

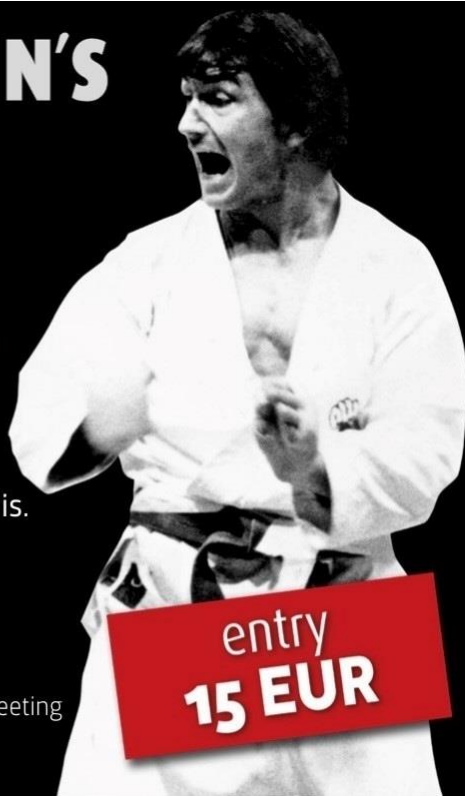
# RUDOLF FARMADIN'S MEMORY CUP TRAININGS & SPARRINGS

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

## PROGRAM:

14. 12. (thursday) 16,30-19,30  
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

### U8, U10, U12, U14

(5 – 13 years)

4:00PM–4:30PM - Registration & weigh-in for competition  
4:30PM–6:00PM – Training/sparrings

### CADETS, JUNIORS, SENIORS

(14 and more years)

5:30PM–6:00PM - Registration & weigh-in for competition  
6:00PM–7:30PM – Training/sparrings

## Štvrtok – 14.12.2023

### U8, U10, U12, U14

(5 – 13 rokov)

16:00–16:30 – Registrácia a váženie na súťaž  
16:30–18:00 – Tréning/sparringy

### KADETI, JUNIORI, SENIORI

(14 a viac rokov)

17:30–18:00 – Registrácia a váženie na súťaž  
18:00–19:30 – Tréning/sparringy

## Friday – 15.12.2023

### U8, U10, U12, U14

(5 – 13 years)

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

### CADETS, JUNIORS, SENIORS

(14 and more years)

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

## Piatok – 15.12.2023

### U8, U10, U12, U14

(5 – 13 rokov)

8:30–9:00 – Registrácia a váženie na súťaž  
9:00–10:30 – Tréning/sparringy  
16:00–16:30 – Registrácia a váženie na súťaž  
16:30–18:00 – Tréning/sparringy

### KADETI, JUNIORI, SENIORI

(14 a viac rokov)

10:00–10:30 – Registrácia a váženie na súťaž  
10:30–12:00 – Tréning/sparringy  
17:30–18:00 – Registrácia a váženie na súťaž  
18:00–19:30 – Tréning/sparringy

entry  
**15 EUR**