



Welcome

Dear International Taekwondo Family & Friends,

We are proud and honoured to invite you and your team to participate in the Waein Cup Open Championship Singapore 2024 in Singapore.

Sanctioned by the Singapore Taekwondo Federation (STF) and supported by Community Sports Network @ Tampines West, we will host this event in the Our Tampines Hub - Team Sports Hall on 12, 13 and 14 January 2024.

The Waein Cup Open Championship Singapore competition areas will be equipped with electronic scoring and video replay system including KPNP electronic PSS (KPNP Chest and Head Gear), which is the official system for all Singapore Taekwondo Federation sanctioned competitions. We will also have both World Taekwondo International Referee and Singapore National Referees to guarantee maximum transparency, fair play, and impartiality for ALL Athletes.

We believe that every individual has the potential to achieve greatness and this is your chance to seize that potential and turn it into reality. Whether you're a seasoned professional looking to showcase your expertise or a newcomer eager to make your mark, this competition welcomes participants of all backgrounds and experience levels.

I encourage you to please mark this event into your calendar to make sure you don't miss this high calibre event. Our Organising Committee are working hard to make this event the best and most successful event to date. Please do not hesitate to contact our Organising Committee to answer any of your questions.

We hope that you and your team will participate in the Waein Cup Open Championship Singapore 2024 and we look forward to welcoming you to Singapore.

Yours sincerely,

윤대웅

Mr Yoon Daeung
Chairman
Waein Cup Open Championship Singapore





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1. Organisation

Sanctioned by:	Singapore Taekwondo Federation (STF)
Supported by:	Community Sports Network @Tampines West
Organised by:	United Taekwondo Team Waein
Chairman:	Mr. Yoon Daeung
Chief Executive Officer:	Mr. Joel Kong
Administration Managers:	Ms. Sweden Munoz Ms. Faezah Seah
Organising Committee (OC):	Ms. Eu Hui Shuen Ms. Claire Hoh Ms. Suzy Tay
Non-Executive Organising Committee:	Mr. Kim Yeong Mun Mr. Jang Hee Jae Mr. Kim Cheong Sol Mr. Park Jun Hyuk Mr. Kang Jae Wan

2. Location

Venue:	Our Tampines Hub - Team Sports Hall 1 Tampines Walk Singapore 528523
Date:	12, 13 and 14 January 2024

3. Contestant Information

i. Categories

Poomsae:	Recognised Poomsae
Kyorugi:	World Taekwondo (WT) Kyorugi

ii. Age

Senior:	18 to 30 Years	(Born in 1994 to 2006)
Junior:	15 to 17 Years	(Born in 2007, 2008 and 2009)
Cadet:	12 to 14 Years	(Born in 2010, 2011 and 2012)
Young Junior:	9 to 11 Years	(Born in 2013, 2014 and 2015)

iii. Weight Division

WT and Singapore Weight Classes:	Refer to registration form for more information.
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iv. Qualifications

Local participants:	Open to all clubs affiliated to STF Participants must be clubs affiliated to STF, holding a certificate or grading card issued by STF
International participants:	Open to invited clubs only Participants must be of club affiliated to their country's Taekwondo Member National Association (MNA) that is recognised by WT.

Their certification must be issued by or through their respective MNA.

v. For Poomsae Events

Local & International participants: Only colour belt (8th Geup - Yellow belt and above), Poom belt and Black belt holders are eligible to participate.

Local participants: Grades must be obtained in 189th STF Grading - July 2023 or earlier.

International participants: Grades must be obtained in July 2023 or earlier.

vi. For Kyorugi Events

Local & International participants: Only colour belt (2nd Geup - Red & 1st Geup – Red belt with black tip), Poom belt and Black belt holders are eligible to participate for individual events.

Only Poom belt and Black belt holders are eligible to participate for team events.

Local participants: Grades must be obtained in 189th STF Grading - July 2023 or earlier.

International participants: Grades must be obtained in July 2023 or earlier.

vii. Proof of Rank

Local participants: Acceptable proofs of rank are STF grading card, Dan and Poom certificates.
 Documentary proof must be produced for verification during registration.

International participants: Acceptable proofs of rank are Dan and Poom certificates, grading passports and Geup certificates.
 Documentary proof must be produced for verification registration closes.

