



International[®] Taekwon-Do

National Tournament 2022

Date: 20th 21st August 2022

Venue: [Te Rauparaha Arena](#)

Address: 17 Parumoana Street
Porirua City Centre
Porirua 5022

Hours Open: Friday 19th Aug 6pm – 9pm
Saturday 20th Aug 8am – 9pm
Sunday 21st Aug 8am – 9pm

Registrations: All registrations for Nationals 2022 will be done through your regional Team Manager

Weigh In: At the venue from 6.00pm, more on this soon from TAG.

The Dinner: There will be NO formal dinner this year.

Awards: The awards ceremony will likely be part of Sunday mornings proceedings.

Café & meals: Te Raurparaha Arena has a Café to the right as you enter main door.

There are also a few food outlets and cafes within 5 minutes walking distance of venue (Peppermill Café & bar, Lillte Expresso), Countdown and PaknSav are also about 5 mins walk from venue.

Officials: We need to ensure that we have enough officials to meet the programme requirements this year ... so ALL hands on deck! Remember your contribution credits!

The dress code will be STRICTLY adhered to as well. Hallensteins, Kmart No.1 Shoes and Warehouse are all within about 10 minutes walk from venue.

Observations from the past:

NO short-sleeved shirts, ALL shirts MUST be White, long sleeved and ironed.

Blue ties MUST be worn at all times ... inc. Masters.

Shoes MUST be White, no dirty off White or scruffy footwear.

Navy Trousers and Jackets, NOT Black.

Absolutely NO jandals

Accommodation: There are limited hotels and accommodation in Porirua area.

- Amethyst Court Motor Lodge <https://amethystcourt.co.nz/>
- Belmont Motor Lodge <https://www.belmontmotorlodge.co.nz/>

For anyone looking to stay in Wellington city and travel via train, the Porirua Train station is about 12 minutes walk to the venue with a quite a few hotels within 15 minutes walk from Wellington Train station

Tshirts / Hoodies: These will be available through the Team manager prior to the event and will not be available at the event or afterwards

T-shirt sizes

Mens	S-3XL, 5XL (no 4xl)
Ladies	6-24
Kids	2-16

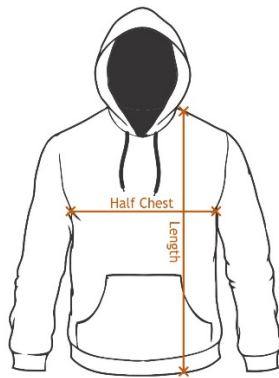


Hoodies

Mens	S-3XL, 5XL (no 4xl)
Ladies	NOT AVAILABLE
Kids	6-14



Kids Size Guide for Hoodies

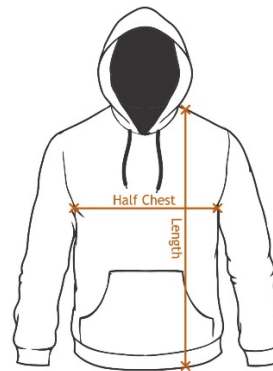


XTH - KIDS XTREME PERFORMANCE HOODIE

Kids	Sizes	6	8	10	12	14
Width		39	42	45	48	51
Length		48	53	58	63	68

For approximate sizing, take one of your favourite garments, lay it flat, then measure it as shown. Compare to the table above to find the closest match.

Adults Size Guide for Hoodies



XTH - XTREME PERFORMANCE HOODIE

Adults	Sizes	S	M	L	XL	2XL	3XL	5XL
Width		54	57	60	63	66	69	75
Length		72	74	76	78	80	82	86

For approximate sizing, take one of your favourite garments, lay it flat, then measure it as shown. Compare to the table above to find the closest match.

Contacts:

Tournament Organiser:
TAG:

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