



**REPUBLIC OF IRELAND TAEKWON-DO ASSOCIATION
(R.I.T.A. Est. 1972)**

ITF IRISH OPEN 2017

SATURDAY 18th NOVEMBER

Maynooth University Phoenix Sports Centre

Maynooth, Co. Kildare





Dear Grand Masters, Masters, Instructors & Competitors,

On behalf of the R.I.T.A Tournament Committee, I would like to invite you to the RITA ITF Irish Open 2017 to be hosted in the **Maynooth Phoenix Sports Centre, Maynooth, Co. Kildare**

The individual's event will include:

- Patterns and Sparring for all Junior, Senior and Veteran competitors
- Special Technique will only be open for all **Junior and Senior competitors**
- Power will only be open for Senior and Veteran competitors.

Please note that this is a **pre-register only event**. **All entries should be made using the Excel entry spreadsheet and returned to tournaments@rita-itf.org (Link available on www.rita-itf.org) no later than Saturday 11th of November 2017.** Individual forms must follow and be scanned or posted to arrive no later than Friday 17th November. Postal address available by return of entry spreadsheet. **Please remember that accurate information is the responsibility of the instructor, any errors cannot be amended on the day.**

If you have any questions in relation to this event, please do not hesitate to contact us at tournaments@rita-itf.org.

Further details of the event and Link to the application form are available on www.rita-itf.org.

It is the participants' responsibility to have full insurance coverage for all eventualities. The organising committee will not be responsible for any injury or loss for participants before, during, and after the Tournament howsoever arising.

We look forward to seeing you at the event.

RITA Tournament Committee



Please note important amendment to the Sparring rules below:

I would like to bring your attention to the following amendment to our RITA Tournament sparring rules.

Change in rules for Sparring divisions in RITA tournaments

Introduced in 2015, the ITF rule regarding compulsory technique for sparring will be implemented for all **junior and Senior Sparring** divisions in both RITA tournaments, ITF Ireland Cup and Irish Open. Please note it will not apply to Veteran colour or black belt divisions.

The rule states as follows:

56.2.3 2 points should be deducted from a competitor's score if he or she fails to execute at least midair kick (180° or more) in each round of competition. Only the midair kick (180° or more) which are performed in time of attack and defence or while in contact with the opponent should be recognized as the valid points. The midair kicks which are blindly performed in the air should not be recognized.

This rule stipulates that 2 points will be deducted if a competitor fails to execute a midair 180 kick. This will be implemented by starting all competitors with -2 points and adding back the points once the kick is executed. The centre referee will indicate that the kick has been performed to the Jury President who will cancel the point deduction if they agree that the compulsory kick has been performed.

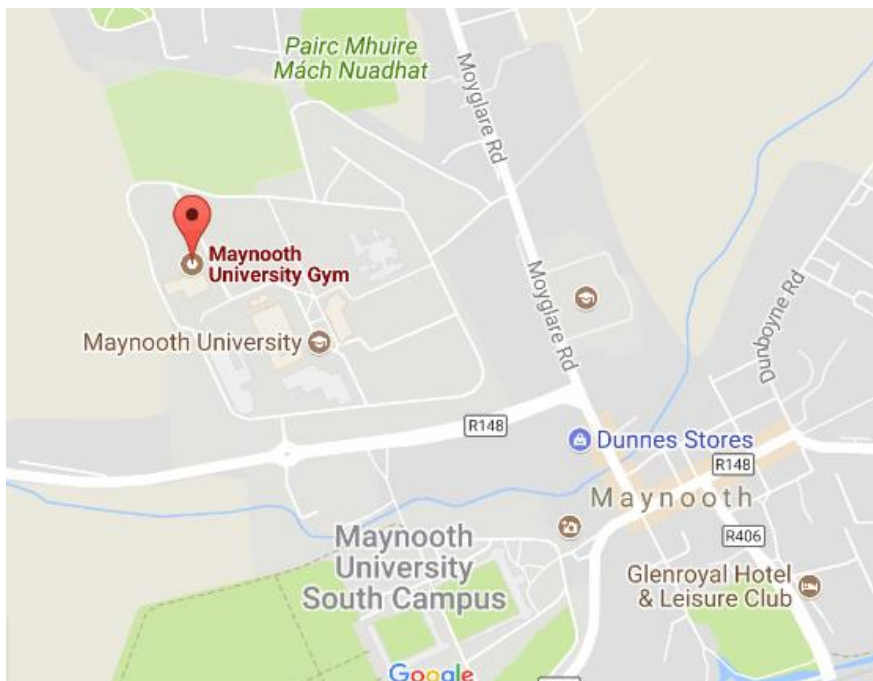
We believe that by bringing our tournaments in line with International events we will further raise the standard of our competitors and events.



