

**XI- Junior & VI- Veteran
ITF Taekwon-Do World Championships**



**3rd – 10th of August, 2014
DUSHANBE TAJIKISTAN**

OFFICIAL INFORMATION



Dear Senior Grandmasters, Grand Masters, Senior Masters, Masters, Presidents and Coaches,

On behalf of the Organizing Committee, I take great pleasure to invite you to the 11th Junior & 6th Veteran ITF Taekwon-Do World Championships to be held in Dushanbe, Tajikistan from 3rd to 10th August 2014.

The 11th Junior & 6th Veteran ITF Taekwon-Do World Championships will be supported by the Government of the Republic of Tajikistan, the National Olympic Committee as well as the Dushanbe City Government and Tajikistan Taekwon-Do Federation.

We will do our best to provide you the 11th Junior & 6th Veteran ITF Taekwon-Do World Championship as of high level event and pleasant stay in Dushanbe, Tajikistan.

Yours in Taekwon-Do,

SM. Mirsaid Yakhyaev
President of the National
Taekwon-Do & Kickboxing
Federation of the Republic of Tajikistan

PROMOTERS & ORGANIZERS

PROMOTER:

International Taekwon-do Federation (ITF)

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E-mail: director-gen@itfhq.org

Website: www.itftkd.org



ORGANIZER:

National Taekwon-do & Kickboxing Federation of the Republic of Tajikistan

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Tel. (+992) 37 221 00 66



TOURNAMENT COMMITTEE:

Chairman Tournament ITF committee – Prof. SGM. Kim Ung Chol

e-mail: kimungchol@yahoo.com

UMPIRE COMMITTEE

Chairman umpire ITF committee – Prof. Dato. Dr. SGM. Leon Wai Meng

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IT SERVICES:

Mr. Ivan Rajtr,

e-mail: rajtr@rajtr.cz

Information about Dushanbe

Dushanbe - the capital of Tajikistan, a city of the Republican significance, the largest scientific-cultural, political, economic, industrial and administrative center of the country.

In 2001, Dushanbe was proclaimed the «City of Peace» and in 2009 - the capital of the Center of Islamic culture by the United Nations.

The population of the city by 1 January 2012 was 747.6 thousand people.

Dushanbe is a beautiful and very green city, almost entirely man-made in a foothill zone. While you are stepping into the city, you will be immediately imbued with the atmosphere of warmth, hospitality and friendliness, and truly oriental flavor.



Geography

93 percent of the territory of Tajikistan consists of mountains and hills. Dushanbe is located at an altitude of about 800 m above the sea level in the densely populated Gissar valley.

Through the city, the Dushanbinka River flows from the North to the South, and the Kafirnigan River - from the East to the West of the city. In the North from the city there is the Varzob canyon with a number of recreation centers.

History



Dushanbe is an ancient and young city. According to the archeologists, it has a millennial history. However, the first written mention of the village of Dushanbe was found at the end of the 1676. The village Dushanbe arose at the crossroads. On Mondays, there had been a big Bazaar (market), which caused the village to be named «Dushanbe» in Tajik – Monday. On 14 July

1922, the city was declared the capital of the Tajik Autonomous Soviet Socialist Republic, which in 1929 was transformed into the Tajik Soviet Socialist Republic.

In 1924-1929 the city was officially called Dyushanbe -in Russian. On 16 October 1929, it was renamed Stalinabad in honor of I.S. Stalin. In 1961 the historical name of Dushanbe was returned.

Climate

The climate is subtropical, intercontinental, a little softened by mountain regulations. Summer is long and hot, dry, and winter is relatively mild and wet.

The average temperature in August is +25.4°

Tajikistan Currency

The national currency of Tajikistan is Somoni. One Somoni includes 100 dirams. Currency exchange can be made in the airport, in hotels, in most of the banks of Dushanbe or in the currency exchange points which are available in large quantities in all parts of the city. The use of credit cards and traveler's cheques is possible in international hotels, and in the major shopping centers in Dushanbe.

