



**29.04.2016 - 01.05.2016**



**POLISH OPEN**

**WAKO EUROPEAN CUP**



**Pointfighting**

**Full Contact**

**Kick Light**

**Low Kick**



[www.polishopen-kickbox.pl](http://www.polishopen-kickbox.pl)



**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](http://www.polishopen-kickbox.pl)

**ENTRY FEE: 20 €**

**AWARDS: 1<sup>st</sup> place: cup, medal, diploma**

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

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

**4<sup>th</sup> place: medal, diploma**



# **PROGRAM**

## **Friday April 29<sup>th</sup> 2016**

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

## **Saturday April 30<sup>th</sup> 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 1<sup>st</sup> 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](mailto:okswdragon@wp.pl)

**Accommodation with breakfast from 15 € in three star hotel.**

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



**Hotel Panorama\*\*\***



**Motel Victoria**

