

Nordic Karate Championships - 2024-04-12

	Tatami 1	Tatami 2	Tatami 3
15:00	EC meeting with Iceland NOC - Sport center 4 floor 15:00 - 16:00 (01:00)		
15:05			
15:10			
15:15			
15:20			
15:25			
15:30			
15:35			
15:40			
15:45			
15:50			
15:55			
16:00	Referee Commisison meeting HQ Hotel Galleri 16:00 - 17:00 (01:00)		
16:05			
16:10			
16:15			
16:20			
16:25			
16:30			
16:35			
16:40			
16:45			
16:50			
16:55			
17:00	EC meeting HQ hotel Galleri 17:00 - 19:00 (02:00)		
17:05			
17:10			
17:15			
17:20			
17:25			
17:30			
17:35			
17:40			
17:45			
17:50			HQ hotel 13th floor 17:45 - 18:00 (00:15)
17:55			
18:00		Coach meeting HQ hotel Hvammur 18:00 - 19:00 (01:00)	Registration and weigh in, Sweden 18:00 - 18:20 (00:20)
18:05			
18:10			Registration and weigh in, Latvia 18:20 - 18:30 (00:10)
18:15			
18:20			
18:25			Registration and weigh in, Norway 18:30 - 18:50 (00:20)
18:30			
18:35			
18:40			Registration and weigh in, Lithuania 18:50 - 19:00 (00:10)
18:45			
18:50			
18:55			
19:00		Referee meeting and examination HQ hotel Hvammur 19:00 - 21:00 (02:00)	Registration and weigh in, Finland 19:00 - 19:20 (00:20)
19:05			
19:10			
19:15			Registration and weigh in, Estonia 19:20 - 19:30 (00:10)
19:20			
19:25			
19:30			
19:35			Registration and weigh in, Denmark 19:30 - 19:50 (00:20)
19:40			
19:45			
19:50			
19:55			Registration and weigh in, Iceland 19:50 - 20:05 (00:15)
20:00			
20:05			
20:10			
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20:40			
20:45			
20:50			
20:55			

