



SCOTTISH INTERNATIONAL OPEN KARATE CHAMPIONSHIPS



Edinburgh, Scotland

17th - 18th April 2010

SENIOR, JUNIOR, CADET, CHILDREN

Open to WKF Members Only

BULLETIN 3

Revised 24th Feb 2010



**Meadowbank Sports Centre
139 London Road, Edinburgh, EH7 6AE**





Saturday 17th April 2010

Kata (14 years and above)

KATA 14 YEARS AND ABOVE - SATURDAY 17 th APRIL 2010			
Registration 8.30am – Start time 9 am – Team Kata will be the first event			
Category	Code	Category	Code
Girls Kata 14–15 yrs	KA1	Male Cadet Kata 16-17yrs	KA4
Boys Kata 14-15yrs	KA2	Female Kata 18yrs and over	KA5
Female Cadet Kata 16-17yrs	KA3	Male Kata 18yrs and over	KA6

KATA TEAM 14 YEARS AND ABOVE - SATURDAY 17 th APRIL 2010			
Registration 8.30am – Start time 9 am – Team Kata will be the first event			
Category	Code	Category	Code
Female Team Kata 14yrs and over	KA7	Male Team Kata 14yrs and over	KA8

KATA VETERAN 30 YEARS AND ABOVE - SATURDAY 17 th APRIL 2010			
Registration 8.30am – Start time 9 am – Team Kata will be the first event			
Category	Code	Category	Code
Female Veteran Kata 30 years +	KA9	Male Veteran Kata 35 years +	KA10



Saturday 17th April 2010

Kumite (14 years and above)

KUMITE BOYS AND GIRLS 14 AND 15 YEARS – SATURDAY 17TH APRIL 2010			
Registration and Weigh in 9.30 am – Start time 11 am			
Category	Code	Category	Code
Girls Kumite 14-15yrs (-47kgs)	KU19	Boys Kumite 14-15yrs (-57kgs)	KU25
Girls Kumite 14-15yrs (-54kgs)	KU20	Boys Kumite 14-15yrs (-63kgs)	KU26
Girls Kumite 14-15yrs (+54kgs)	KU21	Boys Kumite 14-15yrs (-70kgs)	KU27
Girls Kumite 14-15yrs - Open	KU22	Boys Kumite 14-15yrs (+70kgs)	KU28
Girls Team Kumite 14 -15yrs	KU23	Boys Kumite 14 -15yrs - Open	KU29
Boys Kumite 14-15yrs (-52kgs)	KU24	Boys Team Kumite 14 -15yrs	KU30

KUMITE MALE AND FEMALE 16-17 YEARS – SATURDAY 17TH APRIL 2010			
Registration and Weigh in 11 am – Start time 12 noon			
Category	Code	Category	Code
Kumite Male 16-17yrs (-55kgs)	KU31	Kumite Female 16-17yrs (-48kgs)	KU38
Kumite Male 16-17yrs (-61kgs)	KU32	Kumite Female 16-17yrs (-53kgs)	KU39
Kumite Male 16-17yrs (-68kgs)	KU33	Kumite Female 16-17yrs (-59kgs)	KU40
Kumite Male 16-17yrs (-76kgs)	KU34	Kumite Female 16-17 yrs (+59kgs)	KU41
Kumite Male 16-17yrs (+76kgs)	KU35	Female Kumite 16 -17yrs - Open	KU42
Kumite Male 16-17yrs - Open	KU36	Female Kumite Team 16-17yrs (3 persons)	KU43
Male Team Kumite 16-17yrs (3 persons)	KU37		



Saturday 17th April 2010 – Kumite – Contd.