Tournament Details:

- **Saturday 18th November 2017**
- Doors Open at 8.30am
- Umpire Meeting at 8.45am sharp. Competition starting at 9am sharp.
- Please note it is planned that all Junior Competitors will compete in the morning and Senior and Veteran sections will commence as Junior sections are completed.

Venue: Maynooth University Phoenix Sports Complex, Maynooth,
Co. Kildare.





Accommodation:

There are a number of hotels and B&B's close to the venue. Please check all hotels and their locations before booking.

The contact for bookings in the **Glenroyal Hotel and Leisure Club** is :

Phone: +353 (0)1 629 0909.

Email: info@glenroyal.ie

Address: Straffan Road, Maynooth, Co. Kildare, Ireland

The contact for bookings in the **Celbridge Manor Hotel** is :

Phone: +353 (0)1 6013700

Email: info@celbridgemanorhotel.ie

Address: Clane Rd, Ballymakealy Lower, Celbridge, Co. Kildare



Individual Fees:

| Section | Fees |
|--------------------------------|------|
| 9 th Kup – Juniors | €10 |
| 9 th Kup – Seniors | €15 |
| Juniors - Colour & Black Belt | €25 |
| Seniors – Colour & Black Belt | €30 |
| Veterans – Colour & Black Belt | €30 |

Family Rates: Reduce by €5 for every other member of a family up to the third family member, 4th and above family members compete for free. Please note this applies to immediate family members only (ie brothers/sisters/parents) which must be verified by their Instructor.

NB. Please note that it is the lowest price entry fees that will be waived.

Examples:

Family with 1 Adult & 2 Juniors

€30+€25+€25=€80 less family Rate (€10) = €70.

Family with 1 Adult & 3 Juniors (same price as above)

€30+€25+€25+free Junior=€80 less family Rate (€10) = €70.

Family with 2 Adults & 2 Juniors

€30+€30+€25+Free Junior=€85 less family Rate (€10) = €75.



Please complete and return the Excel entry form by **Saturday 11th November 2017**. Please note all entries should be submitted by the instructor.

Methods of Payments:

- **EFT / Online Banking / Bank Transfer:** Fees can be transferred into the bank account details below. Please email a copy of the receipt or proof of payment to tournaments@rita-itf.org. Competitors will not be entered until the entry fees have been received.
- **Bank Lodgement:** Fees can be lodged into the bank account details below. Please email a copy of the receipt or proof of payment to tournaments@rita-itf.org. Competitors will not be entered until the entry fees have been received.
- **Post Order / Bank Draft / Cheque:** To be made payable to R.I.T.A. Please email tournaments@rita-itf.org for the address for them to be posted too.

Fees & entries must be received by Saturday 11th November 2017.