Proof of Age: All participants age must be verified by the Team Coach or Manager on their respective Competitor's Registration Form (Poomsae or Kyorugi)

4. Coach Eligibility

i. Coach Eligibility

Local & International coaches: Competition coach passes are required for all tournaments organised or sanctioned by STF.
 All coaches must sign and submit their Individual Code of Conduct form.

Local coaches: All are required to display their coach pass issued by STF before entering the field of play.
 Local coaches are required to submit the Local Coach Registration Form (Group)

International coaches: Those who wish to enter the Field of Play must fill up their individual International Coach Registration Form (Individual) and submit to the OC during registration, which will be submitted to OC for approval.

Attire: All coaches should be suitably attired when they enter the field of play.

Only track-pants, business pants, collar t-shirt, t-shirt with jackets or windbreaker and covered shoes are allowed. Slippers, collar-less t-shirt, singlets and shorts are strictly not permitted.

5. Rules

Competition Rules:	WT and STF competition rules will apply for this competition
Awards:	1 st Place: One Gold Medal will be awarded 2 nd Place: One Silver Medal will be awarded 3 rd Place: One Bronze Medal will be awarded 4 th Place: One Bronze Medal will be awarded
Field of Play:	Only athletes and coaches will be permitted into the warm-up area and field of play.
Protest:	Only the Team Managers and coaches will be permitted to lodge official protests via the Competition Supervisory Board (CSB), a fee of SGD 300.00 (Net) will apply to each protest and will not be refunded in any situation.
Identification	
Local participants:	Participants must hold either a passport or a valid national identification card.
International participants:	Participants and visitors need to hold a valid passport with an expiry date no less than 6 months after the event.
Liability:	All participants, officials and visitors participate at their own risk. The MNA, STF and organisers bears no responsibility for any damages, losses, injuries, or other circumstances due to (directly or indirectly) acts of terrorism, COVID-19, or other misfortune. All participants must be covered by their own medical insurance and or travel insurance. Those who are not recognised as adults (under aged) by law in their own country must supply a written consent together with valid identification, signed by their parents or legal guardians.

i. Method of competition - Poomsae

System:	Cut off system All contestants/pair/team will compete in the semi-final round. At the end of the semi-final round, the highest eight (8) scoring contestants/pair/team will advance to the final round. Divisions with fewer than 9 contestants/pair/team will start with the final round. The top four (4) contestants/pair/team shall be awarded medals (1 st , 2 nd , 3 rd and 4 th) based on their points. 3 rd and 4 th places are awarded bronze medals.
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ii. Method of competition – Kyorugi (Individual)

System:	Single elimination tournament system or Best of 3 Rounds
Senior:	3 rounds x 2.0 minutes x 1.0 minute rest break
Junior:	3 rounds x 1.5 minutes x 1.0 minute rest break
Cadet:	3 rounds x 1.5 minutes x 1.0 minute rest break
Young Junior:	3 rounds x 1.0 minute x 1.0 minute rest break



IVR Quota: 1 x IVR Quota will apply to all Kyorugi matches

iii. Method of competition – Kyorugi (Team)

System: Single elimination tournament system or Best of 3 Rounds
(Senior, Junior, Cadet, Young Team of 3: 3 rounds x 3.0 minutes x 1.0 minute rest break
Junior) Team of 5: 1 round x 5.0 minutes, 2 rounds x 3 minutes x 1.0 minutes rest break

iv. Contestant Uniform and Competition Equipment

Poomsae: WT-approved Poomsae dobok or competition uniform
Kyorugi: WT-approved dobok or competition uniform, groin guard, forearm guards, shin guards, gloves, sensing socks (KPNP) and be equipped with a mouthguard.
Trunk PSS and Head PSS (KPNP) will be supplied

