



## **AAKF 60<sup>th</sup> National Championships**

*Sanctioned by the American Amateur Karate Federation Hosted by the AAKF Mid Atlantic Region*



## **Information Package**

**60<sup>th</sup> AAKF National**

**Championships  
&  
International Camp**

<https://2023.aakfnationals.com>

**June 21<sup>to</sup> 24, 2023**

**Herndon, Virginia**



# AAKF 60<sup>th</sup> National Championships

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March 23, 2023

Dear AAKF Members,

The AAKF Mid Atlantic Region welcomes you to the AAKF 60<sup>th</sup> National Championships and International Camp to be held in the City of Herndon, Virginia from June 21<sup>st</sup> to June 24<sup>th</sup> 2023.

These events mark a special occasion to renew our friendships, please join us to celebrate our community's longstanding tradition of *budo*, and to personally experience the top caliber traditional karate competition and camp.

The 60<sup>th</sup> AAKF National Championships will feature individual and team competition categories, alongside the ever-thriving Junior National Championship. This will be the 8<sup>th</sup> year that an adjoining International Camp (Wednesday June 21<sup>st</sup> to Friday, June 23<sup>rd</sup>) will be held in conjunction with the Championships (Friday, June 23<sup>rd</sup> & Saturday, June 24<sup>th</sup>). Friday Camp and Seminar may be combined in the afternoon with the National Elimination if there are more than expected competitors.

**Please refer to the documents for detailed information, Athlete and Judges Registration Forms, and the Regional Director's Package.** All ranks are invited to train and compete. However, membership of AAKF is required to participate.

For further questions, please call Sensei Tabassi at 301-254-8884 or email [jskaintl@aol.com](mailto:jskaintl@aol.com). The registration information and entry forms are also posted at <https://2023.aakfnationals.com>.

To ensure that all participants are properly registered, we ask that the Regional Directors return the completed documents (with appropriate fees) before the deadline.

Send registration forms and fees **before May 21<sup>st</sup> 2023** to:

**60<sup>th</sup> AAKF National Championships**  
**c/o M. Tabassi**  
**PO Box 10524, McLean, VA 22102**

**Make payments to JSKA INTL (do not send cash). All submissions have to be received by May 21.**

Sincerely yours,

Lynne Emanuel & David Fosse  
Directors, 60<sup>th</sup> National Championship Organizing Committee



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## Action Items and Deadlines

| Item  | Process  | Deadline      |
|---|--|---------------|
| <b>All Participants</b>   |  |               |
| Reserve hotel   | See <u>Lodging</u>   | <b>May 30</b> |
| Book flight/make travel arrangements  |  | <b>May 21</b> |
| <b>All Athletes and Judges</b>  |  |               |
| Complete <b>Registration, Waiver and Medical Release forms</b> . <u>Give to Club Director</u> .   | Complete <u>Forms</u>  | <b>May 14</b> |
| Read and sign 'Rules and Regulations'.<br>Give endorsed form to Club Director   | Complete <u>Forms</u>  | <b>May 14</b> |
| <b>All competitors:</b> Provide a 2" x 2" (passport sized) ID picture (head and shoulder shot)<br><br><b>Director:</b> Mail with registration forms.  | Selfie, Kinkos   | <b>May 14</b> |
| Arrange for <b>payments</b> for all competitive events, seminars (by check) with Club Director by mail.   |  | <b>May 14</b> |
| <b>Regional Director</b>  |  |               |
| <b>Collect all registrations</b> from Club Directors  |  | <b>May 15</b> |
| <b>Verify eligible number</b> of participants per event   | Complete <u>Regional Roster Packet</u>                                   | <b>May 15</b> |
| <b>Reconcile fees</b> for all registrations from region   | See <u>Regional Roster Packet</u>  | <b>May 15</b> |
| Mail all completed hard copies of forms, checks & <u>2023 AAKF Regional Roster Packet</u> to:<br>M. Tabassi, Treasurer,<br>60 <sup>th</sup> AAKF National Championships<br>PO BOX 10524, McLean, VA 22102 | Also email a copy to:<br>M. Tabassi, Treasurer, AAKF<br>JSKAINTL@AOL.COM | <b>May 16</b> |



