



7.3 Competition Programme

Wednesday – 23rd October 2019					
Weigh-in Cadet categories					
10:00 – 11:30	CADET	Male	11:30 – 12:00	CADET	Female

Kata Individual					
10:00 – 16:00	Kata	Preliminary rounds	Male / Female	CADET	
	Kata	Preliminary rounds	Male / Female	JUNIOR	
	Kata	Preliminary rounds	Male / Female	U21	
Kumite Cadet Male					
16:00 – 20:00	Kumite	.- 52, - 57, - 63 Kg	Male	CADET	
	Kumite	.-70, + 70 kg	Male	CADET	
	Kumite	Repechages	Male	CADET	

Thursday - 24th October 2019					
Weigh-in Junior categories					
10:00 – 11:30	JUNIOR	Male	11:30 – 12:00	JUNIOR	Female

Kumite Cadet Female & Junior Male					
10:00 – 16:30	Kumite	.- 47, - 54, + 54 Kg	Female	CADET	
	Kumite	.- 55, - 61, - 68 Kg	Male	JUNIOR	
	Kumite	.- 76, + 76 Kg	Male	JUNIOR	
16:30 – 17:30	Kumite	Repechages	Female / Male	CADET / JUNIOR	

18:00	OPENING CEREMONY				
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Friday - 25th October 2019					
Weigh-in U-21 categories					
10:00 – 11:30	U-21	Male	11:30 – 12:30	U-21	Female

Kumite Junior Female & U-21 Male / Female					
10:00 – 20:00	Kumite	.- 48, - 53, - 59 Kg	Female	JUNIOR	
	Kumite	.+ 59	Female	JUNIOR	
	Kumite	.- 60, - 67 Kg	Male	U-21	
	Kumite	.-75, - 84, + 84 Kg	Male	U-21	



19:00 –21:00	Kumite	.50, - 55, - 61 Kg	Female	U-21
	Kumite	.68, + 68 Kg	Female	U-21
	Kumite	Repechages	Female / Male	JUNIOR / U-21

Saturday - 26th October 2019				
Kata Team Cadet / Junior Male & Female				
10:00 - 11:00	Kata Team	Preliminary rounds	Male / Female	Cadet /Junior

Bronze Medal bouts - all Cadet categories				
11:00 - 11:15	Kata	Bronzes	Female / Male	Cadet
11:15 - 11:50	Kumite	Bronzes	Female / Male	Cadet

Finals - all Cadet categories				
12:00 - 12:15	Kata	Individual	Female - Male	Cadet
12:15 - 12:30	Medal Awards			
12:30 - 12:45	Kumite	.- 52, - 57, - 63 Kg	Male	Cadet
12:45 - 13:00	Medals Award			
13:00 - 13:15	Kumite	.- 47, - 54, + 54 Kg	Female	Cadet
13:15 - 13:30	Medals Award			
13:30 - 13:40	Kumite	.- 70, + 70 Kg	Male	Cadet
13:40 - 13:50	Medals Award			

14:00 - 16:00	Lunch break			
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Saturday - 26th October 2019				
Kata & Kumite Junior Male & Female				

Bronze Medal bouts - all Junior categories				
16:00 - 16:15	Kata	Bronzes	Female / Male	Junior
16:15 - 17:00	Kumite	Bronzes	Female / Male	Junior

Finals - all Junior categories				
17:00 - 17:15	Kata	Individual	Female - Male	Junior
17:15 - 17:30	Medal Awards			
17:30 - 17:45	Kumite	.- 55, - 61, - 68 Kg	Male	Junior
17:45 - 18:00	Medals Award			
18:00 - 18:15	Kumite	.- 48, - 53, - 59 Kg	Female	Junior
18:15 - 18:30	Medals Award			
18:30 - 18:45	Kumite	.- + 59, - 76, + 76 Kg	Female / Male	Junior
18:45 - 19:00	Medals Award			



Sunday - 27th October 2019				
Kata Team Cadet / Junior & Kata / Kumite individual U-21 Male & Female				
Bronze Medal bouts - all U-21 categories & Kata Team Cadet / Junior				
10:00 - 10:15	Kata	Bronzes	Female / Male	U-21
10:15 - 11:00	Kumite	Bronzes	Female / Male	U-21
11:00 - 11:30	Kata Team	Bronzes	Female / Male	Cadet / Junior
Finals - all U-21 categories				
11:45 - 12:00	Kata	Individual	Female - Male	U-21
12:00 - 12:15	Medal Awards			
12:15 - 12:30	Kumite	.- 50, - 55, - 61 Kg	Female	U-21
12:30 - 12:45	Medals Award			
12:45 - 13:00	Kumite	.- 60, - 67, - 75 Kg	Male	U-21
13:00 - 13:15	Medals Award			
13:15 - 13:30	Kumite	.- 68, + 68 Kg	Female	U-21
13:30 - 13:45	Medals Award			
13:45 - 14:00	Kumite	.- 84, + 84 Kg	Male	U-21
14:00 - 14:15	Medals Award			
Finals Kata Team Cadet / Junior Male & Female				
14:15 - 14:45	Kata Team		Female / Male	Cadet / Junior
15:00	CLOSING CEREMONY			