

# **2010 National Capitol Open Taekwondo Championship**

## **ATTENTION:**

**All Black Belt athletes ages 12 and over must weigh-in before competing. Athletes may weigh-in at either of the following weigh-in times and locations:**

**1. Friday, April 23<sup>rd</sup>, 2010 from 6:30 – 9:00 PM at**

**H.K. Lee Academy of Taekwondo  
465 Herndon Parkway  
Herndon, VA 20170**

**OR**

**2. Saturday, April 24<sup>th</sup>, 2010 from 8:00 – 10:00 AM at**

**South Lakes High School  
11400 South Lakes Drive  
Reston VA, 20191**

## **ATTENTION:**

**The following divisions will have no head contact:**

**1. All Belts, 11 years old and younger**

**The following divisions will compete under the USAT Junior Safety Rules:**

- 1. 12 – 13 year old Black Belts**
- 2. 12 & older color belts**