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## IMPORTANT: Check-in is required for all participants

|  | Participants                              | Location  | Deadline   |
|--|---|---|--|
|  | All seminar participants                  | Embassy Suites Hotel<br>13341 Woodland Park Road, Herndon, VA<br><br>Or during seminar at<br>St. Joseph's School Gymnasium<br>750 Peachtree Street<br>Herndon, Virginia | <b>June 20: 4-7 pm</b><br><br><b>June 21: 8-10 am</b>  |
|  | All qualifying tournament judges          | Embassy Suites Hotel<br>13341 Woodland Park Road, Herndon, VA<br><br>Or during seminar at<br>St. Joseph's School Gymnasium<br>750 Peachtree Street<br>Herndon, Virginia | <b>June 20: 4-7 pm</b><br><br><b>June 21: 8-10 am</b>  |
|  | All Adult and Youth Nationals Competitors | Embassy Suites Hotel<br>13341 Woodland Park Road, Herndon, VA<br><br>Or during seminar at<br>St. Joseph's School Gymnasium<br>750 Peachtree Street<br>Herndon, Virginia | <b>June 20: 4-7 pm</b><br><b>June 21: 5-6 pm</b><br><br><b>June 21: 8-12 am</b><br><b>2-4 pm</b> |



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## Fees

Fee structure for the 60<sup>th</sup> National Championships is as follows:

| Event   | Qualifications  |                           | Fee   |
|---|---|---------------------------|-------|
| International training Camp & Judges' Seminar   | <i>(free for 2022 USA Team Members)</i>   | Three (3) Days            | \$150 |
|   |   | Two (2) Days              | \$130 |
|   |   | One (1) Day               | \$100 |
| Adult National Traditional Karate Championships   | Individual Competition  | One (1) event             | \$75  |
|   |   | Two (2) events            | \$95  |
|   |   | Three or more (3+) events | \$135 |
|   | Team Competition  | Per Team Kata or Kumite   | \$105 |
|   |   | Per Team Enbu             | \$100 |
| Youth National Traditional Karate Championships   | Individual Competition  | Per person                | \$50  |
|   | Team Competition  | Per Team Kata             | \$45  |
|   |   | Per Team Enbu             | \$40  |
| Adult Kyu National Karate Championships   | Individual Competition  | Per person                | \$50  |
|   | Team Competition  | Per Team Kata             | \$45  |
|   |   | Per Team Enbu             | \$40  |
| Banquet   | Pre-registration required. Space is limited & total number of attendees is required for the reservation purpose.<br><b>Everyone will pay for their own food and drinks.</b>           |                           |       |
| Dan examination, AAKF credentialing (Judges, Coach, Examiner)   | Dan Examination Fee will be \$100 for Sho Dan, \$200 for Ni Dan, \$300 for San Dan and so on. The Qualification Examination Fee will be \$100 per each person and each qualification. |                           |       |
| <b>Participation in training, seminar, competition and credentialing requires current (2023) AAKF Membership. Non-AAKF participants will pay an additional fee of \$40.</b> |   |                           |       |



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## Key Locations

| Events  | Date                                    | Location                                 | Address                                     |
|---|---|--|---|
| International Camp  | Wed Jun 21<br>Thu Jun 22<br>Fri Jun 23* | St. Joseph's Church<br>School Gymnasium  | 750 Peachtree<br>Street, Herndon, VA        |
| Athletes check-in (Mandatory for<br>competitors and all participants) | Tue Jun 20-<br>Wed Jun 21               | Embassy Suites Hotel<br>Or at St. Joseph | 13341 Woodland<br>Park Road, Herndon,<br>VA |
| Junior Championship   | Sat Jun 24                              | St. Joseph's Church<br>School Gymnasium  | 750 Peachtree<br>Street, Herndon, VA        |
| Eliminations and Finals<br>National Championships                     | Fri Jun 23*<br>Sat Jun 24               | St. Joseph's Church<br>School Gymnasium  |   |

(\*) Friday Camp and Seminar may be combined in the afternoon with the National Elimination if there are more than expected competitors.