The current exchange rate: 1 US dollar (USD) is equal to 4.9 Somoni (TJS).
1 EURO is equal to 6.5 Somoni

Attractions

The modern Dushanbe is a garden city with beautiful parks and artificial lakes. In Dushanbe, the Park of Sadriddin Ayni is located on the high and spacious terrace where the mountain river Varzob bursts into the city, foamingly leaving the steep ravines of Varzob canyon. There is S. Ayni's mausoleum in the center of the Park decorated with colored marble. The main street of the capital is Rudaki. It stretches for 12 km from the South to the North parallel to the Dushanbinka River. There is



the Government House, the Academy of Sciences of Tajikistan, universities, theatres, museums of the capital, etc. in the Rudaki Street.



Monument of Ismoil Somoni - the founder of the first Tajik State. To the right of it, there is a Rudaki Park - the most beautiful and green Park of the city, where you can breathe a fresh mountain air, enjoy the variety of trees or read books in the open air as well exercise or just have a walk with friends.

To the left of the monument there is the National library - the largest library in the Central Asia. The area of the library occupies 45 thousand square meters, the length of the building is 52 meters, and the width is 167 meters. 25 reading halls for 1.5 thousand people function in the library. 10 million of books can be stored in the library fund.



Historical Museum contains exhibits that show the long history of Tajikistan. There are the works of modern artists and sculptors exhibited in the Museum of fine arts as well the graphics and works of masters of applied arts – wood and Ganch (gypsum) carvers, chasers on copper and silver.

Plants from almost all countries of the world: subtropical plants as well flora of the Northern regions are presented in the Botanical garden on the territory of several dozens of acres.

Animals from all continents dwell in the Dushanbe zoo.

Welcome to Dushanbe – the city of Peace, Friendship and Unity!

CONDITIONS

1. Dates

11th Junior & 6th Veteran ITF Taekwon-Do World Championships will be held from 3rd to 10th of August, 2014.

2. Venue

11th Junior & 6th Veteran ITF Taekwon-Do World Championships will be held in «Elite Sport Arena» (46 mini-district, Dushanbe, Tajikistan).



3. Tournament regulations

ITF Tournament Rules and Umpire Rules will be applied to both individual and team competitions: Pattern, Sparring, Special Technique, Power Breaking, Self-Defense Routine.

The current rules are available for download from the International Taekwon-Do Federation website www.itftkd.org.

Only ITF affiliated NGBs and ITF registered black belt holders can participate in the Championships. Competitors must present their ITF Black Belt Degree card and national passport at the registration. The current rules are available for download from the International Taekwon-Do Federation website www.itftkd.org.

Important Notice:

All the participants should have to possess their ITF Membership Booklets issued by ITF and present them at the registration. If not, each person should have to pay 50€ as a penalty.

3.1. JUNIORS:

Competitors participating in all ITF Junior Taekwon-Do Championship must be 14-17 years old.

It means the participants must not reach 18 years of age on 1st Jan. of the year of Championship and must not be younger than 14 years of age on 31st Dec. of the year of Championship, and must be 1st, 2nd, or 3rd degree ITF black belt certificate holders.

The Sparring Competitions at the Junior Championship will be held with two age groups (age group of 14-15, age group of 16-17) separately in Individual & Team Events.

The same weight categories are applied to both age groups as laid down in the ITF Tournament Rules.

Individual Sparring Competitions for age group of 14-15

1 male competitor per weight category

1 female competitor per weight category

Individual Sparring Competitions for age group of 16-17

1 male competitor per weight category

1 female competitor per weight category

Team Sparring Competitions

Age group of 14-15; 1 male team and 1 female team

Age group of 16-17; 1 male team and 1 female team

Pattern, Self-Defense Routine and Special Techniques for male and female (Individual and Team). There is no age group and the Competitors born in between 1996 and 2000 are allowed to enter the competitions.

Only one (1) junior competitor per county is allowed for individual division or category.

Special techniques:

Item	Male	Female
Twimyo nopi chagi (Flying high kick)	2,7m	2,2m
Twimyo dollyo chagi (Flying turning kick)	2,4m	2,1m
Twimyo nomo chagi (Flying over head kick)	2,5m x 70cm	1,5m x 70cm
Twimyo 360' dollmyo chagi (Flying 360' mid air kick)	2,3m	2,0m
Twimyo bandae dollyo chagi (Flying reverse turning kick)	2,3m	2,0m

Self-defense routine must consist of 1 + 3 (male hero) and 1 + 2 (female hero) competitors, not necessarily chosen out of the individual competitors.