Nordic Karate Championships - 2024-04-13

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5
08:25					Registration & Weigh in at venue 08:25 - 08:45 (00:20)
08:30					
08:35					
08:40					
08:45	Gathering of teams at 8.45 in warm up area, line up ceremony att 8.50, competition starts at 9.00 08:45 - 09:00 (00:15)	Gathering of teams at 8.45 in warm up area, line up ceremony att 8.50, competition starts at 9.00 08:45 - 09:00 (00:15)	Gathering of teams at 8.45 in warm up area, line up ceremony att 8.50, competition starts at 9.00 08:45 - 09:00 (00:15)	Gathering of teams at 8.45 in warm up area, line up ceremony att 8.50, competition starts at 9.00 08:45 - 09:00 (00:15)	
08:50					
08:55					
09:00					
09:05					
09:10	Cadet Female Individual Kata (9) Pool 1/1 09:00 - 09:35	Cadet Male Individual Kata (9) Pool 1/1 09:00 - 09:35	Junior Female Individual Kata (10) Pool 1/1 09:00 - 09:40	Junior Male Individual Kata (9) Pool 1/1 09:00 - 09:35	
09:15					
09:20					
09:25					
09:30					
09:35	Cadet Female Individual Kata (5) Repechage 09:35 - 09:55	Cadet Male Individual Kata (5) Repechage 09:35 - 09:55	Junior Female Individual Kata (6) Repechage 09:40 - 10:00	Junior Male Individual Kata (5) Repechage 09:35 - 09:55	
09:40					
09:45					
09:50					
09:55	Cadet Female Individual Kata (2) Final	Cadet Male Individual Kata (2) Final		Junior Male Individual Kata (2) Final	
10:00			Junior Female Individual Kata (2) Final	Cadet Female Individual Kumite -47kg (3) Pool 1/1 10:00 - 10:15	
10:05					
10:10					
10:15			Cadet Male Individual Kumite -52kg (7) Pool 1/1 10:05 - 10:30	Cadet Female Individual Kumite -47kg (2) Final	
10:20	SENIOR MALE INDIVIDUAL KATA (13) Pool 1/1 10:00 - 10:55	SENIOR FEMALE INDIVIDUAL KATA (11) Pool 1/1 10:00 - 10:45		Cadet Female Individual Kumite -54 kg (6) Pool 1/1 10:20 - 10:40	
10:25					
10:30			Cadet Male Individual Kumite -52kg (4) Repechage 10:30 - 10:40		
10:35				Cadet Female Individual Kumite -54 kg (4) Repechage 10:40 - 10:50	
10:40			Cadet Male Individual Kumite -52kg (2) Final		
10:45				Cadet Female Individual Kumite -54 kg (2) Final	
10:50		SENIOR FEMALE INDIVIDUAL KATA (6) Repechage 10:45 - 11:05	Cadet Male Individual Kumite -57kg (7) Pool 1/1 10:45 - 11:10		
10:55	SENIOR MALE INDIVIDUAL KATA (6) Repechage 10:55 - 11:15				
11:00		Cadet Male Individual Kumite -70 kg (5) Pool 1/1 11:05 - 11:20		Cadet Male Individual Kumite -63 kg (9) Pool 1/1 10:55 - 11:30	
11:05					
11:10			Cadet Male Individual Kumite -57kg (4) Repechage 11:10 - 11:20		
11:15	CADET FEMALE INDIVIDUAL KUMITE -61KG (6) Pool 1/1 11:15 - 11:35	Cadet Male Individual Kumite -70 kg (2) Repechage 11:20 - 11:30	Cadet Male Individual Kumite -57kg (2) Final		
11:20					
11:25		Cadet Male Individual Kumite -70 kg (2) Final			
11:30					
11:35	CADET FEMALE INDIVIDUAL KUMITE -61KG (4) Repechage 11:35 - 11:45	Cadet Male Individual Kumite +70kg (4) Pool 1/1 11:35 - 11:45	CADET FEMALE INDIVIDUAL KUMITE +61KG (8) Pool 1/1 11:25 - 11:55	Cadet Male Individual Kumite -63 kg (5) Repechage 11:30 - 11:50	
11:40					
11:45	CADET FEMALE INDIVIDUAL KUMITE -61KG (2) Final	Cadet Male Individual Kumite +70kg (2) Final			
11:50				Cadet Male Individual Kumite -63 kg (2) Final	
11:55			CADET FEMALE INDIVIDUAL KUMITE +61KG (4) Repechage 11:55 - 12:05		
12:00					
12:05	Lunch Kaffi Easy 11:50 - 12:30 (00:40)	Lunch Kaffi Easy 11:50 - 12:30 (00:40)	CADET FEMALE INDIVIDUAL KUMITE +61KG (2) Final	Lunch Kaffi Easy 11:55 - 12:30 (00:35)	
12:10					
12:15					
12:20					
12:25			Lunch Kaffi Easy 12:10 - 12:45 (00:35)		Medal ceremony Cadets 12:10 - 12:40 (00:30)
12:30	Junior Female Individual Kumite -48 kg (4) Pool 1/1	Junior Male Individual Kumite -76 kg (7) Pool 1/1		Junior Female Individual Kumite -53 kg (3) Pool 1/1	
12:35					
12:40					