6. Entry Fees

Regular Registration

Starts : 02 October 2023, 10:00 AM (SGT)
Closes: 01 December 2023, 10:00 PM (SGT)
Participant fees
First event: SGD 50.00 (Net)
Subsequent event: SGD 50.00 (Net)
Team and coach fees
Team: Waived (up to 5 coach passes)
Each additional coach pass: SGD 50.00 (Net)
(beyond 5 coach passes)
Registration: All entries must be submitted online via email to waeincup@johantaekwondo.com
Late submissions may not be accepted.
Accreditations: Loss of accreditations will incur a reprinting charge of SGD 30.00 (Net).
Division changes: Changes to any division after the official closing date will incur a fee of SGD 50.00 (Net).
However, there will be NO PERMITTED changes after weigh-in.
Any athlete failing to make or comply with weigh-in will be disqualified and NO REFUND will be given.
Payment: Local Local submissions must be paid in cash or Paynow.
International International submissions may be paid through PayPal or any other forms of payment approved by the OC during registration. Please email to waeincup@johantaekwondo.com for other forms of payment methods.
Accommodation: Fees paid will not be refunded under any circumstances
Accommodation charges for room and boarding of athletes and official teams shall be borne by each individual or team.
The OC bears no financial responsibility.
For information on suggested hotels, please refer to the back of

this outline for suggestions.

The OC does not guarantee any advertised feeds or charges by any hotels.

7. Events

i. Poomsae

Individual:

Senior, Junior, Cadet and Young Junior will be contested.

Pair & Team:

Senior, Junior, Cadet and Young Junior will be contested.

a. Individual Poomsae

Division		Young Junior	Cadet	Junior	Senior 30 and below
Age		9 – 11	12 – 14	15 – 17	18 – 30
Individual	Male	Yes	Yes	Yes	Yes
	Female	Yes	Yes	Yes	Yes

b. Mixed Pair Poomsae (1 male & 1 female)

Division		Young Junior	Cadet	Junior	Senior 30 and below
Age		9 – 11	12 – 14	15 – 17	18 – 30
Mixed Pair (1 male & 1 female)		Yes	Yes	Yes	Yes

c. Team of 3 (Same gender)

Division		Young Junior	Cadet	Junior	Senior 30 and below
Age		9 – 11	12 – 14	15 – 17	18 – 30
Male		Yes	Yes	Yes	Yes
Female		Yes	Yes	Yes	Yes

d. Recognised Poomsae

		Category	Compulsory Poomsae
Young Junior, Cadet, Junior & Senior	Individual, Mixed Pair & Team of 3	8 th Geup (Yellow belt)	Taeguek Il (1) Jang
		7 th Geup (Yellow belt with green tip)	Taeguek E (2) Jang
		6 th Geup (Green belt)	Taeguek Sam (3) Jang
		5 th Geup (Green belt with blue tip)	Taeguek Sa (4) Jang
		4 th Geup (Blue belt)	Taeguek O (5) Jang
		3 rd Geup (Blue belt with red tip)	Taeguek Yuk (6) Jang
		2 nd Geup (Red belt)	Taeguek Chil (7) Jang
		1 st Geup (Red belt with black tip)	Taeguek Pal (8) Jang
Young Junior		Poom	Taeguek Sa (4), O (5), Yuk (6), Chil (7), Pal (8) Jang or Koryo
Cadet		Poom	Taeguek Sa (4), O (5), Yuk (6), Chil (7), Pal (8) Jang, Koryo or Keumgang
Junior		Dan	Taeguek Sa (4), O (5), Yuk (6), Chil (7), Pal (8) Jang, Koryo, Keumgang or Taebaek
Senior		Dan	Taeguek Yuk (6), Chil (7), Pal (8) Jang, Koryo, Keumgang, Taebaek, Pyongwon or Sipjin

Poom & Dan contestants:

All contestants shall perform two (2) assigned compulsory Poomsae in the semi-final and final rounds.

All compulsory poomsae will be drawn at the Head of Team Meeting and posted online after the meeting.

Senior Dan contestants:

Compulsory Poomsae may be drawn and posted online before the Head of Team Meeting.

ii. Kyorugi

WT Divisions: Senior and Junior divisions will be contested.
Local Divisions: Cadet and Young Junior will be contested.