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## Travel

Please contact airlines and car rental agency directly for your travel needs. Sites such as [Expedia](#), [TripAdvisor](#), [Priceline](#) and [Travelocity](#) make this convenient.

Embassy Suites Dulles Airport has shuttle service to and from the Dulles airport based on availability. It is suggested to fly in and out of Dulles Airport. The hotel is less than 5 minutes from the airport.

**If Dulles airport is not an option, Reagan National (DCA) is the next closest choice, although there will be no hotel shuttle service for this airport or BWI.**

[Dulles Airport to Embassy Suites](#) (approximate travel time: 5 min):  
Hotel Shuttle Provided

[Reagan National to Embassy Suites Hotel](#) (approximate travel time: 30-45min)  
NO Hotel Shuttle is Available

## Lodging

### Headquarter Hotel:

Embassy Suites Dulles Airport. 13341 Woodland Park Rd, Herndon, Virginia.

Call (703) 464-0200 and reserve using code "CESJSK" or make reservation online by cut and paste the following link:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=WASDAES&groupCode=CESJSK&arrivaldate=2023-06-20&departuredate=2023-06-25&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Tournament participants have a special rate of \$139 per night + tax/per night. It includes breakfast and Wi-Fi.

Rooms will be held until May 30

**IMPORTANT: Please make sure you make your reservation as early as possible. After the deadline, Hotel will not have the same discounted rates.**





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## Restaurants & Shopping

- Worldgate Shopping Center:  
Restaurants, Movie Theatres and  
Gymnasiums.  
<http://www.worldgatecentre.com>,
- Tex Mex  
Guapo's Rotisserie  
1042 Elden St Herndon, VA 20170  
703 787 8887
- Umai ramen and rice bowl  
482 Elden St Herndon, VA 20170  
571 752-6122
- Yu Noodles  
368 Elden St Herndon, VA 20170  
703 480-0326
- Crust Pizzeria Napoletana  
360 Elden St Herndon, VA 20170  
703 817-2694
- Charcoal Kabob  
394 Elden St Herndon, VA 20170  
703 435-2400
- Pho Dulles 75  
1058 Elden St Herndon, VA 20170  
703 467-2060
- Jodhpur  
1114 Herndon Pkwy Herndon, VA  
571-382-0909
- Aslin Beer Company  
767 Elden St Herndon, VA 20170  
571 752-6676
- Reston Towne Center: Shopping, Restaurants, Movie Theatres  
<http://www.restontowncenter.com>,
- Teabreak Pho and Boba Herndon  
150 Elden St #165 Herndon, VA  
703 435-8866
- Willards BBQ  
11790 Baron Cameron Ave Suite F  
Reston, VA 20190  
703 429-1755
- Ariake Japanese Restaurant  
12184 Glade Dr Reston, VA 20191  
703 391-9006
- Bonchon Reston  
11652 Plaza America Dr Reston, VA
- Bar Taco  
12021 Town Square St Reston, VA  
703 787-8226
- Senor Ramon Taqueria  
11790 Baron Cameron Ave Unit #A  
Reston, VA 20190  
571 313-0374
- WOOLBOI chicken  
139 Spring St #1 Herndon, VA 20170  
703 435-370

For a restful and entertaining evening up the toll road 5-10 minutes from our hotel is the Reston Town Center where there is a community of business professional work offices and restaurants for business travelers and families who frequent the area. A beautiful scenic walk provides restaurants, theatres and water fountain to view.



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### International Camp and Technical Qualifications

The AAKF 60<sup>th</sup> National Championships will be preceded by a 3-day International Camp conducted in conjunction with Judges' seminar.

The International camp will emphasize Traditional Budo Principles, Fundamentals and Applications. As in all AAKF camps, training is designed to improve the technical understanding of karatekas of all ranks and ages, for competing and non-competing athletes and cover all aspects of training (*kata, kumite, kogo, enbu*). There will be an examination for *dan* and *kyu* rank, ranking examiner, Judge's qualification and coaching qualification on Thursday 6/22 or Friday 6/23/2023. **All examinees are required to take part in all three days of training.** For more information regarding the qualification requirements please visit the following links:

**Coach, Judge, Ranking Examiner, & Ranking Promotion:**

<http://www.aakf.org/Qualification-guides/>

**Forms:**

<http://www.aakf.org/Examination-forms/>

This camp will offer participating members to receive personalized instructions from senior members of the AAKF Technical Committee and other international instructors.