Bank Account Details are as follows:

- **Bank Name:** Permanent TSB
- **Account Name:** RITA No. 1 Account
- **Account Number:** 80010007
- **Sort Code:** 990606



| | | |
|-----------------------|--------------------|---|
| <u>Medals:</u> | Patterns: | 1 st , 2 nd , Joint 3 rd |
| | Sparring: | 1 st , 2 nd , joint 3 rd |
| | Special Technique: | 1 st only |
| | Power Test: | 1 st only |

| | |
|-----------------------|-----------------|
| <u>Awards:</u> | Overall Junior |
| | Overall Senior |
| | Overall Veteran |
| | Overall School |

Closing Date: The closing date is Saturday 11th November 2017. **Please note late entries will not be accepted.**

Age:

- 'Junior' refers to any competitor aged 17 years or under on 18/11/17
- 'Senior' refers to any competitors aged 18 years or over on 18/11/17



General:

- This tournament is only open to ITF style members (9th Kup to 6th degree) **(4th Degree – 6th Degree members can wear stripes while competing.)**
- 9th Kup members may compete in the patterns division only.
- Full white TKD Dobok must be worn by all competitors
- For Sparring, approved hand and foot pads must be worn. Mouth guards are mandatory for all competitors and groin guards (worn inside the Dobok) are mandatory for male competitors.
- One Umpire for up to and including every 10 Competitors **MUST** be supplied. This rule will be enforced and schools without the required amount of umpires will not be allowed compete. (Schools can share Umpires to make the numbers)
- Forms that are completed incorrectly will not be accepted

Umpires:

- ***For up to and including every 10 competitors entered, you must provide one qualified umpire. (Example; 6 Competitors = 1 Umpire, 12 Competitors = 2 Umpires)***
- *A qualified umpire is a black belt, over 18 years, who has successfully completed a recognised umpire's course.*
- *Umpires must wear the approved umpire's uniform with white running shoes.*
- ***We request that Umpires complete the Umpire Online Form.***
- *Umpires must sign in and attend the Umpires' meeting in the morning and be available to umpire for the whole day. Even if your school is only entering senior competitors. This will help to keep the whole day on schedule.*
- *Schools whose umpires are not present at the Umpire meeting will have their competitors removed from the tournament.*
- *For further information in relation to umpires please contact the R.I.T.A.'s Chief Umpire Senior Master Robert Howard (087-6987624)*



Disputes:

Protests must be made on the official form to the Chief Umpire and be accompanied by a protest fee of €100 which will be refunded only if the protest is upheld. Any protest must be made observing the correct courtesies and protocols. Protests not made in the correct manner will not be entertained.

Competition Divisions/Sections:

Each section must consist of two or more competitors. If there is only one competitor in a section, he/she will compete in a higher or lower section as deemed appropriate.

Patterns - Colour Belts – Junior, Senior and Veteran:

Competition will be in the form of a pyramid system. Competitors will be asked to perform one optional pattern of their choice. This can be any pattern from Chon-Ji to the pattern of their grade. In the event of a draw, competitors will be asked to perform another pattern.

Patterns – Black Belts – Junior, Senior and Veteran:

Competition will be in the form of a pyramid system. Competitors will be required to perform 2 patterns, optional and designated.

Optional patterns must be from their Dan Patterns, **with exception of 5th and 6th Degree members, their optional pattern must be a 4th Degree Pattern.**

Designated patterns will be any pattern from Chon-Ji up to and including their Dan Patterns (4th Degree Patterns being the highest).

Sparring – Colour Belts:

Children Sparring (up to 11yrs) – All bouts will be 1 X 1 minute rounds

Junior Sparring (12 -17yrs) – All bouts will be 2 X 1 minute rounds with 30 seconds in between rounds.

Senior Sparring (18yrs +) – All bouts will be 1 X 2 minute rounds

Veteran Sparring (40yrs +) – All bouts will be 1 X 1.5 minute rounds



All Children and Junior sections **MUST** wear Head Safety Equipment.
Children sparring (up to 11yrs) will take place in a smaller ring.