KUMITE SENIORS – SATURDAY 17TH APRIL 2010			
Registration and Weigh in 12 noon – Start time 1 pm			
Category	Code	Category	Code
Kumite Senior Female 18yrs and over (-50kgs)	KU44	Kumite Senior Male 18yrs and over (-60kgs)	KU52
Kumite Senior Female 18yrs and over (-55kgs)	KU45	Kumite Senior Male 18yrs and over (-67kgs)	KU53
Kumite Senior Female 18yrs and over (-61kgs)	KU46	Kumite Senior Male 18yrs and over (-75kgs)	KU54
Kumite Senior Female 18yrs and over (-68kgs)	KU47	Kumite Senior Male 18yrs and over (-84kgs)	KU55
Kumite Senior Female 18yrs and over (+68kgs)	KU48	Kumite Senior Male 18yrs and over (+84kgs)	KU56
Kumite Female Veterans - Open +35 Years	KU49	Kumite Male Veterans - Open +35 Years	KU57
Kumite Senior Female - Open	KU50	Kumite Senior Male - Open	KU58

KUMITE TEAM SENIORS – SATURDAY 17TH APRIL 2010			
Registration and Weigh in 12 noon – Start time 1 pm			
Category	Code	Category	Code
Female Senior Team Kumite (3 persons)	KU51	Male Senior Kumite Team (5 persons)	KU59



Sunday 18th April 2010

Kata (7 - 13 years)

KATA 7 – 13 YEARS INCLUSIVE – SUNDAY 18 TH APRIL 2010			
Registration 8.30 am – Start time 9 am – Team Kata will be the first event			
Category	Code	Category	Code
Girls Kata 7 – 9 years	KA11	Boys Kata 7 – 9 years	KA15
Girls Kata 10 -11 years	KA12	Boys Kata 10 – 11 years	KA16
Girls Kata 12 – 13 years	KA13	Boys Kata 12 – 13 years	KA17

KATA TEAM UNDER 14 YEARS – SUNDAY 18 TH APRIL 2010			
Registration 8.30 am – Start time 9 am – Team Kata will be the first event			
Category	Code	Category	Code
Girls Team Kata under 14 years	KA14	Boys Team Kata under 14 years	KA18


Sunday 18th April 2010
Kumite (7 - 13 years)

Registration and weigh in will be staggered for categories (see info above)

Children competing in Kata and Kumite can weigh in from 9 am

KUMITE 7 – 11 YEARS INCLUSIVE – SUNDAY 18TH APRIL 2010

Registration and Weigh in 9.30 am – Start time 10.30 am

Category	Code	Category	Code
Girls Kumite 7-9 years (-25 kgs)	KU60	Boys Kumite 7-9 years (-35 kgs)	KU69
Girls Kumite 7-9 years (+25 kgs)	KU61	Boys Kumite 7-9 years (+35 kgs)	KU70
Girls Kumite 10-11 years (-35 kgs)	KU62	Boys Kumite 10-11 years (-45 kgs)	KU71
Girls Kumite 10-11 years (+35 kgs)	KU63	Boys Kumite 10-11 years (+45 kgs)	KU72

KUMITE 12 – 13 YEARS INCLUSIVE – SUNDAY 18TH APRIL 2010

Registration and Weigh in 10.30 am – Start time 12.00 pm

Category	Code	Category	Code
Girls Kumite 12-13 years (-45 kgs)	KU64	Boys Kumite 12-13 years (-50 kgs)	KU73
Girls Kumite 12-13 years (+45 kgs)	KU65	Boys Kumite 12-13 years (+50 kgs)	KU74

KUMITE OPEN 10 – 13 YEARS INCLUSIVE – SUNDAY 18TH APRIL 2010

Registration and Weigh in 10.30 am – Start time 12.00 pm

Category	Code	Category	Code
Girls Kumite 10-13yrs - Open	KU66	Boys Kumite 10-13yrs - Open	KU75

KUMITE TEAMS 7 – 13 YEARS INCLUSIVE – SUNDAY 18TH APRIL 2010

Registration and Weigh in 10.30 am – Start time 12.00 pm

Category	Code	Category	Code
Girls Team Kumite 7 – 9yrs	KU67	Boys Team Kumites 7- 9yrs	KU76
Girls Team Kumite 10 -13yrs	KU68	Boys Team Kumite 10 -13yrs	KU77

Important Notes

This event is only open to Associations who are members of their respective governing body and who are recognised by the WKF, the Associations enter under the rules of the Scottish Karate Governing Body.

All entry payments should be made by cheque and payable to '**Scottish Karate Governing Body**' and should be sent to tournament organiser:

Hamish Adam
10 Waterloo Bank
Penicuik
Midlothian
EH26 8NS
Scotland

Tel No +44 (0)1968 674781.

