

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.	Gathering of teams at 8.45 in warm up area.	Gathering of teams at 8.45 in warm up area.	Gathering of teams at 8.45 in warm up area.	
08:50	line up ceremony att 8.50.	line up ceremony att 8.50.	line up ceremony att 8.50.	line up ceremony att 8.50.	
08:55	competition starts at 9.00	competition starts at 9.00	competition starts at 9.00	competition starts at 9.00	
08:45 - 09:00 (00:15)		08:45 - 09:00 (00:15)	08:45 - 09:00 (00:15)	08:45 - 09:00 (00:15)	
09:00					
09:05					
09:10	Cadet Female Individual Kata (9)	Cadet Male Individual Kata (9)	Junior Female Individual Kata (10)	Junior Male Individual Kata (9)	
09:15	Pool 1/1	Pool 1/1	Pool 1/1	Pool 1/1	
09:20	09:00 - 09:35	09:00 - 09:35	09:00 - 09:40	09:00 - 09:35	
09:25					
09:30					
09:35	Cadet Female Individual Kata (5)	Cadet Male Individual Kata (5)	Junior Female Individual Kata (6)	Junior Male Individual Kata (5)	
09:40	Repechage	Repechage	Repechage	Repechage	
09:45	09:35 - 09:55	09:35 - 09:55	09:40 - 10:00	09:35 - 09:55	
09:50					
09:55	Cadet Female Individual Kata (2) Final	Cadet Male Individual Kata (2) Final	Junior Female Individual Kata (2) Final	Junior Male Individual Kata (2) Final	
10:00			Junior Female Individual Kata (2) Final	Cadet Female Individual Kumite -47kg (3)	
10:05				Pool 1/1	
10:10				10:00 - 10:15	
10:15			Cadet Male Individual Kumite -52kg (7)	Cadet Female Individual Kumite -47kg (2) Final	
10:20		SENIOR FEMALE INDIVIDUAL KATA (11)	Pool 1/1		
10:25	SENIOR MALE INDIVIDUAL KATA (13)	Pool 1/1	10:05 - 10:30	Cadet Female Individual Kumite -54 kg (6)	
10:30	Pool 1/1	10:00 - 10:45	Cadet Male Individual Kumite -52kg (4)	Pool 1/1	
10:35	10:00 - 10:55		Repechage	10:20 - 10:40	
10:40			10:30 - 10:40	Cadet Female Individual Kumite -54 kg (4)	
10:45			Cadet Male Individual Kumite -52kg (2) Final	Repechage	
10:50		SENIOR FEMALE INDIVIDUAL KATA (6)	Cadet Male Individual Kumite -57kg (7)	10:40 - 10:50	
10:55		Repechage	Pool 1/1	Cadet Female Individual Kumite -54 kg (2) Final	
11:00	SENIOR MALE INDIVIDUAL KATA (6)	10:45 - 11:05	10:45 - 11:10		
11:05	Repechage				
11:10	10:55 - 11:15	Cadet Male Individual Kumite -70 kg (5)	Cadet Male Individual Kumite -57kg (4)	Cadet Male Individual Kumite -63 kg (9)	
11:15		Pool 1/1	Repechage	Pool 1/1	
11:20	CADET FEMALE INDIVIDUAL KUMITE -61KG (6)	Cadet Male Individual Kumite -70 kg (2)	11:10 - 11:20	10:55 - 11:30	
11:25	Pool 1/1	Repechage	Cadet Male Individual Kumite -57kg (2) Final		
11:30	11:15 - 11:35	11:20 - 11:30			
11:35	CADET FEMALE INDIVIDUAL KUMITE -61KG (4)	Cadet Male Individual Kumite -70 kg (2) Final	CADET FEMALE INDIVIDUAL KUMITE +61KG (8)	Cadet Male Individual Kumite -63 kg (5)	
11:40	Repechage	Cadet Male Individual Kumite +70kg (4)	Pool 1/1	Repechage	
11:45	11:35 - 11:45	Cadet Male Individual Kumite +70kg (2) Final	Pool 1/1	11:30 - 11:50	
11:50	CADET FEMALE INDIVIDUAL KUMITE -61KG (2) Final		11:25 - 11:55		
11:55				Cadet Male Individual Kumite -63 kg (2) Final	
12:00			CADET FEMALE INDIVIDUAL KUMITE +61KG (4)		
12:05	Lunch Kaffi Easy	Lunch Kaffi Easy	Repechage		
12:10	11:50 - 12:30 (00:40)	11:50 - 12:30 (00:40)	11:55 - 12:05	Lunch Kaffi Easy	
12:15			CADET FEMALE INDIVIDUAL KUMITE +61KG (2) Final	11:55 - 12:30 (00:35)	
12:20					
12:25			Lunch Kaffi Easy		Medal ceremony Cadets
12:30	Junior Female Individual Kumite -48 kg (4)	Junior Male Individual Kumite -76 kg (7)	12:10 - 12:45 (00:35)	Junior Female Individual Kumite -53 kg (3)	12:10 - 12:40 (00:30)
12:35		Pool 1/1		Pool 1/1	
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		
12:50					
12:55		<u>Junior Male Individual</u> Kumite -76 kg (4) Repechage 12:55 - 13:05			