a. Senior Divisions

Male division		Female division	
Under 54kg	Not exceeding 54kg	Under 46kg	Not exceeding 46kg
Under 58kg	Over 54kg & not exceeding 58kg	Under 49kg	Over 46kg & not exceeding 49kg
Under 63kg	Over 58kg & not exceeding 63kg	Under 53kg	Over 49kg & not exceeding 53kg
Under 68kg	Over 63kg & not exceeding 68kg	Under 57kg	Over 53kg & not exceeding 57kg
Under 74kg	Over 68kg & not exceeding 74kg	Under 62kg	Over 57kg & not exceeding 62kg
Under 80kg	Over 74kg & not exceeding 80kg	Under 67kg	Over 62kg & not exceeding 67kg
Under 87kg	Over 80kg & not exceeding 87kg	Under 73kg	Over 67kg & not exceeding 73kg
Over 87kg	Over 87kg	Over 73kg	Over 73kg

b. Junior Divisions

Male division		Female division	
Under 45kg	Not exceeding 54kg	Under 42kg	Not exceeding 42kg
Under 48kg	Over 45kg & not exceeding 48kg	Under 44kg	Over 42kg & not exceeding 44kg
Under 51kg	Over 48kg & not exceeding 51kg	Under 46kg	Over 44kg & not exceeding 46kg
Under 55kg	Over 51kg & not exceeding 55kg	Under 49kg	Over 46kg & not exceeding 49kg
Under 59kg	Over 55kg & not exceeding 59kg	Under 52kg	Over 49kg & not exceeding 52kg
Under 63kg	Over 59kg & not exceeding 63kg	Under 55kg	Over 52kg & not exceeding 55kg
Under 68kg	Over 63kg & not exceeding 68kg	Under 59kg	Over 55kg & not exceeding 59kg
Under 73kg	Over 68kg & not exceeding 73kg	Under 63kg	Over 59kg & not exceeding 63kg
Under 78kg	Over 73kg & not exceeding 78kg	Under 68kg	Over 63kg & not exceeding 68kg
Over 78kg	Over 78kg	Over 68kg	Over 68kg

c. Cadet Divisions

Male's division		Female's division	
Under 33kg	Not exceeding 33kg	Under 29kg	Not exceeding 29kg
Under 37kg	Over 33kg & not exceeding 37kg	Under 33kg	Over 29kg & not exceeding 33kg
Under 41kg	Over 37kg & not exceeding 41kg	Under 37kg	Over 33kg & not exceeding 37kg
Under 45kg	Over 41kg & not exceeding 45kg	Under 41kg	Over 37kg & not exceeding 41kg
Under 49kg	Over 45kg & not exceeding 49kg	Under 44kg	Over 41kg & not exceeding 44kg
Under 53kg	Over 49kg & not exceeding 53kg	Under 47kg	Over 44kg & not exceeding 47kg
Under 57kg	Over 53kg & not exceeding 57kg	Under 51kg	Over 47kg & not exceeding 51kg
Under 61kg	Over 57kg & not exceeding 61kg	Under 55kg	Over 51kg & not exceeding 55kg
Under 65kg	Over 61kg & not exceeding 65kg	Under 59kg	Over 55kg & not exceeding 59kg
Over 65kg	Over 65kg	Over 59kg	Over 59kg

d. Young Junior Division

Male and Female division	
Under 24kg	Not exceeding 24kg
Under 27kg	Over 24kg & not exceeding 27kg
Under 30kg	Over 27kg & not exceeding 30kg
Under 33kg	Over 30kg & not exceeding 33kg
Under 36kg	Over 33kg & not exceeding 36kg
Under 39kg	Over 36kg & not exceeding 39kg

Under 42kg	Over 39kg & not exceeding 42kg
Under 45kg	Over 42kg & not exceeding 45kg
Under 48kg	Over 45kg & not exceeding 48kg
Under 51kg	Over 48kg & not exceeding 51kg
Under 54kg	Over 51kg & not exceeding 54kg
Under 57kg	Over 54kg & not exceeding 57kg
Under 60kg	Over 57kg & not exceeding 60kg
Under 63kg	Over 60kg & not exceeding 63kg
Over 63kg	Over 63kg

e. Team Event – 3 competitors

Male Division		Female Division	
Category	Weight Allowance	Category	Weight Allowance
Young Junior	138kg	Young Junior	129kg
Cadet	150kg	Cadet	135kg
Junior	180kg	Junior	156kg
Senior	208kg	Senior	175kg

f. Team Event – 5 competitors

Male Division		Female Division	
Category	Weight Allowance	Category	Weight Allowance
Young Junior	180kg	Young Junior	180kg
Cadet	255kg	Cadet	224kg
Junior	310kg	Junior	260kg
Senior	322kg	Senior	272kg

g. Team Event Rules

1st Round

Traditional Team
Match Format:

In the 1st round, each competitor from a team will fight for one (1) round x one (1) minute against a competitor from another team in the order from lightest to heaviest. Points scored and gam-jeom by each competitor will be added up. When a contestant receives five (5) gam-jeom in a round, the opponent will be declared the winner of that round.