This event is being organised by the Scottish Karate Governing Body Ltd.

Associations are reminded of their responsibility and the importance of insurance cover for all athletes and that coaches signing entry forms have confirmed and seen all registrations including insurance cover for all their competitors.

Important Note For Coaches

There will be a licence registration check on the day. It is the responsibility of all associations to ensure that athletes they enter all have INSURANCE cover and registration through their association. Any competitor not holding a current licence will not be allowed to compete.

All competitors can only compete in their own categories they cannot move up to compete in another category.

Coaches Dress Code

Coaches must be in Association tracksuits or colours etc. and must wear their coaching ID badge (Governing Body Badges are permitted) . Only coaches ADHEREING TO DRESS CODE and in possession of a coaches pass will be allowed on the competition area, these will be supplied at the event.

Coaches passes will be provided according to the number of entries from the association up to a maximum of six. All coaches must provide his/her details to the Chief Referee. Only 1 coach is permitted at the Tatami at any one time. Coach's badges are not an entry pass to the venue they are for use on the area only.

Coaches please ensure your competitors leave the area when their category finishes, this is a strict rule.

Please advise your competitors accordingly regarding insurance cover



Event schedule

Saturday 17th April 2010

All Kata and Kumite for 14 years and above will be held under WKF rules but there will be no repechage in operation at this event due to time constraints. Body and face protection will not be compulsory at this event but can be worn by choice of the individual competitor.

Kata will start from 9am with team Kata being the first event. Kumite events will have staggered start times, starting from 11.00 am with registration and weigh in being one hour before. All staggered times are estimated as this will depend on the number of entries in each category.

Sunday 18th April 2010

All Kata events for 7 – 13 years inclusive will also take place on Sunday 18th April, these events will start at 9am with the team Kata being the first event, registration from 8.30 am. For 13 years and under, competitors may choose which ever Kata they wish to perform and this can be repeated in all subsequent rounds.

All Kumite events for 7-13 years inclusive will also take place on Sunday 18th April, these events will have staggered start times with weigh in and registration one hour before. All staggered times are estimated as this will depend on the number of entries in each category.

Minimum age is 7yrs and above for all Kata and Kumite.

From Chief Referee

Could all Associations and coaches be advised that the WKF rules will be strictly applied in all categories for the Saturday events for 14 years and above. As stated above there will be no repechage at this event due to time constraints and body and face protection is not compulsory but by the competitors own choice.

With reference to Team Kata for 14 years and above, the two finalists must perform BUNKAI as laid down in the WKF rules.



Transport Information

Edinburgh is very well connected by Road, Rail and Air. Within the Central belt of Scotland there are 3 main airports.

Airports

Edinburgh Airport - 9 miles from Edinburgh City Centre
Glasgow International Airport - 55 miles from Edinburgh City Centre
Glasgow Prestwick Airport - 78 miles from Edinburgh City Centre

Main Line Railway Stations

Waverley Street Station

Airlines Glasgow International Airport (GLA)

Aer Lingus	Air Southwest	BMI	BMIbaby
British Airways	Canadian Affair	Continental	Easyjet
Emirates	Flybe	Icelandair	KLM
Onur	Air Pakistan (PIA)	Spainair	Thomson
Thomas Cook	US Airways		

Airlines Edinburgh Airport (EDI)

Aer Arann	Aer Lingus	Air France	Austrian
BMI	BMIbaby	British Airway	Continental
easyJet	Flybe	Germanwings	Jet2
KLM	Lufthansa	Norwegian	Ryanair
SAS	Thomas Cook	Thomson	

Airlines Glasgow Prestwick Airport (PIK)

Aer Annan	Flybe	Ryanair	Wiz Air
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Airline Websites

Aer Lingus www.aerlingus.com	Aer Annan www.aerarann.com
Air France www.airfrance.com	Air Southwest www.airsouthwest.com
Austrian www.aua.com	BMI www.flybmi.com
BMIbaby www.bmibaby.com	British Airways www.ba.com
Continental www.continental.com	Easyjet www.easyjet.com
Emirates www.emirates.com	Flybe www.flybe.com
Germanwings www.germanwings.com	Icelandair www.icelandair.com
Jet2 www.jet2.com	KLM www.klm.com
Norwegian www.norwegian.com	Onur Air www.onurair.com.tr
Pakistan (PIA) www.piac.com.pk	Ryanair www.ryanair.com
SAS www.flysas.com	Spainair www.spainair.com
Thomas Cook www.thomascook.com	Thomson www.thomson.co.uk
US Airways www.usairways.com	Wiz Air www.wizzair.com
Canadian Affair www.canadianaffair.com	

Edinburgh Airport Public Transport Links

There is a dedicated bus service from Edinburgh Airport to the City Centre.

