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## 23 June - 02 July 2023

Venue Training venue Nowy Targ Arena COS Zakopane

Date	Time	Туре	Competition Phase	Ring
Tuesday, 20th June 2023		Arrival Day	•	
Wednesday, 21st June 2023	09:00-19:00	Training Day		
	09:00-21:00	Sport Entries Check		
Thursday, 22nd June 2023	09:00-19:00	Training Day		
		Technical Meeting	COS Zakopane	
		Draw Ceremony	COS Zakopane	
Friday, 23rd June 2023		Competition Day 1		
	08:00	Weight-In		
	11:00-21:00	Warm-Up		
	13:00-16:15	W54, W60, M57, M63,5	Preliminaries	A,B
	18:00-21:15	W54, W60, M57, M63,5	Preliminaries	A,B
Saturday, 24th June 2023		Competition Day 2		
	08:00	Weight-In		
	11:00-21:00	Warm-Up		

	18:00-21:15	W57, W66, M51, M80, M92	Preliminaries	A,B
Sunday, 25th June 2023		Competition Day 3		
	08:00	Weight-In		
	11:00-21:00	Warm-Up		
	13:00-16:00	W50, W75, M63,5, M71, M92+	Preliminaries	A,B
	18:00-21:00	W50, W75, M63,5, M71, M92+	Preliminaries	A,B
Monday, 26th June 2023		Competition Day 4		
	08:00	Weight-In		
	11:00-21:00	Warm-Up		
	13:00-16:00	W54, W60, W66, M51, M80, M92	Preliminaries	A,B
	18:00-21:00	W54, W60, W66, M51, M80, M92	Preliminaries	A,B
Tuesday, 27th June 2023		Competition Day 5		
	08:00	Weight-In		
	11:00-21:00	Warm-Up		
	13:00-16:00	W50, W57, W75, M57, M71, M92+	Preliminaries	A,B
	18:00-21:00	W50, W57, W75, M57, M71, M92+	Preliminaries	A,B
Wednesday, 28th June 202		Competition Day 6		

	08:00	Weight-In		
	11:00-21:00	Warm-Up		
	13:00-16:15	W54, W60, W66, M51, M63,5, M80, M92	Quarter-Finals	A,B
	18:00-21:15	W50, W54, W57, W75, M57, M71, M92+	Quarter-Finals	A,B
Thursday, 29th June 2023	09:00-19:00	Training Day FREE Day		
Friday, 30th June 2023		Competition Day 7		
	08:00	Weight-In		
	11:00-21:00	Warm-Up		
	13:00-16:30	W54, W60, W66, M51, M63,5, M80, M92	Semi-Finals	Α
	18:00-21:00	W50, W57, W75, M57, M71, M92+	Semi-Finals	Α
Saturday, 1st July 2023		Competition Day 8		
	08:00	Weight-In		
	17:00-21:00	Warm-Up		
	18:00-21:30	W54, W60, W66, M51, M63,5, M80, M92	Finals	Α
	Between bouts	W54, W60, W66, M51, M63,5, M80, M92	Medal ceremonies (7)	
Sunday, 2nd July 2023		Competition Day 9		
	08:00	Weight-In		
day, 2nd July 2023	00.00			

	11:00-15:30	Warm-Up		
	13:00-16:00	W50, W57, W75, M57, M71, M92+	Finals	Α
	Between Bouts	W50, W57, W75, M57, M71, M92+	Medal ceremonies (6)	
Monday, 3rd June 2023		Departure Day		
Tuesday, 4th June 2023		Departure Day		