

Kickboxing
30 June - 02 July 2023
Venue Myslenice Arena
Training Myslenice Arena

Date	Time	Type	Competition Phase	Fighting Area
Wednesday, 28th June 2023		Arrival Day		
Thursday, 29th June 2023		Training Day		
Friday, 30th June 2023		Competition Day 1		
	10:00-11:00	Men's Full Contact -63,5kg	Quarter-Finals	Ring
		Men's Point Fighting -63kg	Quarter-Finals	Tatami
	11:00-12:00	Women's Full Contact -52kg	Quarter-Finals	Ring
		Women's Point Fighting -50kg	Quarter-Finals	Tatami
	12:00-13:00	Men's Full Contact -75kg	Quarter-Finals	Ring
		Men's Point Fighting -74kg	Quarter-Finals	Tatami
	13:00-14:00	Women's Full Contact -60kg	Quarter-Finals	Ring
		Women's Point Fighting -60kg	Quarter-Finals	Tatami
	15:00-16:00	Men's Full Contact -86kg	Quarter-Finals	Ring
		Men's Point Fighting -84kg	Quarter-Finals	Tatami
	16:00-17:00	Women's Full Contact -70kg	Quarter-Finals	Ring
		Women's Point Fighting -70kg	Quarter-Finals	Tatami
	17:00-17:48	Men's Light Contact -79kg	Quarter-Finals	Tatami
	17:48-18:36	Women's Light Contact -60kg	Quarter-Finals	Tatami
	18:36-19:24	Men's Light Contact -63kg	Quarter-Finals	Tatami
	19:24-20:12	Women's Light Contact -50kg	Quarter-Finals	Tatami
Saturday, 1st July 2023		Competition Day 2		
	11:00-11:30	Men's Full Contact -63,5kg	Semi-Finals	Ring
		Men's Point Fighting -63kg	Semi-Finals	Tatami
	11:30-12:00	Women's Full Contact -52kg	Semi-Finals	Ring
		Women's Point Fighting -50kg	Semi-Finals	Tatami
	12:00-12:30	Men's Full Contact -75kg	Semi-Finals	Ring
		Men's Point Fighting -79kg	Semi-Finals	Tatami
	12:30-13:00	Women's Full Contact -60kg	Semi-Finals	Ring
		Women's Point Fighting -60kg	Semi-Finals	Tatami
	13:00-13:30	Men's Full Contact -86kg	Semi-Finals	Ring
		Men's Point Fighting -84kg	Semi-Finals	Tatami
	13:30-14:00	Women's Full Contact -70kg	Semi-Finals	Ring
		Women's Point Fighting -70kg	Semi-Finals	Tatami
	15:00-15:24	Men's Light Contact -79kg	Semi-Finals	Tatami
	15:24-15:48	Women's Light Contact -50kg	Semi-Finals	Tatami
	15:48-16:12	Men's Light Contact -63kg	Semi-Finals	Tatami
	16:12-16:36	Women's Light Contact -60kg	Semi-Finals	Tatami
Sunday, 2nd July 2023		Competition Day 3		
	11:00-11:15	Men's Light Contact -63kg	Final	Tatami
	11:15-11:30	Men's Full Contact -63,5kg	Final	Ring
	11:30-11:45	Women's Point Fighting -50kg	Final	Tatami
	11:45-12:05	Medal Ceremony Men's Light Contact -63kg		
		Medal Ceremony Men's Full Contact -63,5kg		

	Medal Ceremony Women's Point Fighting -50kg		
12:05-12:20	Men's Light Contact -79kg	Final	Tatami
12:20-12:35	Women's Full Contact -52kg	Final	Ring
12:35-12:50	Women's Point Fighting -60kg	Final	Tatami
12:50-13:10	Medal Ceremony Men's Light Contact -79kg Medal Ceremony Women's Full Contact -52kg Medal Ceremony Women's Point Fighting -60kg		
13:10-13:25	Men's Point Fighting -74kg	Final	Tatami
13:25-13:40	Men's Full Contact -75kg	Final	Ring
13:40-13:55	Women's Light Contact -50kg	Final	Tatami
13:55-14:15	Medal Ceremony Men's Point Fighting -74kg Medal Ceremony Men's Full Contact -75kg Medal Ceremony Women's Light Contact -50kg		
14:15-14:30	Men's Point Fighting -84kg	Final	Tatami
14:30-14:45	Women's Full Contact -60kg	Final	Ring
14:45-15:00	Women's Light Contact -60kg	Final	Tatami
15:00-15:20	Medal Ceremony Men's Point Fighting -84kg Medal Ceremony Women's Full Contact -60kg Medal Ceremony Women's Light Contact -60kg		
15:20-15:35	Men's Point Fighting -63kg	Final	Tatami
15:35-15:50	Men's Full Contact -86kg	Final	Ring
15:50-16:05	Women's Point Fighting -70kg	Final	Tatami
16:05-16:20	Women's Full Contact -70kg	Final	Ring
16:20-16:50	Medal Ceremony Men's Point Fighting -63kg Medal Ceremony Men's Full Contact -86kg Medal Ceremony Women's Point Fighting -70kg Medal Ceremony Women's Full Contact -70kg		

Monday, 3rd July 2023

Departure Day