13:00	<u>Junior Female Individual</u> Kumite -66kg (7) Pool 1/1 12:50 - 13:15		<u>Junior Female Individual</u> Kumite -59 kg (6) Pool 1/1 12:50 - 13:10		
13:05		<u>Junior Male Individual</u> Kumite -76 kg (2) Final		<u>Junior Male Individual</u> Kumite -68 kg (11) Pool 1/1 12:45 - 13:30	
13:10					
13:15	<u>Junior Female Individual</u> Kumite -66kg (4) Repechage 13:15 - 13:25	JUNIOR FEMALE INDIVIDUAL KUMITE +66KG (5) Pool 1/1 13:10 - 13:25	<u>Junior Female Individual</u> Kumite -59 kg (4) Repechage 13:10 - 13:20		
13:20			<u>Junior Female Individual</u> Kumite -59 kg (2) Final		
13:25	<u>Junior Female Individual</u> Kumite -66kg (2) Final	JUNIOR FEMALE INDIVIDUAL KUMITE +66KG (2) Repechage 13:25 - 13:35			
13:30	<u>Junior Male Individual</u> Kumite -61 kg (4) Pool 1/1 13:30 - 13:40		<u>Junior Male Individual</u> Kumite +76 kg (5) Pool 1/1 13:25 - 13:40		
13:35		JUNIOR FEMALE INDIVIDUAL KUMITE +66KG (2) Final		<u>Junior Male Individual</u> Kumite -68 kg (6) Repechage 13:30 - 13:50	
13:40	<u>Junior Male Individual</u> Kumite -61 kg (2) Final		<u>Junior Male Individual</u> Kumite +76 kg (2) Repechage 13:40 - 13:50		
13:45		SENIOR MALE INDIVIDUAL KUMITE -60 KG (5) Pool 1/1 13:40 - 13:55			
13:50			<u>Junior Male Individual</u> Kumite +76 kg (2) Final	<u>Junior Male Individual</u> Kumite -68 kg (2) Final	
13:55	SENIOR FEMALE INDIVIDUAL KUMITE -55 KG (7) Pool 1/1 13:45 - 14:10				
14:00		SENIOR MALE INDIVIDUAL KUMITE -60 KG (2) Repechage 13:55 - 14:05			
14:05		SENIOR MALE INDIVIDUAL KUMITE -60 KG (2) Final	SENIOR FEMALE INDIVIDUAL KUMITE -61 KG (6) Pool 1/1 13:55 - 14:15		
14:10	SENIOR FEMALE INDIVIDUAL KUMITE -55 KG (4) Repechage 14:10 - 14:20	SENIOR FEMALE INDIVIDUAL KUMITE -68 KG (4) Pool 1/1 14:10 - 14:20		SENIOR MALE INDIVIDUAL KUMITE -67 KG (9) Pool 1/1 13:55 - 14:30	Medal ceremony Juniors 14:00 - 14:30 (00:30)
14:15			SENIOR FEMALE INDIVIDUAL KUMITE -61 KG (4) Repechage 14:15 - 14:25		
14:20	SENIOR FEMALE INDIVIDUAL KUMITE -55 KG (2) Final	SENIOR FEMALE INDIVIDUAL KUMITE -68 KG (2) Final			
14:25					
14:30		SENIOR MALE INDIVIDUAL KUMITE +84 KG (6) Pool 1/1 14:25 - 14:45		SENIOR MALE INDIVIDUAL KUMITE -67 KG (5) Repechage 14:30 - 14:50	
14:35	SENIOR MALE INDIVIDUAL KUMITE -75 KG (8) Pool 1/1 14:25 - 14:55				
14:40		SENIOR MALE INDIVIDUAL KUMITE +84 KG (4) Repechage 14:45 - 14:55		SENIOR MALE INDIVIDUAL KUMITE -67 KG (2) Final	
14:45			SENIOR MALE INDIVIDUAL KUMITE -84 KG (9) Pool 1/1 14:25 - 15:00		
14:50					
14:55	SENIOR MALE INDIVIDUAL KUMITE -75 KG (4) Repechage 14:55 - 15:05	SENIOR MALE INDIVIDUAL KUMITE +84 KG (2) Final		SENIOR FEMALE INDIVIDUAL KUMITE +68 KG (6) Pool 1/1 14:55 - 15:15	
15:00			SENIOR MALE INDIVIDUAL KUMITE -84 KG (5) Repechage 15:00 - 15:20		
15:05					
15:10				SENIOR FEMALE INDIVIDUAL KUMITE +68 KG (4) Repechage 15:15 - 15:25	
15:15			SENIOR MALE INDIVIDUAL KUMITE -84 KG (2) Final		
15:20	<u>Team Kata Male (3)</u> Pool 1/1 15:10 - 15:30	<u>Team Kata Female (4)</u> Pool 1/1 15:10 - 15:30		SENIOR FEMALE INDIVIDUAL KUMITE +68 KG (2) Final	
15:25					
15:30					
15:35		NC SENIORS MIXED TEAM (2) Pool 2/2 15:35 - 15:50			
15:40	NC SENIORS MIXED TEAM (3) Pool 1/2 15:35 - 16:05		NC CADETS MIXED TEAM (5) Pool 1/1 15:30 - 16:15		
15:45					
15:50				NC JUNIORS MIXED TEAM (6) Pool 1/1 15:30 - 16:30	
15:55					
16:00					
16:05					
16:10	NC SENIORS MIXED TEAM (2) Repechage 1 16:10 - 16:25	NC SENIORS MIXED TEAM (2) Final 16:10 - 16:25			
16:15					
16:20			NC CADETS MIXED TEAM (2) Repechage 16:15 - 16:45		
16:25					Medal ceremony mixed teams + senior individuals 16:20 - 16:50 (00:30)
16:30				NC JUNIORS MIXED TEAM (4) Repechage	
16:35	Team Kumite Female (3)	Team Kumite Male (3)			