Sparring – Black Belts

Junior Sparring (up to 17yrs) – All bouts will be 2 X 1.5 minute rounds*

Senior Sparring (18yrs +) – All bouts will be 2 X 2 minute rounds*

Veteran Sparring (40yrs +) – All bouts will be 2 X 1.5 minute rounds*

*Time permitting all black belt sections will be 2 rounds, tournament committee reserve the right to reduce this to one round until final if time constraints do not allow 2 rounds.

Power/Special Technique:

Junior and Senior Colour and Black Belt – Special Technique

Senior colour, Veteran Colour and Black Belts – Power Only

Power

White Focus Boards will be used for the Power Sections.

3 Points for a Clean Break, 1 point for a bent board

ITF Procedure as regards to measuring, ready position etc must be strictly followed. Eliminator will take place in all sections.

Special Technique

Special Technique will operate with a minimum starting height for all techniques as the 1st round eliminator. This will then increase during each subsequent round.

Black belt competitors must successfully perform one of the designated techniques as their eliminator in order to proceed to the next stage. ITF Procedure as regards to measuring, ready position etc must be strictly followed.



Patterns

Junior Colour and Black Belt

(Male and Female will compete together)

| Section | Grade | Pattern |
|-------------|-------------|--|
| Up to 11yrs | Yellow Tag | Pattern of Choice |
| 12 – 14yrs | Yellow Tag | Pattern of Choice |
| 15 – 17yrs | Yellow Tag | Pattern of Choice |
| Up to 11yrs | Yellow Belt | Pattern of Choice |
| 12 – 14yrs | Yellow Belt | Pattern of Choice |
| 15 - 17yrs | Yellow Belt | Pattern of Choice |
| Up to 11yrs | Green Belt | Pattern of Choice |
| 12 – 14yrs | Green Belt | Pattern of Choice |
| 15 – 17yrs | Green Belt | Pattern of Choice |
| Up to 11yrs | Blue Belt | Pattern of Choice |
| 12 – 14yrs | Blue Belt | Pattern of Choice |
| 15 - 17yrs | Blue Belt | Pattern of Choice |
| Up to 11yrs | Red Belt | Pattern of Choice |
| 12 – 14yrs | Red Belt | Pattern of Choice |
| 15 - 17yrs | Red Belt | Pattern of Choice |
| Under 18yrs | Black Belt | Optional Pattern Designated Pattern |



Sparring

Junior Colour and Black Belt

Male Sections:

| Section | Grade | Weight / Height |
|-------------|---------------------|-----------------|
| Up to 11yrs | Yellow & Green Belt | -125cm |
| Up to 11yrs | Yellow & Green Belt | 126cm – 135cm |
| Up to 11yrs | Yellow & Green Belt | 136cm – 145cm |
| Up to 11yrs | Yellow & Green Belt | +145cm |
| Up to 11yrs | Blue & Red Belt | -125cm |
| Up to 11yrs | Blue & Red Belt | 126cm – 135cm |
| Up to 11yrs | Blue & Red Belt | 136cm – 145cm |
| Up to 11yrs | Blue & Red Belt | +145cm |
| 12 – 14yrs | Yellow & Green Belt | -145cm |
| 12 – 14yrs | Yellow & Green Belt | 146cm – 155cm |
| 12 – 14yrs | Yellow & Green Belt | +155cm |
| 12 – 14yrs | Blue & Red Belt | -145cm |
| 12 – 14yrs | Blue & Red Belt | 146cm – 155cm |
| 12 – 14yrs | Blue & Red Belt | +155cm |
| 15 – 17yrs | Yellow & Green Belt | -52Kgs |
| 15 – 17yrs | Yellow & Green Belt | 52kgs – 60kgs |
| 15 – 17yrs | Yellow & Green Belt | +60kgs |
| 15 – 17yrs | Blue & Red Belt | -52Kgs |
| 15 – 17yrs | Blue & Red Belt | 52kgs – 60kgs |
| 15 – 17yrs | Blue & Red Belt | +60kgs |
| Under 18yrs | Black Belt | -60kgs |
| Under 18yrs | Black Belt | +60kgs |