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## Judges Seminar and Tournament Participation

All judges who plan to participate in the 60<sup>th</sup> AAKF Championship or take part in credentialing upgrade are required to participate in all 3 days of this refresher course. Judges qualifying examination and selection will be held on Thursday 6/22 or Friday 6/23/2023.

### Judging attire:

Junior and Adult Championship: white *gi*

Adult Finals Championship: White *gi* top, black hakama bottom

## Competition Rules

- WTKF/AAKF Competition Rules for National Adult Championship
- AAKF Youth Nationals Competition Rules
- AAKF Adult Kyu Rank Competition Rules

For competition rules, please see

<http://www.aakf.org/tournament-rules-regulations/>



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## Competition Events

### Adult Nationals (ages 18 through 54)

The competition events for the AAKF Adult Nationals are below:

| Competition Event                                | Description  |
|--|--|
| Men's Individual Kumite                          | A match between two men employing free sparring without contact.   |
| Men's Kogo (Will Not be in this Championships)   | A specific format of Kumite competition which designates competitors as Offense or Defense at the start of each match                    |
| Men's Fuku-go                                    | A synthesis of Kumite and Ki-tei Kata – matches alternate between Kumite and Kata  |
| Men's Team Kumite                                | Kumite between two three-man teams – the winning team is that with the highest total score   |
| Men's Individual Kata                            | Demonstration of Traditional Karate Kata   |
| Men's Synchronized Kata                          | Three men perform a Kata together. In the final match, the athletes demonstrate the application of the techniques in the Kata & Bunkai   |
| Women's Individual Kumite                        | A match between two women employing free sparring without contact.   |
| Women's Kogo (Will Not be in this Championships) | A specific format of Kumite competition which designates competitors as Offense or Defense at the start of each match                    |
| Women's Fuku-go                                  | A synthesis of Kumite and Ki-tei Kata – matches alternate between Kumite and Kata  |
| Women's Individual Kata                          | Demonstration of Traditional Karate Kata   |
| Women's Synchronized Kata                        | Three women perform a Kata together. In the final match, the athletes demonstrate the application of the techniques in the Kata & Bunkai |
| Man/Man Enbu                                     | A man / man pair of athletes perform choreographed offense/defense techniques  |
| Man/Woman Enbu                                   | A man / woman pair of athletes perform choreographed offense/defense techniques  |



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## Youth Nationals (ages 6 through 17; 8<sup>th</sup> Kyu and above)

| Individual Competition Events | Description   |
|-------------------------------|---|
| Class Elite*                  | Black Belt; Ages 8 to 17<br><b>Kata*</b> : Bassai Dai   Kanku Dai   Jion   Empi ( <i>pick one</i> )<br><b>Kumite*</b> : Ko-Go                                     |
| Class A*                      | 2 <sup>nd</sup> Kyu and 1 <sup>st</sup> Kyu; Ages 8 to 17<br><b>Kata*</b> : Bassai Dai   Kanku Dai   Jion   Empi ( <i>pick one</i> )<br><b>Kumite*</b> : Stage-3  |
| Class B*                      | 4 <sup>th</sup> Kyu and 3 <sup>rd</sup> Kyu; Ages 8 to 17<br><b>Kata*</b> : Tekki Shodan<br><b>Kumite*</b> : Stage-2  |
| Class C*                      | 6 <sup>th</sup> Kyu & 5 <sup>th</sup> Kyu; Ages 6 to 17<br><b>Kata*</b> : Heian Yondan<br><b>Kumite*</b> : Stage-1  |
| Class D*                      | 8 <sup>th</sup> Kyu & 7 <sup>th</sup> Kyu; Ages 6 to 17<br><b>Kata*</b> : Heian Nidan<br><b>Kumite*</b> : Kihon Ippon Kumite Jodan & Chudan Oi-Zuki attack/defend |
| Team Events                   | Description   |
| Synchronized Kata             | Three athletes (same or mixed gender) perform a Kata together. There is no bunkai requirement.  |
| Enbu                          | A pair of athletes (same or different genders) perform choreographed offense/defense techniques   |

(\*) Classes may be combined with lower classes depending on number of participants and Tournament Organizer's (TO) sole discretion. In case of combining, kata & kumite requirement will be adjusted to lower level class per (TO) sole discretion.