Team events: NGBs must send only one team representing their countries and each team should be composed of 6 members (5+1 reserve). NGBs are not allowed to change the team members during the Championships and the same team members must enter all kinds of team events. Existing ITF Rules for Veteran and Junior Championships are applied for these Championships.

Competitors must be in possession of a Blue and a Red set of approved type of safety equipment. Other colors will not be allowed.

It is the responsibility of participant to have full insurance coverage for all eventualities. The organizer will not be responsible for any injury or loss for participants before, during and after the championships.

3.2. VETERANS:

Competitors for the Veteran Championship must be 40 years and above on the date of registration. Competitors must be 40 – 49 years old (Silver Class), 50 – 59 years old (Gold Class) and 60 years and above (platinum Class) on the starting day of the Championship and be holders 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

For the Veteran Competitions, every NGB is allowed to send up to three (3) competitors to the Individual Sparring Competitions according to the weight divisions for the Silver & Gold Class and to the Individual Pattern Competitions according to Degrees.

Sparring will be organized in 5 weight divisions for Silver class and 3 weight divisions for Gold class (excluding Platinum Class). Power breaking will be organized only for Silver Class. Only one team from each country can enter irrespective of age.

Competitors must be in possession of a Blue and a Red set of approved type of safety equipment. Other colors will not be allowed. It is the responsibility of participant to have full insurance coverage for all eventualities. The organizer will not be responsible for any injury or loss for participants before, during and after the championships.

4. COMPETITOR DRESS CODE

Only the competitors who wear the Official ITF Dobok manufactured by Sasung Company will be allowed to access the competition. If the competitors want to have the Country's name on Dobok, they are able to print it on the back under the Tree and the Competitor's Number should be below the belt on the back of the Dobok Jacket. Sponsorship logos may be on the right side of the chest at a recommended size of 10cm by 5cm. National flag may be granted to be stitched to the right sleeve on the side approximately 2cm below the shoulder seam. It will be possible to buy Sasung Doboks during the championship.

5. COACHES

Only one coach per competitor is allowed to enter the competition area during the matches. He/she must wear only sport suit and gymnastic shoes. The coach is the only person who can make an official protest.

Coaches must attend the draw and the coaches meeting.

6. UMPIRES

As for the umpires participating in the Championships, the Organizing Committee follows the decision of the ITF Umpire Committee.

The Organizing Committee will pay the Hotel Accommodations for about 60 Umpires only selected by the ITF Umpire Committee (no drinks and city & international telephone calls included) from 6th to 11th (5 nights/6 days) August 2014.

Umpires will be required to carry out their duties as scheduled.

Other Umpires wishing to participate maybe used, but must pay for the Hotel accommodation at their own expenses according to the arrangements detailed above.

The Umpires should stay at the hotel arranged by the Organizing Committee. The Umpires should participate in the Technical & Umpire Course organized by the ITF prior to the Championships and the umpires meeting to be held during the Championships.

Technical & Umpire Seminar for the Championships will be held on 6th of August, 2014.

The ITF Umpire Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and meals by themselves.

The Umpire's dress code will consist of the Navy blue blazer jacket, White long sleeved shirt, Navy blue trousers, Navy blue necktie, White short socks and White sport shoes as laid down in the Umpire rules.

7. OFFICIAL

Heads of Delegations (Team Managers) who are authorized by their NGB Presidents will represent their countries. He only can represent his/her

delegation during the registration, submit documents and cooperate with the Organizing Committee.

He also responsible for his/her delegation members, including all the activities such as arrival in & departure from Tallinn, visa & staying period of visa, payment at registration and final payment before departure, etc.

In the ITF Congress, up to 3 people per country, including the Head of Delegation, can participate.

8. PARTICIPATION FEE

Entry fee per competitor is **90 USD** and should be paid in USD at the registration desk.

9. AWARDS FOR PARTICIPANTS

All participants will receive a Certificate of Participation signed by the ITF President and President of the Organizing Committee. Finalists of specified divisions and categories will receive the Diplomas and Medals.

10. CEREMONIES

For the Opening Ceremony, the participants can wear the ITF Dobok or the team apparels. Each Country must submit its participants and officials to represent its country during the official parade. The Opening Ceremony will take place in Elite Sport Arena according to the program of events.