Sparring

Junior Colour and Black Belt

Female Sections:

| Section | Grade | Weight / Height |
|-------------|---------------------|-----------------|
| Up to 11yrs | Yellow & Green Belt | -125cm |
| Up to 11yrs | Yellow & Green Belt | 126cm – 135cm |
| Up to 11yrs | Yellow & Green Belt | 136cm – 145cm |
| Up to 11yrs | Yellow & Green Belt | +145cm |
| Up to 11yrs | Blue & Red Belt | -125cm |
| Up to 11yrs | Blue & Red Belt | 126cm – 135cm |
| Up to 11yrs | Blue & Red Belt | 136cm – 145cm |
| Up to 11yrs | Blue & Red Belt | +145cm |
| 12 – 14yrs | Yellow & Green Belt | -145cm |
| 12 – 14yrs | Yellow & Green Belt | 146cm – 155cm |
| 12 – 14yrs | Yellow & Green Belt | +155cm |
| 12 – 14yrs | Blue & Red Belt | -145cm |
| 12 – 14yrs | Blue & Red Belt | 146cm – 155cm |
| 12 – 14yrs | Blue & Red Belt | +155cm |
| 15 – 17yrs | Yellow & Green Belt | -53Kgs |
| 15 – 17yrs | Yellow & Green Belt | +53kgs |
| 15 – 17yrs | Blue & Red Belt | -53Kgs |
| 15 – 17yrs | Blue & Red Belt | +53kgs |
| Under 18yrs | Black Belt | -53kgs |
| Under 18yrs | Black Belt | +53kgs |



Special Technique

Junior Colour and Black Belt Special Technique

| Section | Grade | Technique |
|--|------------------|--|
| Up to 11yrs (Male) | All colour belts | Twimyo Nomo Yop Chagi (Flying Kick) (50x100cm) |
| Up to 11yrs (Female) | All colour belts | Twimyo Nomo Yop Chagi (Flying Kick) (50x90cm) |
| 12 – 14yrs (Male) 15 – 17yrs (Male) | All colour belts | Twimyo Nopi Ap Chagi (Jump High Kick) (180cm) Twimyo Nopi Ap Chagi (Jump High Kick) (200cm) |
| 12 – 14yrs (Female) 15 – 17yrs (Female) | All colour belts | Twimyo Nopi Ap Chagi (Jump High Kick) (170cm) Twimyo Nopi Ap Chagi (Jump High Kick) (180cm) |
| Up to 17yrs (Male) | Black Belts | <ol style="list-style-type: none"> 1) Twimyo Nopi Apcha Busigi (220 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm) |
| Up to 17yrs (Female) | Black Belts | <ol style="list-style-type: none"> 1) Twimyo Nopi Apcha Busigi (200 cm) 2) Twimyo Dollyo Chagi (190 cm) 3) Twimyo Bandae Dollyo Chagi (190cm) 4) Twimyo 360 Yopcha Jirugi (190 cm) 5) Twimyo Nomo Chagi (70 cm X 150cm) |



Patterns

Senior / Veteran Colour and Black Belt

(Male and Female will compete together, Senior & Veteran members will compete together unless otherwise stated)

| Section | Grade | Pattern |
|---------|-----------------------|--|
| 18yrs + | Yellow Tag | Pattern of Choice |
| 18yrs + | Yellow Belt | Pattern of Choice |
| 18yrs + | Green Belt | Pattern of Choice |
| 18yrs + | Blue Belt | Pattern of Choice |
| 18yrs + | Red Belt | Pattern of Choice |
| 18yrs + | I & II Degree | Optional Pattern Designated Pattern |
| 40yrs + | I & II Degree | Optional Pattern Designated Pattern |
| 18yrs + | III, IV, V, VI Degree | Optional Pattern Designated Pattern |
| 40yrs + | III, IV, V, VI Degree | Optional Pattern Designated Pattern |