“Edinburgh Airlink 100” is an express bus service runs from the airport to Waverley Bridge beside Waverley Street main railway station. The bus runs every 10 minutes to 15minutes. Journey time is 25 minutes.

Fares:	Single	Return
Adult	£3.50	£6.00
Child	£2.00	£3.00

Note: Child prices for 5 – 15year olds (inclusive).

Buy tickets at the airport information desk, at the bus stop or from the driver

For further information please visit www.flybybus.com

Glasgow International Airport Public Transport Links To Edinburgh City Centre

General Information

There is no direct rail service from Glasgow International Airport and Edinburgh City Centre. The best transport option is to take the Airport Bus service 500 into the City then a train from Queen Street to Edinburgh. Please see information below on the 500 service and also section “Trains from Glasgow to Edinburgh”

Airport Express Bus Service 500

Services to Glasgow city centre Service 500 (www.glasgowflyer.com) The Arriva Glasgow Flyer provides a high-frequency bus service to and from Glasgow City Centre and Buchanan bus station (stand 46). This service leaves from Bus Stop 1.

Services run up to every 10 minutes and journey time is 15 minutes to the City Centre. The bus service stops at Queen Street railway station.

Single fare: £4.20 **Adult Return:** £6.20 **Adult Open Return:** £6.50

Trains from Glasgow to Edinburgh

Train from Glasgow Queen Street Station to Edinburgh Waverley depart every 15 minutes with a journey time of 50 minutes.

Fare: Return Adult £22.00 Return Child £11.50 (These are based on standard ticket prices)

For the best fare options and group discounts visit www.scotrail.co.uk/content/group-tickets.html

Glasgow Prestwick Airport Public Transport Links

General Information

There is no direct rail or bus links from Glasgow Prestwick Airport to Edinburgh City Centre during the day and early evening. The main method would be train from Prestwick Airport dedicated railway station to Glasgow Central Station then change over to Glasgow Queen Street station (short 10minute walk).

Outside of normal hours there is a dedicated late evening and early morning bus service to Edinburgh. See below.

Trains

Glasgow Prestwick is served by its own railway station which is accessible by a covered walkway to/from the airport.

From Airport 0548 – 2308 Monday – Saturday 0850 – 2307 Sunday

From Glasgow 0600 – 0015 Monday – Friday 0600 - 2330 Saturday 0900 -2300 Sunday

1/2 Price Rail Travel

All passengers travelling to and from the airport will receive 50% discount on the standard fare. Passengers joining the train at Prestwick Airport are required to show their official flight confirmation and photo id to the train conductor when buying their ticket, as there is no ticketing office at Glasgow Prestwick Airport.

For the best fare options and group discounts visit www.scotrail.co.uk/content/group-tickets.html

Morning Bus Service to Glasgow Prestwick Airport

The X99/X100 airport express bus service offers passengers, who require to check-in prior to 07:30 on weekdays and 10:00 on Sundays, a fast, comfortable and reliable service between Edinburgh and the airport.

The morning bus leaves Edinburgh Waverly Bridge at 03:15 arriving into the airport at 05:15am.

Evening Bus Service to Glasgow Prestwick Airport

The X99/X100 airport express bus service offers passengers, who arrive on late evening flights out with public transport times, a direct service between the airport and Edinburgh.

Passengers are strongly recommended to pre-book tickets, although they can be purchased from the driver on the day of travel subject to availability.

