

2° Trofeo Regione Lazio - 2019-03-03

	Tatami 1	Tatami 2	Tatami 3	Tatami 4
08:00				
08:05				
08:10				
08:15				
08:20	<u>Controllo atleti ESORDIENTI</u> 08:00 - 08:45 (00:45)	<u>Controllo atleti ESORDIENTI</u> 08:00 - 08:45 (00:45)	<u>Controllo atleti ESORDIENTI</u> 08:00 - 08:45 (00:45)	<u>Controllo atleti ESORDIENTI</u> 08:00 - 08:45 (00:45)
08:25				
08:30				
08:35				
08:40				
08:45	<u>Pool</u> 08:45 - 08:55 (00:10)	<u>Pool</u> 08:45 - 08:55 (00:10)	<u>Pool</u> 08:45 - 08:55 (00:10)	<u>Pool</u> 08:45 - 08:55 (00:10)
08:50				
08:55	<u>Saluto</u>	<u>Saluto</u>	<u>Saluto</u>	<u>Saluto</u>
09:00				
09:05	<u>Kumite Eso F -42 Kg (2)</u>	<u>Kumite Eso M da 33 a 40 Kg (4)</u>	<u>Kata Eso F (2)</u>	
09:10	<u>Kumite Eso F -47 Kg (2)</u>	09:05 - 09:15		
09:15				
09:20		<u>Kumite Eso M -45 Kg (4)</u>		<u>Controllo atleti CADETTI</u> 09:05 - 09:35 (00:30)
09:25		09:20 - 09:30		
09:30	<u>Kumite Eso F -53 Kg (5)</u>		<u>Kata Eso M (5)</u>	
09:35	09:20 - 09:50		09:15 - 09:50	
09:40		<u>Kumite Eso M -50 Kg (6)</u>		
09:45		09:35 - 09:55		
09:50				
09:55	<u>Kumite Eso M -61 Kg (3)</u>		<u>Kumite Eso M -55 Kg (4)</u>	
10:00	09:55 - 10:05	<u>Kumite Eso M -68 Kg (3)</u>	09:55 - 10:05	
10:05		10:00 - 10:10		
10:10				
10:15				
10:20			<u>Kumite Cad F -47 Kg (5)</u>	
10:25			10:15 - 10:45	
10:30				
10:35				
10:40				
10:45		<u>Kata Cad F (10)</u>		
10:50	<u>Kata Cad M (11)</u>	10:15 - 11:25		
10:55	10:15 - 11:35			
11:00				
11:05				
11:10			<u>Kumite Cad F -54 Kg (8)</u>	
11:15			10:55 - 11:40	
11:20				
11:25				
11:30				
11:35				
11:40				
11:45				
11:50				
11:55	<u>Kumite Cad M da 40 a -47 Kg (7)</u>			
12:00	11:40 - 12:20			
12:05				
12:10		<u>Kumite Cad M -57 Kg (12)</u>	<u>Kumite Cad F -62 Kg (7)</u>	
12:15		11:35 - 12:50	11:50 - 12:30	
12:20				
12:25				
12:30				
12:35				
12:40				
12:45				
12:50				
12:55	<u>Kumite Cad M -52 Kg (10)</u>			
13:00	12:30 - 13:35			
13:05				
13:10		<u>Kumite Cad M -70 Kg (5)</u>	<u>Kumite Cad M -63 Kg (10)</u>	
13:15		13:00 - 13:30	12:40 - 13:45	
13:20				
13:25				
13:30				
13:35				
13:40	<u>Kumite Cad M -78 Kg (3)</u>	<u>Kumite Cad M -87 Kg (3)</u>		
13:45	13:40 - 13:55	13:40 - 13:55		
13:50				
13:55				
14:00				
14:05				
14:10				
14:15				
14:20				
				<u>Controllo atleti JUNIORES</u> 13:15 - 13:45 (00:30)

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	Tatami 1	Tatami 2	Tatami 3	Tatami 4		
14:25						
14:30						
14:35						
14:40	<u>Kata Jun M (11)</u> 14:40 - 16:00	<u>Kata Jun F (3)</u> 14:40 - 14:55	<u>Kumite Jun F -53 Kg (2)</u>			
14:45				<u>Kumite Jun F -59 Kg (3)</u> 14:45 - 15:00		
14:50						
14:55						
15:00			<u>Kumite Jun F -66 Kg (6)</u> 15:00 - 15:35	<u>Kumite Jun F -74 Kg (3)</u> 15:00 - 15:15		
15:05						
15:10						
15:15					<u>Controllo atleti SENIORES</u> 15:15 - 15:45 (00:30)	
15:20				<u>Kumite Jun M -55 Kg (5)</u> 15:20 - 15:50		
15:25						
15:30						
15:35						
15:40						
15:45		<u>Kumite Jun M -61 Kg (9)</u> 15:45 - 16:45				
15:50						
15:55						
16:00						
16:05						
16:10	<u>Kumite Jun M -75 Kg (5)</u> 16:10 - 16:40			<u>Kumite Jun M -68 Kg (9)</u> 15:55 - 16:55		
16:15						
16:20						
16:25						
16:30						
16:35						
16:40						
16:45	<u>Kata Sen F (10)</u> 16:45 - 17:55	<u>Kumite Sen F -50 Kg (3)</u> 16:50 - 17:05				
16:50						
16:55						
17:00						
17:05			<u>Kumite Sen F -68 Kg (2)</u>			
17:10			<u>Kumite Sen F 68+ Kg (2)</u>			
17:15				<u>Kata Sen M (11)</u> 17:05 - 18:25		
17:20						
17:25						
17:30			<u>Kumite Sen F -55 Kg (5)</u> 17:20 - 17:55			
17:35						
17:40						
17:45						
17:50						
17:55						
18:00						
18:05	<u>Kumite Sen M -75 Kg (13)</u> 18:05 - 19:35	<u>Kumite Sen M -60 Kg (5)</u> 18:05 - 18:40				
18:10						
18:15						
18:20						
18:25						
18:30						
18:35						
18:40						
18:45					<u>Controllo atleti Master</u> 18:45 - 19:15 (00:30)	
18:50						
18:55						
19:00		<u>Kumite Sen M -67 Kg (9)</u> 18:45 - 19:50				
19:05						
19:10				<u>Kumite Sen M -84 Kg (11)</u> 18:35 - 19:55		
19:15						
19:20						
19:25						
19:30						
19:35						
19:40	<u>Kumite Sen M -94 Kg (3)</u> 19:40 - 19:55					
19:45						
19:50						
19:55						
20:00	<u>Kata Master A+B F (2)</u> 20:00 - 20:10 (00:10)	<u>Kata Master C M (3)</u> 20:00 - 20:15	<u>Kata Master E+F M (3)</u> 20:00 - 20:15 (00:15)			
20:05						
20:10						