

29.04.2016 - 01.05.2016

# POLISH OPEN



## WAKO EUROPEAN CUP



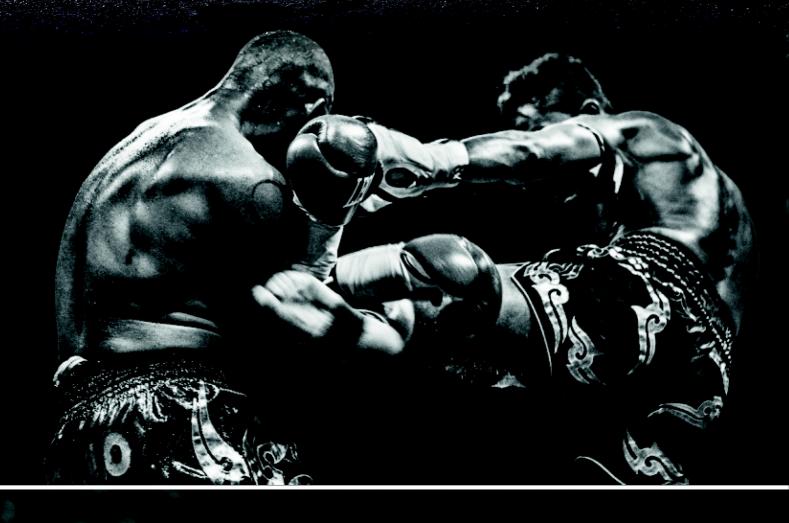


Pointfighting

Full Contact

Kick Light

Low Kick

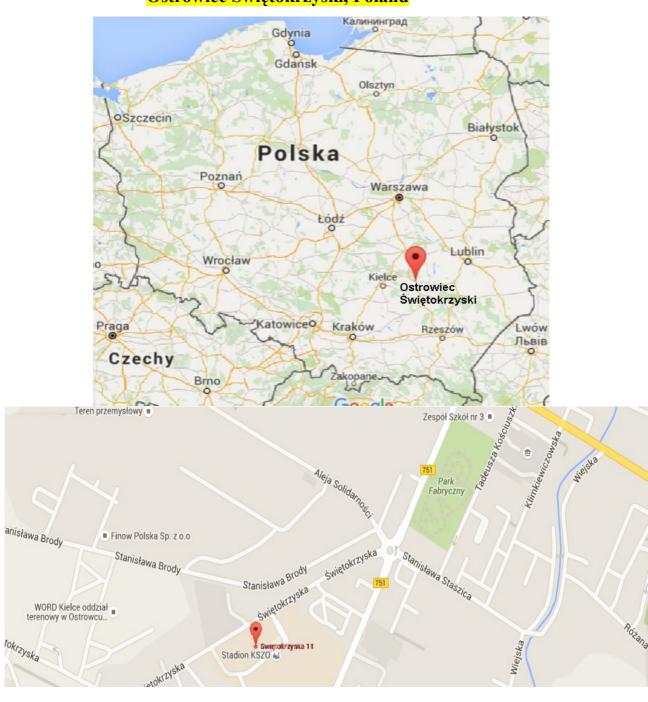


## We are very pleased to invite You and Your Team to take part in the WAKO European Cup organized in Ostrowiec Świętokrzyski, Poland.

**Date: April 29 – May 1 2016** 

Place: Sport Hall, Świętokrzyska 11 Street,

Ostrowiec Świętokrzyski, Poland



**Ostrowiec Świętokrzyski** is a city located 150 km. from Warsaw, 170 km. from Cracow.

The nearest airport from Ostrowiec: Radom- 58 km., Lublin- 120 km., Rzeszów- 130 km., Warsaw- 150 km., Cracow- 170 km., Łódź- 190 km., Katowice- 200 km.

There is the opportunity to help in the organization of transport from the airport.

In the city there is a bus station and train station.

### **REGISTRATION:** from March 7 to April 25

www.polishopen-kickbox.pl

**ENTRY FEE: 20 €** 

AWARDS: 1st place: cup, medal, diploma

2<sup>nd</sup> place: medal, diploma

3<sup>rd</sup> place: medal, diploma

4th place: medal, diploma





## PROGRAM

### Friday April 29th 2016

14:00 - 18:00 - registration and weight 18:00 - 19:00 - drawing and technical briefing 19:00 - eventual pre-fight

### Saturday April 30th 2016

9:00 - 19:00 - elimination fight, including:

13:30 - 14:00 - lunch break

14:00 - 14:15 – opening ceremony

14:15 – elimination and semi-final fight

### Sunday May 1st 2016

9:00 - 13:30 – continued competition

13:30 - 14:00 – lunch break

14:00 - 18:00 - final fights



### WEIGHT CATEGORIES

#### Pointfighting: younger cadet, older cadet, junior, senior

younger cadet boys and girls (10 – 12 yrs.): -28, -32, -37, -42, -47, +47 kg older cadet (13 – 15 yrs.) boys: -42, -47, -52, -57, -63, -69, +69 kg older cadet (13 – 15 yrs.) girls: -42, -46, -50, -55, -60, -65, +65 kg junior (16 - 18 yrs.), senior (+ 18 yrs.) boys: -57, -63, -69, -74, 79, -84, -89, -94, +94 kg junior (16 - 18 yrs.), senior (+ 18 yrs.) girls: -50, -55, -60, -65, -70, +70 kg

#### Kick light: older cadet, junior, senior

older cadet (13 – 15 yrs.) boys: -42, -47, -52, -57, -63, -69, +69 kg older cadet (13 – 15 yrs.) girls: -42, -46, -50, -55, -60, -65, +65 kg junior (16 - 18 yrs.), senior (+ 18 yrs.) boys: -57, -63, -69, -74, -79, -84, -89, -94, +94 kg junior (16 - 18 yrs.), senior (+ 18 yrs.) girls: -50, -55, -60, -65, -70, +70 kg

#### Full contact: younger junior, older junior, senior

**younger junior** (15 – 16 yrs.) **boys:** -48, -51, -54, -57, -60, -63, -66, -69, -74, -79, -84, +84 kg

younger junior (15 – 16 yrs.) girls: -40, -44, -48, -52, -56, -60, +60 kg older junior (17 – 18 yrs.), senior (+ 18 yrs.) boys: -51, -54, -57, -60, -63.5, -67, -71, -75, -81, -86, -91, +91 kg older junior (17 – 18 yrs.), senior (+ 18 yrs.) girls: -48, -52, -56, -60, -65, -70, +70 kg

#### Low kick: younger junior, older junior, senior

**younger junior** (15 – 16 yrs.) **boys:** -45, -48, -51, -54, -57, -60, -63.5, -67, -71, -75, -81, +81 kg

**younger junior** (15 – 16 yrs.) **girls:** -40, -44, -48, -52, -56, -60, +60 kg

**older junior** (17 – 18 yrs.), **senior** (+ 18 yrs.) **boys:** -51, -54, -57, -60, -63.5, -67, -71, -75, -81, -86, -91, +91 kg

**older junior** (17 – 18 yrs.), **senior** (+ 18 yrs.) **girls:** -48, -52, -56, -60, -65, -70, +70 kg

#### RECOMMENDED ACCOMMODATION

Organizer can mediate in booking accommodation. More information, call:

tel./fax: +48 41 265 40 00, mob.: +48 609 123 363

or e-mail: okswdragon@wp.pl

Accommodation with breakfast from 15 € in three star hotel.

**Hotel Accademia\*\*\*** 



Hotel Panorama\*\*\*



**Motel Victoria** 