11. APPLICATION FORM

On www.itfhq.org or www.itftkd.org you can download the application software, after filling in, the application will enable you to send your application automatically from your computer by your E-mail.

The photos of all participants (JPG, GIF, BMP, resolution max. 75dpi, size max 45 kB) must be put into the application software. In regards questions pertaining the application form software, please contact Mr. Ivan Rajtr - rajtr@rajtr.cz

12. NATIONAL FLAG & ANTHEM

All the participating NGBs should bring their 2 national flags (2m x 1m) and a national anthem CD (duration: 45 sec. at maximum) and submit them to the Organizing Committee at registration.

It is the participant's responsibility to have full insurance coverage for all eventualities. The organizer will not be responsible for any injury or loss for participants before, during, and after the 11th Junior & 6th Veteran ITF Taekwon-Do World Championship howsoever arising.

13. ACCOMMODATION

The Organizing Committee has arranged three types of accommodation packages:

- Package «A»
- Package «B»
- Package «C»

Hotels

The Organizing Committee can offer you the hotel accommodation at special price or ordinary price.

Special prices

Package	Special prices (valid until 2 months before the Championships)			Ordinary price	
	Per person in a triple room	Per person in a double room	Per single room	Per person in a double room	Per single room
Package «A»	-	100 euro	120 euro	120 euro	140 euro
Package «B»	-	65 euro	80 euro	80 euro	95 euro
Package «C»	50 euro	60 euro	70 euro	80 euro	90 euro

Package «A» is a Hotel *****

Package «B» is a Hotel ***

Package «C» is a Guest House

NOTE:

- A deposit of EURO 200 per person must be paid on or before 1st of June 2014 and the Final Payments must be made in cash at the meeting point. Without deposit the Organizing committee cannot guarantee the special prices for accommodation packages and the price will be higher per person for each accommodation day.

- If countries submit more than one application form, organizer will apply the LATEST version in the registration process.
- The N.G.B. that fails to submit its all application forms by the deadline will have to pay a penalty of 200 EUR.
- Any N.G.B. that has not submitted its entry form at all up to 5 days before the Championship will have to pay a penalty of 400 EUR.
- An application changed after deadline will be penalized by a charge of 150 EUR.
- All the participants must pay in EURO cash for all kinds of payments. ONLY FOR ENTRY FEE THE PAYMENT WILL BE IN USD. The Cheques or Credit Cards will not be accepted.

Deposit payments must be done by bank transfer.

For bank transfers:

In the bank transfer payment order please write the following details:

Team name:

Number of persons participating:

Name of accommodation package:

Arrival/departure date:

Beneficiary: National Taekwon-do & Kickboxing Federation of the Republic of Tajikistan

Bank: Branch of OJSC "Orienbank" in the Somoni region of Dushanbe 734025, Tajikistan, Dushanbe, Shotemur ave.28

Routing Instructions: Pay through Swift code (COBADEFF) Commerzbank, Frankfurt am Main

Swift code: OTJKTJ22

Bank ID: 20206978210600000982

Account Number: 400886660000EUR

***Deadline for submitting all application forms are 1st of July, 2014.
Deadline for deposit is 1st of June, 2014.***

IMPORTANT INFORMATION

Arrivals at the Dushanbe ON or BEFORE 4th of August 2014 22:00 p.m. for accreditations and payments.

The ID package includes:

- Taekwon-Do World Championship ID card
- Transportation from hotel to stadium and back
- Transport from Airport to hotel on arrival and departure
- Free entrance to the sport hall
- Opening Ceremony
- Farewell Party

Transportation

Countries arriving by plane at Dushanbe airport, should inform the organizer of their schedule including arrival/departure times and flight numbers before 1st of July, 2014 by phone (+992) 37 221-51-37 or e-mail: itf-taj@mail.ru

Transportation to and from the hotel to Dushanbe Airport, and from the hotel to Elite Sport Arena and back will be arranged by the organizer. Without the booking, no transportations are available from the organizer; subsequently own means of transportation must be made. Groups arriving by other means must all proceed to the meeting point at the designated time and location set forth by the Organizer.

