



20th Lithuania Open Taekwondo Championship 2019

Date: 2019-04-20

Place: "VRM Sporto rūmai"

Address: Žirmūnų 1e, Vilnius, Lithuania

Organizer: Lithuanian taekwondo federation

+370 670 217 01 taekwondolt@yahoo.com www.taekwondo.lt

Deadline: 2019-04-17 (or 300 competitors limit) Visa request DEADLINE 2019 03 25

Registration: tpss.eu

Official Hotel: 22€ person/night with breakfast, 3 stars, 900m. from hall, free parking, Wi-Fi, perfect location in center of Vilnius. Slucko 8, Vilnius ECOTEL HOTEL

Accommodation reservations must be done with team application form.

Hotel reservation deadline: preliminary reservation before **2019-04-10** **Hotel reservation requests must be sent to: taekwondolt@yahoo.com**

Competition start: 2019-04-20 10:00

Registration and weight: during registration team must have a printed list of team members received by email after registering at tpss.nl

2019-04-19 Friday **20:00 - 21:00 in official hotel only** (passports/licenses)

2019-04-20 Saturday 8:00 - 9:00 in hall (with passports/licenses)

Rules: WT, WTE, LTF (Video replay)

Awards: 1st, 2nd and 3rd places, best teams and best fighter - special prize for winner of category with most number of participants.

Entry fee: Regular - 25 €.

Weight change during registration - 15 €.

For competitors without a MNA license (MNA ID card) - extra 10 €.

Age (years)	Duration (min.)	Sex	Weight (kg.)
Children (2011-2012)	2 x 1 (no head kicks)	Male/ Female	-27, -30, -33, -36, -40, -44, -48, -52, -57, +57
Children (2008-2010)	2 x 1,5	Male	-33, -37, -41, -45, -49, -53, -57, -61, -65, +65
Cadets (2005-2007)		Female	-29, -33, -37, -41, -44, -47, -51, -55, -59, +59
Juniors (2002-2004)	2 x 2	Male	-45, -48, -51, -55, -59, -63, -68, -73, -78, +78 electronic headgear (Video replay)
		Female	-42, -44, -46, -49, -52, -55, -59, -63, -68, +68 electronic headgear (Video replay)
Seniors (2002+)		Male	-58, -68, -80, +80 electronic headgear (Video replay)
		Female	-49, -57, -67, +67 electronic headgear (Video replay)

If category has 3 participants or less - it may be joined with closest category. Participants must have an insurance and consent of their parents (under 18). All competitors are considered to participate at their own risk. LTF assume no responsibility for any damages, injuries or losses. WT approved headgear, groin, forearm and shin protectors, gloves and mouth guard will be brought by the contestants, which is compulsory. Contestants fight in DaeDo EBP and need to wear special socks. Electronic body protectors and headgear will be provided by LTF

Will be 3 hours of competition live stream on internet! All news about Lithuania open check on Facebook/Lietuvos Taekwondo federacija

Referees are welcome. International referee will get 25 €, official hotel only and meal during the competition.
Open Lithuanian Taekwondo Championship director Žymantas Bražiūnas