggie Burgers available | \$17.00 |
| Brat or Barbeque Beef with (roll only) | \$12.00 |

KIDS LUNCH

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| Veggie or reg. hot dog, chips, & fruit | \$ 5.00 |
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| Desserts & more | (available) |
| Landjager & Cheese | (at souvenir booth) |

AFTER SCHWINGEN

Steinstossen (stone put) - for men, women, and children.

Schwinger Awards will be presented in the hall.

ADMISSION into the Park \$10.00

Children 12 and under
and Schwingers are free

WRESTLING PRACTICE

Men, boys & girls come on out to the Swiss Park! Wrestling practice will be Sat., June 7th and June 14th at 11am and 2pm.

For questions contact Ernie at
619-623-2737 or Tony at 619-507-
9754



VOLUNTEERS

In order to make our day a success we need volunteers in our various booths from 11:00 to 5:00 or come Fri. set up or Sat. to help set up and clean up at the end of the day.

If you can help please contact:

Debbie Morris - email: dmorris379@aol.com

Thank you!