There is no specific age or rank requirement for Synchronized Kata or Enbu team members. The teams may include members of various ages, ranks and genders.

Note the requirements for the Youth Nationals **in general** are a rank of 8<sup>th</sup> Kyu or above and between the ages of 6 and 17 years. Please refer to the full description of the AAKF Youth Nationals at: <http://www.aakf.org/tournament-rules-regulations/>.

## Adult Kyu Ranking Championship (18 year old and above, 8th Kyu and above).

The **individual and Team events** for the AAKF Kyu Ranking Championship will be similar to the Youth without the Elite Class. Please see AAKF Kyu Ranking Championship Rules at <http://www.aakf.org/tournament-rules-regulations/>.



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## Synopsis of Youth Competition Rules

| Rank    | Competition Class* |  | Kata*  | Kumite*   |
|---------|--------------------|--|--|---|
| 8-7 kyu | D                  |  | <i>Heian nidan</i>                             | <b>4 exchanges</b> ; <i>Ippon kumite jodan &amp; chudan</i>   |
| 6-5 kyu | C                  |  | <i>Heian yondan</i>                            | <b>S-1-K; 3 exchanges</b> , either side initiates. <i>Chudan</i> only: <i>gyaku-zuki</i> vs <i>uke-waza</i> and <i>gyaku-zuki</i> ; no kicks.   |
| 4-3 kyu | B                  |  | <i>Tekki shodan</i>                            | <b>S-2-K; 4 exchanges</b> . Kogo-style; <i>Sushin</i> stipulates offense on 1 side and defense the other side; <i>aka</i> and <i>shiro</i> take turns for <i>tsuki</i> , then <i>keri</i> attacks |
| 2-1 kyu | A                  |  | <i>Bassai<br/>Dai/Kanku<br/>Dai/Jiion/Enpi</i> | <b>S-3-K; 6 exchanges</b> of <i>shikake-waza</i> (offense) vs <i>oji-waza</i> (defense). 3 back and forth actions of personal choice per encounter.   |
| Shodan+ | Elite              |  |  |   |

S-1-K means Stage-1 Kumite and so on.

(\*) Classes may be combined with lower classes depending on number of participants and Tournament Organizer's (TO) sole discretion. In case of combining, kata & kumite requirement will be adjusted to lower level class per (TO) sole discretion.



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## Competitor Requirements

- Each Participant must be a registered 2023 AAKF individual member and belong to a club that is a 2023 AAKF registered member
- Each Youth National participant must be between 6 and 17 years of age and hold a rank of 8<sup>th</sup> Kyu or above
- Each Adult National participant must have a Black Belt ranking
- Each Adult National Competitor must be 18 years of age or older
- Each Adult National Competitor participating in Kumite or Fuku-go must be between 18 and 54 years of age.

## What to bring

Average June temperatures are in the mid 80s. Most places are temperature controlled but be prepared to stay hydrated outdoors as well as during training and competition. The Washington DC area is humid in the summer months.

