



## PRELIMINARY TIME TABLE FOR THE NORDIC CHAMPIONSHIPS 2009

**Date for attending the championships, 15<sup>th</sup> of Jan. Sendt to [info@taekwondo.no](mailto:info@taekwondo.no)**

Dependent of the no of participants we will evaluate if the team competition will be for only one team from each country.

The official drawing will happen the 21<sup>st</sup> of Jan. *After this date it will not be possible to attend the championships.*

**IMPORTANT!** The official drawing will be shown at [www.taekwondo.no](http://www.taekwondo.no) the 22<sup>nd</sup> of Jan. Every coach from each club and country must check that their competitors are placed in the right divisions.

New corrected lists will be announced at the 27<sup>th</sup> of Jan at the latest.

### FRIDAY the 6<sup>th</sup> of Feb

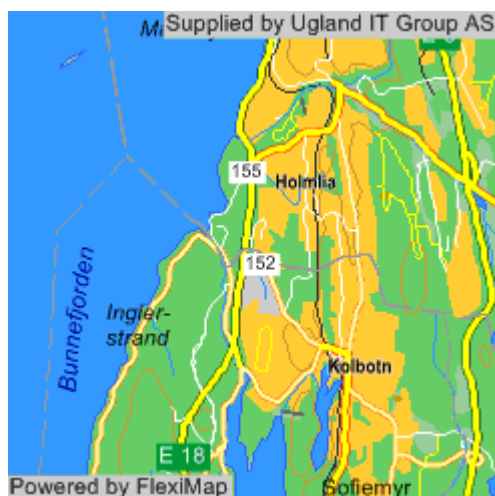
Arrival, weigh-in and registration

Registration and weigh in from 19-23 at the Quality Mastemyr Hotell

### Arrival

Please give your flight schedual to the organiser, and we will prepare a transportation for the correct no of people from your club or country. We will have about 50 seats in each bus.

20E/ nok 200,- per person will cover transportation to the airport both ways and both to the sports hall and back to the Hotell on Saturday.



Quality Hotel Mastemyr  
Lienga 11  
NO-1410 KOLBOTN  
Tel.: (+47) 66997800  
Fax: (+47) 66997801

Sofiemyrhallen  
Holbergsv. 39  
1412 Sofiemyr

### **Registration procedure**

Each club or country should register as one group at the same time. The coach must have the correct name list and the correct amount of participation fees in an envelop (one for individual + one for the national team). The hotel payment and the food should be in two separate envelops, to save time. All forms and registration info **MUST** be sendt to NTF at [info@taekwondo.no](mailto:info@taekwondo.no).

1E = 10 NOK. Fee could be payed in NOK or Euro. (Ind 30E/ 300,- , team 25E/ 250,-)  
After a successfull registration, the weigh in can start.

### **Weigh in**

If the competitor has not the same weight as in the official attending form (received by the organiser) he/she will not be able to participate in sparring, however the competitor will be given 1 hour to reduce weight)

Black belts should bring their correct black belt certificate which will be controlled by the ITF HQ. This is because we unfortunately have bad experience with uncorrect Dan in the pattern competition. Mistake will disqualify the competitor from the championships.

UMPIRE MEETING AT 22.00 at the hotell.

COACH MEETING AT 23.00 at the hotell.

## **SATURDAY THE 7<sup>TH</sup> OF FEB**

08.00 The doors opens

08.30 Umpire meeting abd coach meeting before start.

09.00 Championships starts with all gup classes including all finals, non-stop, including medal award seremonies

13.00 Nordic kids-cup/ umpires will have lunch

14.00 Official opening

14.10 Demo

14.30 Championships continue, black belts

17.30 Team

20.00 Finished

21.00 Banquet/ dinner?? At Mastemyr hotel  
Party??

## **SUNDAY THE 8<sup>TH</sup> OF FEB**

**NORGES TAEKWON-DO FORBUND**

**O.Skasliens vei 17**

**7340 Oppdal, Norway**

**Phone: +47 72 40 06 30, [post@taekwondo.no](mailto:post@taekwondo.no)**



Check out of hotel, give the key to the organisers, please pay for room service before departure.

Departure by car or bus.

Good luck to everybody and welcome to a pleasant stay in Norway.

Yours in Taekwon-Do

**Ingar Eilertsen, 6. Dan**

