MEADOWBANK KARATE GROUP JUNIOR/CADET CHAMPIONSHIPS Held in - Linlithgow Academy – Braehead Road – Linlithgow – EH 49 6EH PLEASE NOTE THE INTRODUCTION OF THE JUNIOR EVENT 16/17 YEARS

This competition will be held on 22^{nd} September 2019 in the Linlithgow Academy. The competition is open to all Karate students as per categories detailed on entry form, regardless of grade. There will be Trophies awarded for 1^{st} , 2^{nd} and 3rd equal. Medals will be awarded to all competitors.

The children's categories are open to 13 year old and under. The cadet categories are open to competitors aged 14 and 15 years. Junior categories open to 16 and 17 years.

Repecharge will be used for the cadet categories if time allows. Competitors can only compete in one weight category. The organisers reserve the right to condense categories if necessary.

All groups out with the Scottish Karate Federation, please note that the Junior section is meant for children who have not yet been Kyu Graded or are very low grades within their own association and have very little or no experience of competition. The idea of this section is to allow and encourage young children, who could not normally compete at a higher level, to participate in competition to gain experience and build confidence.

Please note that the competition organiser can and will withdraw any junior participant that they feel are too advanced for this category and will transfer them to an appropriate category.

NOTE: 1. Would all competitors please check in 30 minutes before start time.

2. Hand pads and gum shields are compulsory.

Please complete and return the accompanying entry form, with appropriate fee to your Club Instructor. Your child will then be measured and you will be informed which category he/she has been entered in.

Entry Fees:

Competitors £12.00 per individual category.

Spectators fees: Adults £5.00 Children £3.00 (Under 13 years of age)

The referees and officials who organise and run these events give their services free of charge. Please help us to make this a memorable occasion for the children and thank you for your contribution.

All entry forms to be returned to your Club Instructor before

Thursday 19th September. Please note that no photography is permitted.

Tournament Organisers: Hamish T Adam & Steven Adam Tel: 01968 674781 E.mail: hamish.adam@sky.com www.meadowbankkarate.co.uk