

## Event Update & Reminders: 2022 Canadian National Kyorugi Championships

April 15-17, 2022- Toronto, Ontario

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All updates will be communicated through Taekwondo Canada's website on the National Championships page (<https://taekwondo-canada.com/events/national-championships/>).

### SCHEDULE UPDATES & IMPORTANT DATES/TIMES

- **Technical Meeting:** 7:00pm Thursday at the Westin Harbourcastle.
- **Competition start time:** 9:30am each day
- **Random weigh in:** 8:00am each day at the Westin Harbourcastle Metropolitan Ballroom
  - Divisions with four (4) competitors or less will not have random weigh in
  - The list of athletes chosen for random weigh on each competition day will be posted on the [Nationals Championships page](#) of the Taekwondo Canada website no later than 7:00am each morning
  - Only athletes selected for random weigh in need to attend

### WEIGH IN

- **Test scales:** 1:00pm - 2:00pm on Thursday, Friday and Saturday
- **Weigh in:** 2:00pm - 4:00pm on Thursday, Friday and Saturday for athletes competing the next day

### ID PICK UP

- ID Tag pick up will only be available during the scheduled times below. No exceptions will be made.
  - Thursday: 12:00pm - 3:00pm
  - Friday: 12:00pm - 1:00pm
  - Saturday: 12:00pm - 1:00pm
- All individuals must provide proof of vaccination when picking up their ID Tag
  - No one is permitted to pick up someone else's ID card

### SPECTATORS

- All spectators **must** provide proof of vaccination when purchasing admission
- Spectator fees are cash only and as follows:
  - \$15 per day or \$40 for all three (3) competition days
  - Admission may be purchased at ID pick on Thursday or at the door to the venue

### PROOF OF VACCINATION

- All athletes, coaches, spectators and referees may be asked for proof of vaccination each day. Please ensure you keep this with you.