2nd and 3rd Round

Tag-Team Match
Format:

The 2nd and 3rd rounds shall be conducted based on a tag-team match format for 3 minutes. In the event that the system is not able to support tag-team match format, either manual scoring or traditional team match format will be used. There is no limit to the number of replacements for both rounds. A competitor can be replaced at any time after he/she has completed a minimum of five (5) attacks. The number of attacks is independent of the opponent's number of attack or substitution. The number of attacks will be monitored by a special referee assistant for each team.

Declaration of Winner

A team can be declared the winner in the following ways:

- [Win By Final Score - PTF] The team that scores more points in accumulation of the three rounds shall be declared the winner.
- [Win By Point Ceiling - PTC] The team that scores 80 points first shall be declared the winner at any time during the competition.
- [Win By Punitive Declaration - PUN] The team that reach 30 game-jeom in total shall be declared the loser at any time during the competition.
- [Win By Point Gap - PTG] When there is a score gap of 40 points, the match shall be automatically concluded at any time during the competition
- [Win by Referee Stop Contest -RSC] If a team has less than 50% of remaining active competitors due to injury/knock-out (KO), the match shall be concluded at any time during the competition.
- [Win by Disqualification - DSQ] All competitors in the team must compete in all rounds or the team will be declared the loser.

Other rules and considerations

Other rules and considerations:

- For all rounds, only PSS scoring shall be applied. In the absence of the electronic head gear, the judges' decision is final and no video replay will be allowed for head kicks/contacts to the head. No video replay is allowed for the team sparring event.
- No slotting/changing of competitors is allowed after the registration closing date.
- The OC reserves the right to modify the team sparring rules due to clarifications and consensus during the Briefing and Drawing of Lots.
- Team managers and coaches should reach a consensus during the Head of Teams briefing.
- The OC reserves the right to stop any team from registering or competing due to safety concerns with regards to the composition of the team.

h. Weigh-in

General weigh-in:

- The general weigh-in of the contestants on the day of competition shall be organised one (1) day prior to the competition.
- The time for the general weigh-in will be decided by the OC and be informed at the head of team meeting.
- During the weigh-in, contestants must weigh-in in T-shirt and shorts. There is strictly NO NUDE WEIGH-IN allowed.
- So as not to be disqualified during the weigh-in, scales identical to the official one shall be provided at the competition venue for pre-weigh-in.

Random weigh-in:

- The random weigh-in will take place at the venue in the morning of the competition.
- All contestants who pass the general weigh-in must be present for random weigh-in maximum two (2) hour before the start of the competition.
- Should a contestant fail to appear for the random weigh-in, he/she will be disqualified.



The random weigh-in must be completed maximum thirty (30) minutes before the start of the competition each day. The random weigh-in shall be conducted with plus 5% tolerance of the contestant's weight category. Underweight shall not be subjected to random weigh-in.

8. Transport

Overseas participants:

Round trip airfare of each participant and/or official shall be borne by each individual. Due to the large number of overseas participants expected, the OC WILL NOT BE providing any ground transport to/from the airport or to/from the competition venue.

9. National Referees

Appointment of National Referees (NR):

All participating affiliates are encouraged to provide at least one (1) qualified national referee for each event. The OC will provide a daily per diem to each selected NR. Any NR wishing to indicate their interest, please contact Administration Manager, Ms. Sweden Munoz, waeincup@johantaekwondo.com.

10. International Referees

Appointment of International Referees (IR):

All appointed IRs will be contacted via the OC, on or before 01 December 2023. The OC will provide a daily per diem, accommodation and transport to each selected IR. Check-In/Check-Out dates will be forwarded to each IR upon acceptance of appointment. Any questions regarding IR transport, accommodations or other matters, and IR wishing to be considered for selection, please contact Administration Manager, Ms. Sweden Munoz, waeincup@johantaekwondo.com.

