





NAKO EUROPEAN KICKBOXING CHAMPIONSHIPS

11.-20 November 2022.

Antalya Sport Hall, Antalya, Türkiye

## SCHEDULE Saturday, November 19<sup>th</sup> 2022

06:30	Transfers from hotels to Sports Hall to weight control
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07:00 Control weighing for ring kickboxers

(All who fight on Saturday – in the Sport Hall)

07:30 Transfers from Sports Hall to Hotels

08:00 Transfers from Sports Hall to Hotels

10:00 – 10:45 Final fights Rings and Tatamis

10:45 – 11:30 Award Ceremony Ring and Tatami

KL Male -57, -74, -79, -84

KL Female -55, +70 LC Female -50, -65 LK Male -60, -81 LK Female -48, -56 FC Male -63.5, -75 FC Female -60, -70

11:30 – 12:45 Pointfighting Team Event

12:45 – 13:00 Award Ceremony Pointfighting Teams

13:00 – 16:00 Final fights Rings for TV Broadcast

16:00 – Best of Tournament Awards and Award Ceremony Rings

K1 Male -51, -60, -86 LK Male -51, -71, -75 LK Female

-52, -65

FC Male -51, -57, -86, -91

FC Female -52

## **Equipment:**

Ring 1 Adidas Ring 2 Ring 3 Adidas Top Ten

Tatamis Adidas / Top Ten - mixed