

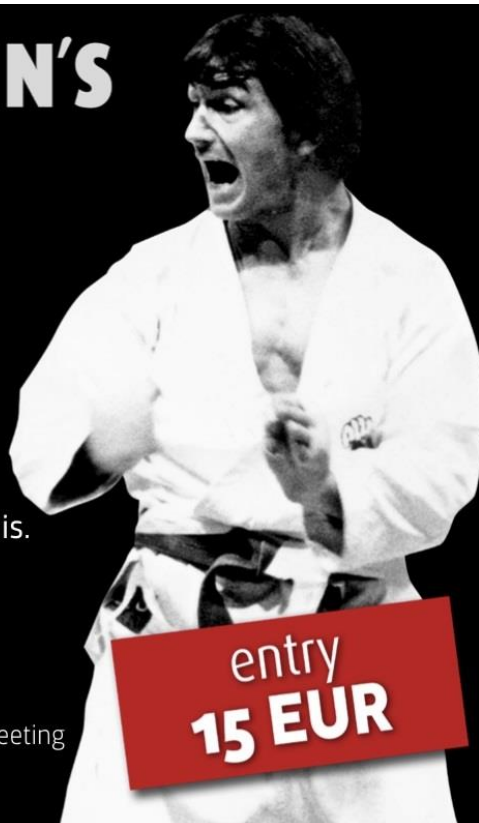
# RUDOLF FARMADIN'S MEMORY CUP TRAININGS & SPARRINGS

Sparring session will take place  
in ZŠ Tulipánová 1, Nitra  
on the 15th - 16th december 2022 on 4 tatamis.

## PROGRAM:

15. 12. (thursday) 16,00-19,00  
16. 12. (friday) 9,00-12,00 / 16,00-19,00

Program and time of trainings can change after coach meeting  
according of number of participants.



## Thursday – 15.12.2022

### U8, U10, U12, U14

(5 – 13 years)

3:30PM–4:00PM - Registration & weigh-in for competition  
4:00PM–5:30PM – Training/sparrings

### CADETS, JUNIORS, SENIORS

(14 and more years)

5:00PM–5:30PM - Registration & weigh-in for competition  
5:30PM–7:00PM – Training/sparrings

## Friday – 16.12.2022

### U8, U10, U12, U14

(5 – 13 years)

8:30AM–9:00AM - Registration & weigh-in for competition  
9:00AM–10:30AM – Training/sparrings  
3:30AM–4:00AM - Registration & weigh-in for competition  
4:00PM–5:30PM – Training/sparrings

### CADETS, JUNIORS, SENIORS

(14 and more years)

10:00AM–10:30AM – Registration & weigh-in for competition  
10:30AM–12:00AM – Training/sparrings  
5:00PM–5:30PM – Registration & weigh-in for competition  
5:30PM–7:00PM – Training/sparrings

## Štvrtok – 15.12.2022

### U8, U10, U12, U14

(5 – 13 rokov)

15:30–16:00 – Registrácia a váženie na súťaž  
16:00–17:30 – Tréning/sparingy

### KADETI, JUNIORI, SENIORI

(14 a viac rokov)

17:00–17:30 – Registrácia a váženie na súťaž  
17:30–19:00 – Tréning/sparingy

## Piatok – 16.12.2022

### U8, U10, U12, U14

(5 – 13 rokov)

8:30–9:00 – Registrácia a váženie na súťaž  
9:00–10:30 – Tréning/sparingy  
15:30–16:00 – Registrácia a váženie na súťaž  
16:00–17:30 – Tréning/sparingy

### KADETI, JUNIORI, SENIORI

(14 a viac rokov)

10:00–10:30 – Registrácia a váženie na súťaž  
10:30–12:00 – Tréning/sparingy  
17:00–17:30 – Registrácia a váženie na súťaž  
17:30–19:00 – Tréning/sparingy