Sparring

Senior / Veteran Colour and Black Belt Sparring

Male Sections:

| Section | Grade | Weight / Height |
|----------------|---------------------|------------------------|
| 18yrs + | Yellow & Green Belt | -75kg |
| 18yrs + | Yellow & Green Belt | +76kg |
| 40yrs + | Yellow & Green Belt | All Weights |
| 18yrs + | Blue & Red Belt | -75kg |
| 18yrs + | Blue & Red Belt | +76kg |
| 40yrs + | Blue & Red Belt | All Weights |
| 18yrs + | Black Belt | -75kg |
| 18yrs + | Black Belt | +76kg |
| 40yrs + | Black Bet | All Weights |

Female Sections:

| Section | Grade | Weight / Height |
|----------------|---------------------|------------------------|
| 18yrs + | Yellow & Green Belt | -65kg |
| 18yrs + | Yellow & Green Belt | +66kg |
| 40yrs + | Yellow & Green Belt | All Weights |
| 18yrs + | Blue & Red Belt | -65kg |
| 18yrs + | Blue & Red Belt | +66kg |
| 40yrs + | Blue & Red Belt | All Weights |
| 18yrs + | Black Belt | -65kg |
| 18yrs + | Black Belt | +66kg |
| 40yrs + | Black Bet | All Weights |



Power

Senior / Veteran Colour and Black Belt Power

Male Sections

| Section | Grade | Technique | Boards (White) |
|---------|-------------------|----------------------|----------------|
| 18yrs + | Green & Blue Belt | Knife Hand | 1 Board |
| | | Front Elbow | 1 Board |
| | | Side Piercing Kick | 2 Board |
| | | Turning Kick | 2 Board |
| 40yrs + | Green & Blue Belt | Knife Hand | 1 Board |
| | | Front Elbow | 1 Board |
| | | Side Piercing Kick | 2 Board |
| | | Turning Kick | 2 Board |
| 18yrs + | Red Belt | Punch | 1 Board |
| | | Reverse Knife Hand | 1 Board |
| | | Turning Kick | 2 Board |
| | | Reverse Turning Kick | 2 Board |
| 40yrs + | Red Belt | Punch | 1 Board |
| | | Reverse Knife Hand | 1 Board |
| | | Turning Kick | 2 Board |
| | | Reverse Turning Kick | 2 Board |
| 18yrs + | Black Belt | Punch | 2 Board |
| | | Knife Hand | 2 Board |
| | | Side Piercing Kick | 2 Board |
| | | Turning Kick | 2 Board |
| | | Reverse Turning Kick | 2 Board |
| 40yrs + | Black Belt | Punch | 2 Board |
| | | Knife Hand | 2 Board |
| | | Side Piercing Kick | 2 Board |
| | | Turning Kick | 2 Board |
| | | Reverse Turning Kick | 2 Board |



Female Sections

| Section | Grade | Technique | Boards (White) |
|---------|------------------|--------------------|----------------|
| 18yrs + | Green, Blue, Red | Knife Hand | 1 Board |
| | | Front Elbow | 1 Board |
| | | Turning Kick | 1 Board |
| | | Side Piercing Kick | 1 Board |
| 40yrs + | Green, Blue, Red | Knife Hand | 1 Board |
| | | Front Elbow | 1 Board |
| | | Turning Kick | 1 Board |
| | | Side Piercing Kick | 1 Board |
| 18yrs + | Black Belt | Knife Hand | 1 Board |
| | | Front Elbow | 1 Board |
| | | Turning Kick | 1 Board |
| | | Side Piercing Kick | 1 Board |
| | | 180 Side Kick | 1 Board |
| 40yrs + | Black Belt | Knife Hand | 1 Board |
| | | Front Elbow | 1 Board |
| | | Turning Kick | 1 Board |
| | | Side Piercing Kick | 1 Board |
| | | 180 Side Kick | 1 Board |



