



POLISH OPEN 2007

INTERNATIONAL TAEKWONDO TOURNAMENT

OLSZTYN, 10 – 11 MARCH 2007



Organization:

Promoter: Polish Taekwondo Federation
00-707 Warszawa, ul. Ku Wiśle 7, Poland
E-mail taekwondo@home.pl <http://www.taekwondo.home.pl>
tel. + 48 (022) 840 45 57, fax + 48 (022) 840 49 17

Organizer: Olsztyn Center of Sports and Recreation
ul. Żołnierska 13a, 10-558 Olsztyn

Place and date:

Place: "URANIA" Indoor Olsztyn Center of Sports and Recreation
Aleja Marszałka J. Piłsudskiego 44, 10-450 Olsztyn

Date: 9 th - 11th of March 2007 competitions
12th - 15th of March 2007 training sessions

Schedule:

Friday - 9th

- arrival and accommodation
- 16⁰⁰ - 20⁰⁰ - weigh-in for classes (only on Friday)
in Urania Sport Center Al. M.J. Piłsudskiego 44
- 20³⁰ - Head of Teams and Coaches meeting in Urania Sport Center

Saturday - 10th

- 9⁰⁰ - 15⁰⁰ - pre-eliminary
- 15³⁰ - 17⁰⁰ - break
- 18⁰⁰ - official opening, finals

Juniors male -48, -55, -63, -73, -78

Juniors female -44, -49, -55, -63, -68

Seniors male -58, -67, -72, -84

Seniors female -51, -59, -63, -72

Sunday - 11th

- 9⁰⁰ - 16⁰⁰ pre-eliminary and final fights

Juniors male -45, -51, -59, -68, 78+

Juniors female -42, -46, -52, -59, 68+

Seniors male -54, -62, -78, 84+

Seniors female -47, -55, -67, 72+

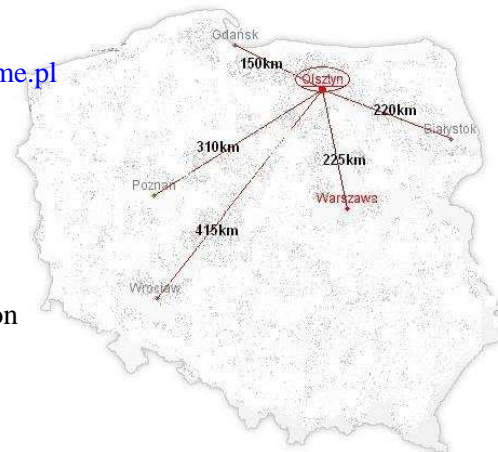
Kyorugi training sessions:

Monday 12th to Thursday 15th Join kyorugi training sessions

Attention registration:

**Deadline for registration and hotel reservations, transport and kyorugi training session
28th of February 2007**

1. Please go to Polish Taekwondo Federation official web page - www.taekwondo.home.pl and choose **ENTRY FORM** (it's placed in the left-down corner) please click on it and you will be available to submit your team.
2. After registration, Polish Taekwondo Federation **will send you back** your login and your password, so that you will get your account.
3. Than you would be able to register your competitors in weight category with the detailed information of your stay in Poland (officials, dates of arrival and departure, hotel, transport, etc.).



Entry:

Age and graduation: Seniors 17 years and older (born in 1990 and older). Seniors must hold at least 2nd kup
Juniors 14-17 years (born between 1993-90). Juniors must hold at least 4th kup

Rules: WTF Rules

Protection gear: All protector equipment: hoogoo, headgear, shin-and forearm-protectors, groin-protector and mouth protectors must be WTF-approved and be brought to the competition by the competitor. No protection for instep is allowed. Female groin protector is mandatory. Groin protector must be worn under the trousers. All participants have to wear the appropriate belt color according to their graduation. White dobok is mandatory. Jacket with black neck only for black belts.

Note: To use or not to use the mouth protectors can be decided upon your own risk and decision however it's the rule of WTF and ETU

Taekwondo is a Full Contact Competition Sport, where injuries cannot be excluded. Neither the organizer nor the promoter of the event can be held responsible for any damages or injuries and therefore all competitors **MUST** have a valid insurance that will cover costs of possible injuries. All costs in connection with possible injuries or damages will be cover by competitors.

Accommodation:

Cost per night per person (breakfast included) is:

a/ Hotel "Relaks" ** - 25 € per person per night (It's placed near "URANIA" Indoor Sports and Recreation Center about 300 meters far.)

b/ Hotel „Żbik” *** - 40 € per person per night (7 km from competition place, transport insure)

Kyorugi training sessions:

Kyorugi training sessions for the teams which are interested to stay longer for practice after tournament: cost of one day of accommodation and meal is 35 € per person per day.

Entry fee: 20 € per competitor

Referees: Each team can send one referee: accommodation and fee will be paid by Organizer – please let us know referee name and class within the entry form. Organizer will confirm back the referee's participation.

Transportation:

Organizer help in transportation from Warsaw airport to the sports hall and back by bus.
The bus start at 4 p.m. from Warsaw (9 th of March - friday).

Payment:

All payment must be done during the registration: