

## WEIGH IN

- Weigh in for sparring competitors will take place one day prior to their competition day
- Athletes will weigh-in during the time allotted on the day prior to their competition day. Athletes will have two attempts to make the weight within this time frame
- Test scales will be available each day 2 hours prior to the official weigh-in

## WEIGH IN EXEMPTION

- For those who are unable to make the allotted weigh-in times due to an extenuating circumstance, please fill out Extenuating circumstance weigh-in exemption form before the end of registration deadline.
- Extenuating circumstance weigh-in exemption form: <http://taekwondo-canada.com/page/weigh-in-exemption>