X99 (GLASGOW) fares:

£8 single (pre-book online)

£9 single (standard fare)

X100 (EDINBURGH) fares:

£14 single (pre-book online)

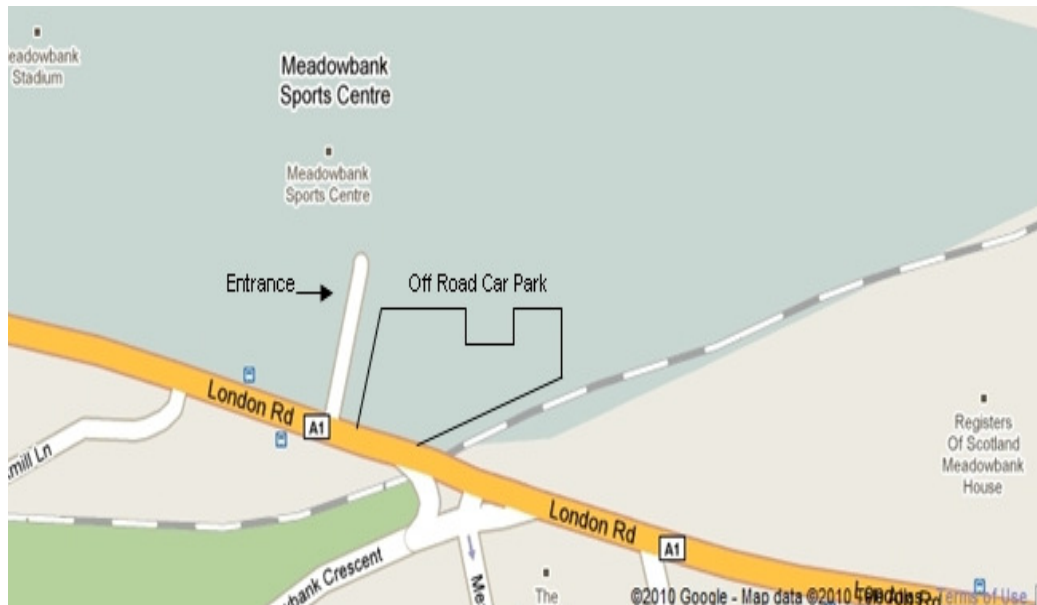
£17 single (standard fare)

DEPARTS	TIME	ARRIVES	TIME
Glasgow Prestwick Airport - Side of Terminal	23:59	Glasgow Buchanan Bus Station Stance 1	01:00
Glasgow Buchanan Bus Station - Stance 6	01:05	Edinburgh Waverley Bridge	01:50
Edinburgh Waverley Bridge	03:15	Glasgow Buchanan Bus Station	04:15
Glasgow Buchanan Bus Station - Stance 1	04:30	Glasgow Prestwick Airport	05:



Car Parking at the Venue

Below you will find a map that shows the locations of the main car parking area at Meadowbank. There is no charge for parking at the venue. The car park has dedicated disabled parking spaces as well as young family spaces.



Accommodation

Edinburgh has a very large range of hotel accommodation from group specialist thru to 5 star hotels. As well as hotels the Edinburgh University have offered their accommodation at low rates for the weekend of the event.

Suggested Hotel Booking Site “Visit Scotland”

“Visit Scotland” offer some of the best discounted rates to visitors to the City. Prices for hotels start at £40 per night including a full Scottish breakfast. All the main hotels can be booked from this website. To check on availability and make a booking visit www.visitscotland.com The website also has a large selection of Tourist Information about Edinburgh and other parts of Scotland.

Notes about www.visitscotland.com website.

1. To get the best deals on accommodation after you have completed your initial search, you should then use the “Sort by...” box and select “price by ascending”.
2. The vast majority of prices will have a “ * “ beside them, this indicates the “Total” price for the stay.

Edinburgh University Accommodation

The University of Edinburgh Accommodation Services have a number of vacancies over the competition weekend. This accommodation offers some of the best value for money but it is limited in numbers. For further information please visit www.edinburghfirst.com for further information.

Visitor Requirements to Enter the UK

The UK Border Agency is responsible for securing the United Kingdom's borders and controlling migration. They consider applications for permission to enter or stay in the United Kingdom (UK) through their visa services around the world.

