



KICKBOXING
30 June – 2 July 2023
Myslenice Arena

Date	Time	Type	Competition Phase	Fighting Area
Wednesday, 28th June 2023		Arrival Day		
Thursday, 29th June 2023		Training Day		
Friday, 30th June 2023		Competition Day 1		
	10:00-11:00	Men's Full Contact -63,5kg	Quarter-Finals	Ring
		Men's Point Fighting -63kg	Quarter-Finals	Tatami
	11:00-12:00	Women's Full Contact -52kg	Quarter-Finals	Ring
		Women's Point Fighting -50kg	Quarter-Finals	Tatami
	12:00-13:00	Men's Full Contact -75kg	Quarter-Finals	Ring
		Men's Point Fighting -74kg	Quarter-Finals	Tatami
	13:00-14:00	Women's Full Contact -60kg	Quarter-Finals	Ring
		Women's Point Fighting -60kg	Quarter-Finals	Tatami
	15:00-16:00	Men's Full Contact -86kg	Quarter-Finals	Ring
		Men's Point Fighting -84kg	Quarter-Finals	Tatami
	16:00-17:00	Women's Full Contact -70kg	Quarter-Finals	Ring
		Women's Point Fighting -70kg	Quarter-Finals	Tatami
	17:00-17:48	Men's Light Contact -79kg	Quarter-Finals	Tatami
	17:48-18:36	Women's Light Contact -60kg	Quarter-Finals	Tatami
	18:36-19:24	Men's Light Contact -63kg	Quarter-Finals	Tatami
	19:24-20:12	Women's Light Contact -50kg	Quarter-Finals	Tatami
Saturday, 1st July 2023		Competition Day 2		



	11:00-11:30	Men's Full Contact -63,5kg	Semi-Finals	Ring
		Men's Point Fighting -63kg	Semi-Finals	Tatami
	11:30-12:00	Women's Full Contact -52kg	Semi-Finals	Ring
		Women's Point Fighting -50kg	Semi-Finals	Tatami
	12:00-12:30	Men's Full Contact -75kg	Semi-Finals	Ring
		Men's Point Fighting -79kg	Semi-Finals	Tatami
	12:30-13:00	Women's Full Contact -60kg	Semi-Finals	Ring
		Women's Point Fighting -60kg	Semi-Finals	Tatami
	13:00-13:30	Men's Full Contact -86kg	Semi-Finals	Ring
		Men's Point Fighting -84kg	Semi-Finals	Tatami
	13:30-14:00	Women's Full Contact -70kg	Semi-Finals	Ring
		Women's Point Fighting -70kg	Semi-Finals	Tatami
	15:00-15:24	Men's Light Contact -79kg	Semi-Finals	Tatami
	15:24-15:48	Women's Light Contact -50kg	Semi-Finals	Tatami
	15:48-16:12	Men's Light Contact -63kg	Semi-Finals	Tatami
	16:12-16:36	Women's Light Contact -60kg	Semi-Finals	Tatami
Sunday, 2nd July 2023		Competition Day 3		
	11:00-11:15	Men's Light Contact -63kg	Final	Tatami
	11:15-11:30	Men's Full Contact -63,5kg	Final	Ring
	11:30-11:45	Women's Point Fighting -50kg	Final	Tatami
	11:45-11:55	Men's Light Contact -63kg	Medal Ceremony	
	11:55-12:05	Men's Full Contact -63,5kg	Medal Ceremony	
	12:05-12:15	Women's Point Fighting -50kg	Medal Ceremony	
	12:15-12:30	Men's Light Contact -79kg	Final	Tatami
	12:30-12:45	Women's Full Contact -52kg	Final	Ring



	12:45-13:00	Women's Point Fighting -60kg	Final	Tatami
	13:00-13:10	Men's Light Contact -79kg	Medal Ceremony	
	13:10-13:20	Women's Full Contact -52kg	Medal Ceremony	
	13:20-13:30	Women's Point Fighting -60kg	Medal Ceremony	
	13:30-13:45	Men's Point Fighting -74kg	Final	Tatami
	13:45-14:00	Men's Full Contact -75kg	Final	Ring
	14:00-14:15	Women's Light Contact -50kg	Final	Tatami
	14:15-14:25	Men's Point Fighting -74kg	Medal Ceremony	
	14:25-14:35	Men's Full Contact -75kg	Medal Ceremony	
	14:35-14:45	Women's Light Contact -50kg	Medal Ceremony	
	14:45-15:00	Men's Point Fighting -84kg	Final	Tatami
	15:00-15:15	Women's Full Contact -60kg	Final	Ring
	15:15-15:30	Women's Light Contact -60kg	Final	Tatami
	15:30-15:40	Men's Point Fighting -84kg	Medal Ceremony	
	15:40-15:50	Women's Full Contact -60kg	Medal Ceremony	
	15:50-16:00	Women's Light Contact -60kg	Medal Ceremony	
	16:00-16:15	Men's Point Fighting -63kg	Final	Tatami
	16:15-16:30	Men's Full Contact -86kg	Final	Ring
	16:30-16:45	Women's Point Fighting -70kg	Final	Tatami
	16:45-17:00	Women's Full Contact -70kg	Final	Ring
	17:00-17:10	Men's Point Fighting -63kg	Medal Ceremony	
	17:10-17:20	Men's Full Contact -86kg	Medal Ceremony	
	17:20-17:30	Women's Point Fighting -70kg	Medal Ceremony	
	17:30-17:40	Women's Full Contact -70kg	Medal Ceremony	
Monday, 3rd July 2023		Departure Day		