11. Spectator Admission Pricing

Spectator Admission:

Free. Admission fees have been waived for all during this competition.

12. Visa Requirements

Visa Requirements:

If you hold a travel document issued by one of the countries or places listed on Immigration & Checkpoints Authority of Singapore (ICA) website, you will require a valid Singapore entry visa to travel to, and seek entry, into Singapore. Possession of a valid visa does not guarantee entry into Singapore. Please note that SG Arrival Card is not a visa. Please visit ICA website for the latest information. <https://www.ica.gov.sg/>

13. Miscellaneous

Broadcast & Media:

Due to sponsorship and media restrictions, filming and broadcasting within the competition and warm up areas is strictly prohibited.

Social media for commercial use is strictly prohibited without a press pass.

Content collected by participants and their families is permitted for personal use only.

Spectators are not permitted in the competition and warm up areas and must remain within the designated spectator areas.

All media publications will need to be vetted by the OC before publication.

Press Pass:

Media Accreditation (Press Pass) is for representatives of official media outlets and MNAs, including journalists and photographers.

Any MNA wishing to obtain a Press Pass must apply.

Media outlets must apply for a Press Pass if they wish to cover the event.

Please send your request to Administration Manager, Ms.

Sweden Munoz, waeincup@johantaekwondo.com.

Commercial business:

The conduct of commercial business is strictly prohibited within the arena without approval of the OC.

The OC reserves the right to remove any violators from the venue.

Promotional:

All participants inside the venue agree to be filmed and/or photographed at any time; all such footage can/will be used for promotional purposes on all of our social media channels.

The reuse of this footage without the event logos is strictly prohibited.

14. Competition Schedule

This schedule is subject to change without any notice.

For schedule changes, please click here to view our [Waein Cup Open Championship Singapore](#)

Facebook page.

PLEASE NOTE ALL TIMES ARE BASED ON SINGAPORE TIME ZONE (GMT +8)

TIME	EVENT	AREA
Wednesday, 10 January 2024		
	Overseas Athletes & Teams Arrive	
	Teams Training – by appointment only	
Thursday, 11 January 2024		
	Teams Training – by appointment only	
07:00PM – 09:00PM	Drawing of Lots - Poomsae (Seniors)	Online (Facebook)
Friday, 12 January 2024		
03:00PM – 05:00PM	Teams Training – by appointment only	Competition Venue
06:00PM – 07:00PM	Head of Teams Meeting – All events	Competition Venue
07:00PM – 09:00PM	Poomsae Competition (Seniors)	Competition Venue
09:30PM	Award ceremony (Poomsae)	Competition Venue
Saturday, 13 January 2024		
09:00AM	Poomsae Competition	Competition Venue
02:00PM – 04:00PM	Overseas Athletes Weigh-in (Kyorugi)	Competition Venue
04:00PM – 06:00PM	Local Athletes Weigh-in (Kyorugi)	Competition Venue
09:30PM	Award ceremony (Poomsae)	Competition Venue
10:00PM	End of Poomsae Competition	Competition Venue
Sunday, 14 January 2024		
08:30AM	Random Weigh-in	Competition Venue
09:00AM	Kyrougi Competition	Competition Venue
09:30PM	Award ceremony	Competition Venue
10:00PM	End of Kyrougi Competition	Competition Venue



15. Accommodation Recommendations

- i. Hotel for Overseas Officials & Referees

To be advised

- ii. Hotel for Overseas Athletes & Teams

To be advised

16. Things to see & do



Singapore is a vibrant city-state in Southeast Asia and is known for its multiculturalism, efficient infrastructure, and stunning cityscape. With diverse cultures, delicious cuisine, and iconic landmarks like Gardens by the Bay and Marina Bay Sands, Singapore offers a memorable experience for every visitor. Don't miss the chance to explore its bustling neighbourhood, indulge in local street food at hawker centres, and immerse yourself in the city's unique blend of traditions and modernity.



[Universal Studios Singapore](#)



[S.E.A. Aquarium](#)



[Adventure Cove](#)



[Singapore Zoo](#)



[Night Safari](#)



[River Wonders](#)



[Singapore Flyer](#)



[Gardens by the Bay](#)



[Marina Bay Sands](#)

17. Connect with us

Waein Cup Open Championship Singapore

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Instagram:



@WAEIN_CUP

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