

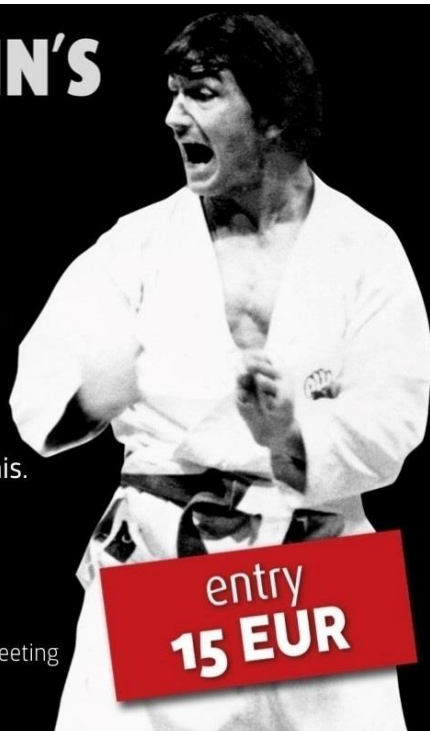
RUDOLF FARMADIN'S MEMORY CUP TRAININGS & SPARRINGS

Sparring session will take place
in ZŠ Tulipánová 1, Nitra
on the 14th-15th December 2023 on 6 tatamis.

PROGRAM:

14. 12. (thursday) 16,00-19,00
15. 12. (friday) 9,00-12,00 / 16,30-19,30

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



Thursday – 14.12 2023	Štvrtok – 14.12. 2023
ZŠ Tulipánová 1, Nitra	
U8, U10, U12, U14 <i>(5 – 13 years)</i> 3:30PM–4:00PM - Registration & weigh-in for competition 4:00PM–5:30PM – Training/sparrings	U8, U10, U12, U14 <i>(5 – 13 rokov)</i> 15:30–16:00 – Registrácia a váženie na súťaž 16:00–17:30 – Tréning/sparingy
CADETS, JUNIORS, SENIORS <i>(14 and more years)</i> 5:00PM–5:30PM - Registration & weigh-in for competition 5:30PM–7:00PM – Training/sparrings	KADETI, JUNIORI, SENIORI <i>(14 a viac rokov)</i> 17:00–17:30 – Registrácia a váženie na súťaž 17:30–19:00 – Tréning/sparingy
Friday – 15.12. 2023	Piatok – 15.12. 2023
ZŠ Tulipánová 1, Nitra	
U8, U10, U12, U14 <i>(5 – 13 years)</i> 8:30AM–9:00AM - Registration & weigh-in for competition 9:00AM–10:30AM – Training/sparrings 4:00AM–4:30AM - Registration & weigh-in for competition 4:30PM–6:00PM – Training/sparrings	U8, U10, U12, U14 <i>(5 – 13 rokov)</i> 8:30–9:00 – Registrácia a váženie na súťaž 9:00–10:30 – Tréning/sparingy 16:00–16:30 – Registrácia a váženie na súťaž 16:30–18:00 – Tréning/sparingy
CADETS, JUNIORS, SENIORS <i>(14 and more years)</i> 10:00AM–10:30AM – Registration & weigh-in for competition 10:30AM–12:00AM – Training/sparrings 5:30PM–6:00PM – Registration & weigh-in for competition 6:00PM–7:30PM – Training/sparrings	KADETI, JUNIORI, SENIORI <i>(14 a viac rokov)</i> 10:00–10:30 – Registrácia a váženie na súťaž 10:30–12:00 – Tréning/sparingy 17:30–18:00 – Registrácia a váženie na súťaž 18:00–19:30 – Tréning/sparingy