Don't forget the following items when attending the Championships:

### Athletes

- White karate gi
- Official WTKF competition gloves (*kumite athletes only*)
- Mouthpiece
- Athletes *may* wear groin protection (*men*) or chest protection (*women*)

### Judges

- White karate gi
- Hakama
- Whistle
- WTKF Competition Rule Book



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## Links to Online Resources

The following are links to online resources referenced in this document.

|  |  |
|--|--|
| AAKF 54 <sup>th</sup> National Championships   |  |
| <b>Headquarter Hotel</b><br>Embassy Suites Hotel<br>13341 Woodland Park Road,<br>Herndon, VA | <a href="http://www.embassysuites.hilton.com">www.embassysuites.hilton.com</a> , |
| St. Joseph's Church School<br>Gymnasium  | <a href="http://sjcherndon.org/">sjcherndon.org/</a>                             |
| Expedia  | <a href="http://www.expedia.com/">http://www.expedia.com/</a>                    |
| TripAdvisor  | <a href="http://www.tripadvisor.com/">http://www.tripadvisor.com/</a>            |
| Priceline  | <a href="http://www.priceline.com/">http://www.priceline.com/</a>                |
| Travelocity  | <a href="http://www.travelocity.com/">http://www.travelocity.com/</a>            |
| Dulles International Airport   | <a href="http://www.metwashairports.com">www.metwashairports.com</a>             |
| Reagan National Airport  | <a href="http://www.metwashairports.com">http://www.metwashairports.com</a>      |
| Taxi Fare Finder   | <a href="http://www.taxifarefinder.com/">http://www.taxifarefinder.com/</a>      |
| Supershuttle   | <a href="https://www.supershuttle.com/">https://www.supershuttle.com/</a>        |





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## Schedule of Events (June 21-24)

| Event   | Time  | Location   | Notes   |
|---|---|--|---|
| June 21 (Wednesday)                           |   |  |   |
| International Camp                            | 8:00 AM – 12:00 PM                                  | St. Joseph’s Church School<br>Gymnasium<br><br>750 Peachtree Street<br>Herndon, Virginia |   |
| Lunch break                                   | 12:00 PM – 1:45 PM                                  |  |   |
| International Camp                            | 2:00 PM – 5:00 PM                                   |  |   |
| AAKF BOD Meeting                              | 5 PM – 6 PM at St. Joseph’s Church School Gymnasium |  |   |
| Athlete Check-In<br>Deadline                  | 6:00PM  | Embassy Suites Hotel<br><br>13341 Woodland Park Road,<br>Herndon, VA                     |   |
| June 22 (Thursday)                            |   |  |   |
| International Camp                            | 8:00 AM – 12:00 PM                                  | St. Joseph’s Church School<br>Gymnasium  |   |
| Lunch break                                   | 12:00 PM – 1:45 PM                                  |  |   |
| International Camp                            | 2:00 PM – 5:00 PM                                   |  |   |
| All Nationals Event<br>Drawing                | To be announced                                     |  |   |
| June 23 (Friday)*                             |   |  |   |
| International Camp                            | 8:00 AM – 12:00 PM                                  | St. Joseph’s Church<br>School - Gymnasium  | (*) Alternate<br>schedule will be<br>selected if the<br>number of<br>participants exceed<br>our expectation |
| Lunch break                                   | 12:00PM – 1:45PM                                    |  |   |
| Credential Examinations                       | 2:00 PM –5:00 PM                                    |  |   |
| Alternative June 23 (Friday)*                 |   |  |   |
| International Camp                            | 8:00 AM – 11:00 AM                                  |  |   |
| Credential Examinations                       | 11:00 AM –1:30 PM                                   |  |   |
| Lunch break                                   | 1:30PM – 2:00PM                                     |  |   |
| National Championship<br>(Adult Eliminations) | 2:00 PM – 6:00 PM                                   |  |   |

| June 24 (Saturday)                            |                     |   |                                   |
|---|---------------------|---|-----------------------------------|
| Youth & Adult Kyu Nationals                   | 8:00 AM – 11:30 AM  | St. Joseph's Church School<br>Gymnasium |                                   |
| Lunch break                                   | 11:30 AM – 12:00 PM |   |                                   |
| National Championship<br>(Adult Eliminations) | 12:00 PM – 6:00 PM  |   |                                   |
| Banquet                                       | 7:00 PM             | Guapo's Rotisserie -Tex Mex             | 1042 Elden St Herdon, VA<br>20170 |
| June 25 (Sunday)                              |                     | DEPARTURE                               |                                   |
|   |                     |   |                                   |
|   |                     |   |                                   |
|   |                     |   |                                   |
|   |                     |   |                                   |