

Costa Rica

6th Taekwondo Open

Schedule

International Training Camp
Multidisciplinary Training Seminar
Costa Rica Open 2013

Date	Time	Remarks	Place
September 30th- October 4th	10am - 20:00 hrs	Arrival and registration	Hotel Best western Irazú
October 1st-2nd	9am- 17:00 hrs	International Training Camp	Venue
October 3rd-4th	9am-17:00hrs	Multidisciplinary Training Seminar	Venue
October 4th	20:00hrs	Referee Meeting	Hotel Best western Irazú
October 4th	20:30hrs	Technical Meeting	Hotel Best western Irazú
October 5th	9am-20:30hrs	Poomsae Competition all belts and categories. Sparring all color belts Infant, Cadets, Junior & Senior	Venue
October 5th	12md-13:00hrs	Lunch recess	Venue
October 5th	13:00-14:00hrs	Opening Ceremony	Venue
October 5th	15:00-17:00hrs	Weigh In Black Belts Only	Venue
October 6th	8am-20:30hrs	Sparring Infant, cadet, junior and senior Black belts. Ranking WTF	Venue
October 6th	12md-13:00hrs	Lunch recess	Venue
October 6th	21:00hrs	Referee Dinner	Place to be determined