Nordic Karate Championships - 2024-04-13

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5	
				12:30 - 12:45		
12:45	<u>Junior Male Individual</u> Kumite -55Kg (2) Final	12:30 - 12:55	<u>Junior Female Individual</u> Kumite -53 kg (2) Final	<u>Junior Male Individual</u> Kumite -68 kg (11) Pool 1/1 12:45 - 13:30		
12:50	<u>Junior Female Individual</u> Kumite -66kg (7) Pool 1/1 12:50 - 13:15	<u>Junior Male Individual</u> Kumite -76 kg (4) Repechage 12:55 - 13:05	<u>Junior Female Individual</u> Kumite -59 kg (6) Pool 1/1 12:50 - 13:10			
12:55		<u>Junior Male Individual</u> Kumite -76 kg (2) Final				
13:00		<u>Junior Female Individual</u> Kumite -66kg (4) Repechage 13:15 - 13:25	<u>JUNIOR FEMALE INDIVIDUAL</u> KUMITE +66KG (5) Pool 1/1 13:10 - 13:25		<u>Junior Female Individual</u> Kumite -59 kg (4) Repechage 13:10 - 13:20	
13:05	<u>Junior Female Individual</u> Kumite -66kg (2) Final	<u>JUNIOR FEMALE INDIVIDUAL</u> KUMITE +66KG (2) Repechage 13:25 - 13:35	<u>Junior Female Individual</u> Kumite -59 kg (2) Final			
13:10		<u>JUNIOR FEMALE INDIVIDUAL</u> KUMITE +66KG (2) Final	<u>Junior Male Individual</u> Kumite +76 kg (5) Pool 1/1 13:25 - 13:40			
13:15	<u>Junior Male Individual</u> Kumite -61 kg (4) Pool 1/1 13:30 - 13:40	<u>SENIOR MALE INDIVIDUAL</u> KUMITE -60 KG (5) Pool 1/1 13:40 - 13:55	<u>Junior Male Individual</u> Kumite +76 kg (2) Repechage 13:40 - 13:50		<u>Junior Male Individual</u> Kumite -68 kg (6) Repechage 13:30 - 13:50	
13:20	<u>SENIOR FEMALE INDIVIDUAL</u> KUMITE -55 KG (7) Pool 1/1 13:45 - 14:10	<u>SENIOR MALE INDIVIDUAL</u> KUMITE -60 KG (2) Repechage 13:55 - 14:05	<u>Junior Male Individual</u> Kumite +76 kg (2) Final		<u>Junior Male Individual</u> Kumite -68 kg (2) Final	
13:25		<u>SENIOR MALE INDIVIDUAL</u> KUMITE -60 KG (2) Final	<u>SENIOR FEMALE INDIVIDUAL</u> KUMITE -61 KG (6) Pool 1/1 13:55 - 14:15		<u>SENIOR MALE INDIVIDUAL</u> KUMITE -67 KG (9) Pool 1/1 13:55 - 14:30	<u>Medal ceremony Juniors</u> 14:00 - 14:30 (00:30)
13:30		<u>SENIOR FEMALE INDIVIDUAL</u> KUMITE -55 KG (4) Repechage 14:10 - 14:20	<u>SENIOR FEMALE INDIVIDUAL</u> KUMITE -61 KG (4) Repechage 14:15 - 14:25			
13:35	<u>SENIOR FEMALE INDIVIDUAL</u> KUMITE -55 KG (2) Final	<u>SENIOR MALE INDIVIDUAL</u> KUMITE +84 KG (6) Pool 1/1 14:25 - 14:45	<u>SENIOR MALE INDIVIDUAL</u> KUMITE -67 KG (5) Repechage 14:30 - 14:50			
13:40	<u>SENIOR MALE INDIVIDUAL</u> KUMITE -75 KG (8) Pool 1/1 14:25 - 14:55	<u>SENIOR MALE INDIVIDUAL</u> KUMITE +84 KG (4) Repechage 14:45 - 14:55	<u>SENIOR MALE INDIVIDUAL</u> KUMITE -67 KG (2) Final			
13:45	<u>SENIOR MALE INDIVIDUAL</u> KUMITE -75 KG (4) Repechage 14:55 - 15:05	<u>SENIOR MALE INDIVIDUAL</u> KUMITE +84 KG (2) Final	<u>SENIOR MALE INDIVIDUAL</u> KUMITE -84 KG (9) Pool 1/1 14:25 - 15:00	<u>SENIOR FEMALE INDIVIDUAL</u> KUMITE +68 KG (6) Pool 1/1 14:55 - 15:15		
13:50			<u>SENIOR MALE INDIVIDUAL</u> KUMITE -84 KG (5) Repechage 15:00 - 15:20	<u>SENIOR FEMALE INDIVIDUAL</u> KUMITE +68 KG (4) Repechage 15:15 - 15:25		
13:55	<u>Team Kata Male (3)</u> Pool 1/1 15:10 - 15:25	<u>Team Kata Female (4)</u> Pool 1/1 15:10 - 15:25	<u>SENIOR MALE INDIVIDUAL</u> KUMITE -84 KG (2) Final	<u>SENIOR FEMALE INDIVIDUAL</u> KUMITE +68 KG (2) Final		
14:00						
14:05						
14:10						
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14:45						
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15:00						
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15:40						
15:45						
15:50						
15:55						
16:00						
16:05						
16:10						
16:15						
16:20						
16:25						

