

SHOBU IPPON CUP 3 VEST 2023 - SANDNES - 2023-09-30		
	Ring 1	Ring 2
10:45	<u>Dommer / Lagleder Møte</u> 10:45 - 11:00 (00:15)	
10:50		
10:55		
11:00	<u>SI KATA MIX 7 - 11 / 8.KYU - 4.KYU (20)</u> 11:00 - 11:45	
11:05		
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11:25		
11:30		
11:35		
11:40		
11:45	<u>SI KATA MENN 11 - 12 ÅR / 6.kyu - 4.kyu (4)</u> 11:45 - 12:00	
11:50		
11:55		
12:00	<u>SI KATA KVINNER 11 - 15 ÅR / 8.KYU - 4.KYU (8)</u> 12:00 - 12:25	
12:05		
12:10		
12:15		
12:20		
12:25	<u>SI KATA MENN 11 - 15 ÅR / 8.kyu - 4.kyu (5)</u> 12:25 - 12:40	
12:30		
12:35		
12:40	<u>SI KUMITE BARN 7 - 11 ÅR / 8.KYU - 1.KYU (18)</u> 12:40 - 13:35	
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13:00		
13:05		
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13:25		
13:30		
13:35	<u>PAUSE</u> 13:35 - 14:05 (00:30)	
13:40		
13:45		
13:50		
13:55		
14:00	<u>OPEN</u> 11:00 - 17:00 (06:00)	
14:05		
14:10		
14:15		
14:20		
14:25	<u>SI KUMITE KVINNER 11 - 15 ÅR / 8.kyu - 4. kyu (8)</u> 14:05 - 14:30	
14:30		
14:35		
14:40	<u>SI KUMITE MENN 11 - 15 ÅR / 8.kyu - 4.kyu (6)</u> 14:30 - 14:50	
14:45		
14:50		
14:55		
15:00	<u>OPEN</u> 15:00 - 16:00 (01:00)	
15:05		
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