To check if you require a visa please visit the UK Border Agency Visa website which gives you information and guidance about which nationalities need UK visas to enter the country. www.ukvisas.gov.uk

General Information

Time Zone GMT+1 (British Summer Time)

Voltage: 220Volt/50Hz

Weights and sizes: Metric System

Weather July: Aver 70deg F/21deg C Shops:

Supermarkets: Most open 7 days a week.

Mobile Phone: Vodafone, Orange, O2, T-Mobile,3G

Currency: British Pound £

Vaccination Required : No

Credit Cards: All major cards

Most open 7 days a week

Banks: Mon-Fri 9am - 5pm

Emergency Medical Treatment

The main accident and emergency hospital in Edinburgh is the Royal Infirmary Edinburgh. This is located 5miles from the main venue.

Royal Infirmary of Edinburgh. 24hrs Accident and Emergency Service. Tel: 0131 536 1000

Emergency Phone Number

If you require the Police, Fire Service or Ambulance in an emergency then you must call "999". This will put you through to an operator who will ask you which service you require. They will then transfer your call to the relevant service i.e police, fire, ambulance.

Drinks and Food at Venue

There will be a café that will operate throughout the day. There are also a number of vending machines onsite and nearby shops.

Disabled Access and Parking

The venue has disabled parking bays at the side of the building (see parking map) and also full disabled access

City Tourist Information

For a very good overview of Edinburgh please visit www.edinburgh-inspiringcapital.com. The website has various information about Edinburgh or www.visitscotland.com



Remittance Advice

Name of Association	Country
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Coaches Name	Contact Telephone Number	Email Address

Category	Category Code	Teams	Cost Each	Total Cost
Male Team Kumite 5 persons	KU59		£30.00	
Female Team Kumite 3 persons	KU51		£30.00	
Female Team Kumite 16-17 yrs 3 persons	KU43		£30.00	
16-17 yrs Male Team Kumite 3 persons	KU37		£30.00	
Boys 14-15 yrs Team Kumite 3 persons	KU30		£30.00	
Girls 14-15 years Team Kumite 3 person	KU23		£30.00	
Boys Team 10-13 yrs Kumite 3 persons	KU77		£15.00	
Girls Team 10-13 yrs Kumite 3 person	KU68		£15.00	
Boys Team 7-9 yrs Kumite 3 persons	KU76		£15.00	
Girls Team 7-9 yrs Kumite 3 person	KU67		£15.00	
Male Kata Teams	KA8		£15.00	
Female Kata Teams	KA7		£15.00	
Boys Kata Teams	KA18		£15.00	
Girls Kata Teams	KA14		£15.00	
	Total Kata	Total Kumite		
Individual's			£15.00	

Total amount of Cheque

£

Cheques Payable to "*Scottish Karate Governing Body Ltd*"

All entries and cheques to be sent to: Hamish Adam
Tournament Organiser
10 Waterloo Bank
Penicuik, Midlothian
EH26 8NS.

Information for Coaches

**Please return this form with your entries prior to the competition date
Consent form**

To comply with the 'Children's Act', competitors under 18 years old must complete this parental consent form, failure to do so will result in the competitor's entry being refused. This form must be sent with the official entry form prior to the deadline date.

Federation Name	
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Coach Name	
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ALL COMPETITORS

	NAME	AGE	PARENT/GUARDIAN SIGNATURE
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Return with entries to:

Hamish Adam
Tournament Organiser
10 Waterloo Bank
Penicuik, Midlothian
EH26 8NS

Coaches Passes

Please complete and return this form with your entry forms

This information will be passed on to the Senior Referee and organisers

Name of Association	
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Please print the name of the coaches on Duty at the competition if different from the entry sheet

Name of Person	NGB Licence Number	Expiry Date
1		
2		
3		
4		
5		
6		



About

The Scottish Karate Governing Body is a private company limited by guarantee.

Company number SC270068

Registered address McClure Naismith Solicitors 292 St Vincent Street, Glasgow G2 5TQ

All correspondence to: S.K.G.B. Office,
2 Strathdee Road
Netherlee
Glasgow East Renfrewshire
G44 3TJ

Tel No 0141-633 1116

e-mail: info@skgb.com

www.skgb.com

Please note all issues relating to this contest should be directed to contest organiser

Hamish Adam

Email: hamish.adam@sky.com

Tel: +44 (0) 1968 674781