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| **KYOKUSHIN CUP 7 - Zielonka - September 21, 2019** |
| **Istruction how to fill the form** |
| In section **"sex"** please fill "m" or "w" (m - men, w - women) |
| In section **"Yaer of Born"** please fill competitors year of born |
| In section **"Weight"** please fill competitors weight  |
|  |
| **Example :** |
|
| **Sex** | **First Name** | **Surname** | **Year of Born** | **Weight kg** | **Club** | **Country** | **Trainer** |
| m | Szymon | Olpinski | 1999 | 80 | KSW Bushi | Poland | Juszczyk |
| m | John | Smith | 1982 | 95 | London | England | Smith |
| w | Izabela | Dec | 1996 | 60 | Lezajsk | Poland | Burda |
| **Form :** |
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|  |  |  |  |  |  |  |  |
| **Telephon number and e-mail adres:** |  |  |  |  |
|  |
| **Sex** | **First Name** | **Surname** | **Year of Born** | **Weight kg** | **Club** | **Country** | **Instruktor** |
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