### Timings and Running order of proceedings:

This event is scheduled for 3 Day's all categories will be spanned over 11 areas.

Fighters are required to be entered at the correct weight they can maintain safely.

Weigh ins Licence Check and Medicals will be carried out on all check in days, competitors are only required to check in, weigh in and complete medical ONCE (unless fail medical)

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### Day before check in:

Ringsports 4th August from 4pm to 6pm Tatami Sports 5th August 4pm to 6pm

On the day check in:
Ringsports Saturday 5th August from 8am
Charte Sunday 6th August from

## Saturday 5th August will be the:

2023 Open Ringsports World Championships from 8am Juniors Championships 10am to 3pm Adults Championships 3pm to 7pm 5 Areas in total (Times may vary!)

# Sunday 6th August will be the:

2023 Open Tatami Sports World Championships from 8am Juniors Championships 10am to 1pm Adults Championships 1pm to 6pm 6 Areas in total (Times may vary!)

No Licence No Fight No Refund Fail Medical No Fight No Refund Fail weigh in we will try to rematch you but if cant No Refund