Special Technique

Senior Colour and Black Belt Special Technique

Male Sections:

| Section | Grade | Technique |
|---------|---|--|
| 18yrs + | All colour belts (9 th Kup+) | Twimyo Nopi Ap Chagi (Jump High Kick)(200cm) |
| 18yrs + | Black Belts | 1) Twimyo Nopi Apcha Busigi (220 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandoe Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm) |

Female Sections:

| Section | Grade | Technique |
|---------|---|--|
| 18yrs + | All colour belts (9 th Kup+) | Twimyo Nopi Ap Chagi (Jump High Kick)(190cm) |
| 18yrs + | Black Belts | 1) Twimyo Nopi Apcha Busigi (200 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandoe Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm) |



PLEASE NOTE ALL WEIGHTS MUST BE GIVEN IN KILOGRAMS

| <u>Kilograms</u> | <u>Stones</u> | <u>Kilograms</u> | <u>Stones</u> |
|------------------|---------------|------------------|---------------|
| 27 | 4.3 | 80 | 12.6 |
| 28 | 4.4 | 82 | 13 |
| 30 | 4.7 | 84 | 13.2 |
| 32 | 5 | 88 | 13.8 |
| 34 | 5.4 | 90 | 14 |
| 36 | 5.7 | 92 | 14.4 |
| 38 | 6 | 94 | 14.8 |
| 40 | 6.3 | 96 | 15 |
| 42 | 6.6 | 98 | 15.4 |
| 44 | 6.9 | 100 | 15.7 |
| 46 | 7.2 | 101 | 16 |
| 48 | 7.6 | 102 | 16.06 |
| 50 | 7.9 | 103 | 16.21 |
| 52 | 8.2 | 104 | 16.4 |
| 54 | 8.6 | 105 | 16.6 |
| 56 | 8.9 | 106 | 16.7 |
| 58 | 9.3 | 107 | 16.9 |
| 60 | 9.5 | 108 | 17 |
| 62 | 9.8 | 109 | 17.2 |
| 64 | 10.1 | 110 | 17.3 |
| 66 | 10.4 | 106 | 16.7 |
| 68 | 10.7 | 107 | 16.9 |
| 70 | 11 | 108 | 17 |
| 72 | 11.3 | 109 | 17.2 |
| 74 | 11.7 | 110 | 17.3 |
| 78 | 12 | | |



PLEASE NOTE THAT ALL HEIGHTS MUST BE GIVEN IN CM's

| <u>Feet/Inches</u> | <u>CM</u> | <u>Feet/Inches</u> | <u>CM</u> |
|--------------------|-----------|--------------------|-----------|
| 4 ft 0 Inches | 122 | 5 ft 0 Inches | 152 |
| 4 ft 1 Inches | 124 | 5 ft 1 Inch | 155 |
| 4 ft 2 Inches | 127 | 5 ft 2 Inches | 157 |
| 4 ft 3 Inches | 130 | 5 ft 3 Inches | 160 |
| 4 ft 4 Inches | 132 | 5 ft 4 Inches | 163 |
| 4 ft 5 Inches | 135 | 5 ft 5 Inches | 165 |
| 4 ft 6 Inches | 137 | 5 ft 6 Inches | 168 |
| 4 ft 7 Inches | 140 | 5 ft 7 Inches | 170 |
| 4 ft 8 Inches | 142 | 5 ft 8 Inches | 172 |
| 4 ft 9 Inches | 145 | 5 ft 9 Inches | 175 |
| 4 ft 10 Inches | 147 | 5 ft 10 Inches | 178 |
| 4 ft 11 Inches | 150 | 5 ft 11 Inches | 180 |
| | | 6 ft 0 Inches | 182 |