Nordic Karate Championships - 2024-04-13

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5
16:30					
16:35		Repechage 1 16:25 - 16:45			
16:40					
16:45					
16:50					
16:55	Super finals				
17:00	SENIOR FEMALE INDIVIDUAL KATA (2) Final				
17:05	SENIOR MALE INDIVIDUAL KATA (2) Final				
17:10		SENIOR FEMALE INDIVIDUAL KUMITE -61 KG (2) Final			
17:15		SENIOR MALE INDIVIDUAL KUMITE -75 KG (2) Final			
17:20	Team Kata Female (2) Final				
17:25	Team Kata Male (2) Final				
17:30		Team Kumite Female (2) Final 17:30 - 17:40			
17:35					
17:40		Team Kumite Male (2) Final 17:40 - 18:00			
17:45					
17:50					
17:55					
18:00					
18:05					
18:10					Medal ceremony Seniors 18:00 - 18:30 (00:30)
18:15					
18:20					
18:25					
18:30					
18:35					
18:40					
18:45					
18:50					
18:55					
19:00					
19:05					
19:10					
19:15					
19:20					
19:25					
19:30					
19:35					
19:40					
19:45					
19:50					
19:55					
20:00					
20:05					
20:10					
20:15					
20:20					
20:25					
20:30					
20:35					
20:40					
20:45					
20:50					
20:55					
21:00					Sayonara party - dinner - Þróttarheimilið - Ticket 20:00 - 22:00 (02:00)
21:05					
21:10					
21:15					
21:20					
21:25					
21:30					
21:35					
21:40					
21:45					
21:50					
21:55					
22:00					
22:05					Sayonara party - DJ - open for all

Nordic Karate Championships - 2024-04-13

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5
22:10					22:00 - 23:55 (01:55)
22:15					
22:20					
22:25					
22:30					
22:35					
22:40					
22:45					
22:50					
22:55					
23:00					
23:05					
23:10					
23:15					
23:20					
23:25					
23:30					
23:35					
23:40					
23:45					
23:50					

Nordic Karate Championships - 2024-04-14

	Tatami 1	Tatami 2	Tatami 3	Tatami 4
10:00				
10:05				
10:10	NC SENIORS MIXED TEAM (3)	NC JUNIORS MIXED TEAM (4)	NC CADETS MIXED TEAM (4)	
10:15	Pool 1/1	Pool 1/1	Pool 1/1	
10:20	10:00 - 10:30	10:00 - 10:30	10:00 - 10:30	
10:25				
10:30				
10:35	NC SENIORS MIXED TEAM (2)	NC JUNIORS MIXED TEAM (2)	NC CADETS MIXED TEAM (2)	
10:40	Final	Final	Final	
10:45	10:35 - 10:50	10:35 - 10:50	10:35 - 10:50	
10:50				
10:55				
11:00				
11:05				
11:10				Medal ceremony mixed teams
11:15				11:00 - 11:20 (00:20)
11:20				
11:25				
11:30				
11:35				
11:40				
11:45				
11:50				
11:55				
12:00				
12:05				
12:10				
12:15				
12:20				
12:25				
12:30				
12:35				
12:40				
12:45				
12:50				
12:55	Kata seminar with Antonio Diaz	Kata seminar with Antonio Diaz	Kata seminar with Antonio Diaz	Kata seminar with Antonio Diaz
13:00	11:30 - 14:30 (03:00)	11:30 - 14:30 (03:00)	11:30 - 14:30 (03:00)	11:30 - 14:30 (03:00)
13:05				
13:10				
13:15				
13:20				
13:25				
13:30				
13:35				
13:40				
13:45				
13:50				
13:55				
14:00				
14:05				
14:10				
14:15				
14:20				
14:25				