



Saturday, May, 16th 2020
Starts at 9:00 am

Alderwood Middle School

1132 172nd St SW, Lynnwood, WA 98037

FORMS · SPORT POOMSAE · OLYMPIC SPARRING

POINT SPARRING · BOARD BREAKING · DAEDO SYSTEM

ENTRY FEE \$85 One Event, \$20 for each additional event.

Registration is online only. Register online at www.aunwtkd.com

Early registration deadline: May 2nd

Late registration deadline: May 11th-\$30 late fee.

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
 - All participants must have a current AAU membership.
 - AAU membership may not be included as part of the entry fee to the event.
 - AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an Internet connection.
 - **BE PREPARED:** Adult and non-athlete memberships are no longer instant and cannot be applied for at the event.
- Please allow up to 10 days for membership to be processed.
- All coaches must wear proper AAU attire and will need to provide AAU coaching certificate.



**Weigh-Ins for
Olympic Sparring**

Located at:

**NWBBA Taekwondo
2027 196th. Suite A 104
Lynnwood, Wa, 98036
Friday, May, 15th
1 pm to 6 pm**

Tournament Lodging provided by:

Homewood Suites by Hilton
Seattle/Lynnwood
18123 Alderwood Mall Parkway
Lynnwood, WA 98037 USA
(425) 670-8943

Courtyard by Marriott Lynnwood
4220 Alderwood Mall Blvd
Lynnwood WA 98036
(425) 670-0500

Residence Inn Marriott Lynnwood
18200 Alderwood Mall Parkway
Lynnwood, WA 98037
(425) 771-1100

For More Information Contact: Master Joe Whitworth

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