Nordic Karate Championships - 2024-04-13

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5	
16:40						
16:45	Pool 1/2 16:35 - 17:05	Pool 1/2 16:35 - 17:25	NC CADETS MIXED TEAM (2) Final 16:45 - 17:00	16:30 - 17:00		
16:50						
16:55						
17:00						
17:05	Team Kumite Female (2) Repechage 1 17:05 - 17:25	Team Kumite Male (2) Repechage 1 17:25 - 17:45	Team Kumite Female (2) Pool 2/2 17:15 - 17:35	NC JUNIORS MIXED TEAM (2) Final 17:00 - 17:15		
17:10						
17:15						
17:20						
17:25						
17:30				Team Kumite Male (2) Pool 2/2 17:25 - 17:50		
17:35						
17:40						
17:45						
17:50						
17:55	Super finals	Super finals				
18:00	SENIOR FEMALE INDIVIDUAL KATA (2) Final					
18:05	SENIOR MALE INDIVIDUAL KATA (2) Final					
18:10		SENIOR FEMALE INDIVIDUAL KUMITE -61 KG (2) Final				
18:15		SENIOR MALE INDIVIDUAL KUMITE -75 KG (2) Final				
18:20	Team Kata Female (2) Final					
18:25	Team Kata Male (2) Final					
18:30		Team Kumite Female (2) Final 18:30 - 18:40				
18:35						
18:40		Team Kumite Male (2) Final 18:40 - 19:00				
18:45						
18:50						
18:55						
19:00						
19:05						
19:10					Medal ceremony Seniors 19:00 - 19:30 (00:30)	
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						
22:10					Sayonara party - DJ - open for all 22:00 - 23:55 (01:55)	
22:15						

Nordic Karate Championships - 2024-04-13

	Tatami 1	Tatami 2	Tatami 3	Tatami 4	Tatami 5
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				
10:15				
10:20				
10:25				
10:30				
10:35				
10:40				
10:45				
10:50				
10:55				
11:00				
11:05				
11:10				
11:15				
11:20				
11:25	<u>Kata seminar with Antonio Diaz</u>	<u>Kata seminar with Antonio Diaz</u>	<u>Kata seminar with Antonio Diaz</u>	<u>Kata seminar with Antonio Diaz</u>
11:30	10:00 - 13:00 (03:00)	10:00 - 13:00 (03:00)	10:00 - 13:00 (03:00)	10:00 - 13:00 (03:00)
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				