Travel to Dushanbe

Arrival by fly

Data	Fly to Dushanbe	Air Company	Website
Everyday	Moscow-Dushanbe	Somon air Tajik air	www.somonair.com/ www.tajikair.tj/
1/Aug./2014	Istanbul-Dushanbe	Somon air	www.somonair.com/
2/Aug./2014	Frankfurt-Dushanbe	Somonair	www.somonair.com/
2/Aug./2014	Dubai-Dushanbe	Somon air	www.somonair.com/
3/Aug./2014	Istanbul-Dushanbe	Turkish	www.turkishairlines.com/
4/Aug./2014	Dubai-Dushanbe	Somon air	www.somonair.com/
5/Aug./2014	Dubai-Dushanbe	Fly Dubai	www.flydubai.com/
5/Aug./2014	Istanbul-Dushanbe	Tajik air	www.tajikair.tj/
6/Aug./2014	Istanbul-Dushanbe	Turkish	www.turkishairlines.com/

Also you can learn flights on routes: Saint-Petersburg, Almaty, Urumchi, New Delhi and Teheran.

Departure by fly

Data	Fly from Dushanbe	Air Company	Website
Everyday	Dushanbe -Moscow	Somon air Tajik air	www.somonair.com/ www.tajikair.tj/
11/Aug/2014	Dushanbe -Dubai	Somonair	www.somonair.com/
11/Aug/2014	Dushanbe-Istanbul	Turkish	www.turkishairlines.com/
11/Aug/2014	Dushanbe-Sharjah	Tajik air	www.tajikair.tj/
12/Aug/2014	Dushanbe-Istanbul	Tajik air	www.tajikair.tj/
13/Aug/2014	Dushanbe-Frankfurt	Somonair	www.somonair.com/
13/Aug/2014	Dushanbe -Dubai	Fly Dubai	www.flydubai.com/

Visa

A simplified visa system is applied in Tajikistan. You can receive your visa in the airport of Dushanbe city. Only citizens of the following 80 countries can receive a simplified visa: Algeria, Andorra, Argentina, Australia, Austria, Bahrain, Belgium, Brazil, Brunei – Darussalam, Bulgaria, Canada, Chile, China, Croatia, Cuba, Cyprus, Czech Republic, Denmark, DPRK, Egypt, Estonia, Finland, France, Germany, United Kingdom of Great Britain and Northern Ireland, Greece, Hungary, Iceland, India (Visa categories "diplomatic " and "service"), Indonesia, Iran, Ireland, Israel, Italy, Japan, Jordan, Kuwait, Latvia, Lebanon, Libya, Liechtenstein, Lithuania, Luxembourg, Malaysia, Malta, Mexico, Monaco, Mongolia, Morocco, Netherlands, New Zealand, Norway, Oman, Pakistan (Visa categories "diplomatic" and "service"), Philippines, Poland, Portugal, Qatar, Romania, Saudi Arabia, Senegal, Singapore, Slovakia, Slovenia, South Africa, South Korea, Spain, Sweden, Switzerland, Syria, Thailand, Tunis, Turkey, Turkmenistan, UAE, USA, Uzbekistan (Visa categories of "diplomatic ", "service", "Investor", "free economic zone", "driver" and "sportsmen& creative groups", Vatican, Venezuela, Vietnam, Yemen.

Other countries in need of Tajikistan visa should contact the nearest Tajikistan diplomatic and consular representations abroad (<http://mfa.tj/index.php?node=article&id=542>) and find out about the visa requirements as they vary depending on the country where the visa is being issued. We would advise that you do that well in advance of your trip as it might take much time.

To get your invitation from the Organizing Committee, please complete Form (name, date of birth, passport number, validity of passport of all members of delegation) and send it as soon as possible to the Organizing Committee **before 1st of July, 2014 by e-mail: itf-taj@mail.ru**

For more specific information, please contact the nearest Tajikistan consulate or embassy, or check the Tajikistan Ministry of Foreign Affairs website (<http://mfa.tj/index.php?lang=english>)

14. The ITF International Course Conductors' Seminar

The ITF International Course Conductors' Seminar will be organized by ITF from 3rd Aug. to 5th Aug. 2014 in Dushanbe, Tajikistan.

All the ITF International Technical, Instructor and Umpire Course Conductors are obliged to participate in the captioned Seminar.

If any Conductor fails, he/she will be dismissed from the list of International Course conductors. In case of inevitable reason which prevents him/her to participate in the captioned seminar, he/she should have to inform ITF HQ on it in written letter one month beforehand.

The Seminar is open to all the ITF Masters and Senior Masters who want to participate in it.

All the participants should have to pay their accommodation during the Seminar.

15. 24th ITF Congress

The 24th ITF Congress will be held on 6th August 2014 during the Championships. Its agenda will be notified by ITF HQ via letter or e-mail at least 60 days prior to the gathering.

Every National Association may send up to 3 delegates to the Congress, but with one vote. A National Association that sends more than one delegate shall designate one of them to exercise the voting right.

Any National Association that is unable to attend the Congress for an unavoidable reason may delegate its proxy right to another National Association. The transfer of right shall be certified in written form, and submitted to the Chairman/Chairwoman of the Congress and notified, prior to that, to the ITF HQ.

PRELIMINARY SCHEDULE

Saturday 2 August 2014

09:00 – 22:00 h. – Arriving of the delegations, registration for ITF
International Course Conductors' Seminar

Sunday 3 August 2014

09:00 – 12:00 h. – Arriving of the delegations, registration for ITF
International Course Conductors' Seminar

12:00 – 14:00 h. – Lunch

15:00 – 19:00 h. – ITF International Course Conductors' Seminar

19:30 – 21:30 h. – Dinner

Monday 4 August 2014

07:00 – 09:00 h. – Breakfast

09:00 – 12:00 h. – ITF International Course Conductors' Seminar

09:00 – 19:00 h. – Arriving of the delegations, registration and Weight-In

12:00 – 14:00 h. – Lunch

15:00 – 19:00 h. – ITF International Course Conductors' Seminar

19:30 – 21:30 h. – Dinner

Tuesday 5 August 2014

07:00 – 09:00 h. – Breakfast

09:00 – 12:00 h. – ITF International Course Conductors' Seminar

09:00 – 19:00 h. – Arriving of the delegations, registration and Weight In

12:00 – 14:00 h. – Lunch

15:00 – 19:00 h. – ITF International Course Conductors' Seminar

19:30 – 21:30 h. – Dinner

21:30 - – ITF EB Meeting

Wednesday 6 August 2014

07:00 – 09:00 h. – Breakfast

09:00 – 12:00 h. – Coach Meeting and Draw

09:00 – 12:00 h. – Technical & Umpire Course for the Umpires of
Championships.

12:00 – 14:00 h. – Lunch

15:00 – 19:30 h. – 24th ITF Congress

19:30 – 21:30 h. – Dinner

Thursday 7 August 2014

06:00 – 07:30 h. – Breakfast
09:00 – 12:00 h. – Competition
12:00 – 14:00 h. – Lunch
14:00 – 19:00 h. – Competition
19:30 h. – Opening Ceremony
21:00 h. – Dinner

Friday 8 August 2014

06:00 – 07:30 h. – Breakfast
09:00 – 09:30 h. – Awarding Ceremony
09:30 – 12:00 h. – Competition
12:00 – 14:00 h. – Lunch
14:00 – 14:30 h. – Awarding Ceremony
14:30 – 20:00 h. – Competition
20:00 h. – ITF EB Meeting
20:30 h. – Dinner

Saturday 9 August 2014

06:00 – 07:30 h. – Breakfast
09:00 – 09:30 h. – Awarding Ceremony
09:30 – 12:00 h. – Competition
12:00 – 14:00 h. – Lunch
14:00 – 14:30 h. – Awarding Ceremony
14:30 – 20:00 h. – Competition
20:00 h. – ITF EB Meeting
20:30 h. – Dinner

Sunday 10 August 2014

06:00 – 07:30 h. – Breakfast
09:00 – 09:30 h. – Awarding Ceremony
09:30 – 12:00 h. – Competition
12:00 – 14:00 h. – Lunch
14:00 – 19:30 h. – Competition
19:30 – 20:00 h. – Awarding and Closing Ceremony
20:30 h. – Dinner
20:00 h. – ITF EB Meeting
23:00 h. – Party

Monday 11 August 2014

07:00 – 09:00 h. – Breakfast, - Departure