

***2010 Provincial WTF Taekwondo Championship
Melfort, SK - March 27, 2010***

~ INFORMATION & ITINERARY ~

Date: Saturday, March 27, 2010

Venue: Kerry Vickar Centre
206 Bemister Avenue East, Melfort, SK

Admission: \$5 per person / Children 5 and under free

Accommodation: Travelodge Hotel – 101 Spruce Haven Road
(306) 752-5961
A block of rooms will be held until March 5th. When booking room please be sure to indicate it is for the Provincial Tae Kwon do Tournament. Group Code: KTKD

Carra Valla Inn – 708 Saskatchewan Avenue E.
(306) 752-2828

Melfort Inn – 516 Saskatchewan Avenue E.
(306) 752-2836

Entry Fees: \$60 for one or both events.
A late fee of \$10 will apply to application received after Friday, March 19. Any competitor with fees outstanding on the day of competition will not be allowed to participate. Make cheques payable to *2010 Provincial Tae Kwon Do Championship*. No refunds will be offered for any reason.

Registration: Competitor check in will be held at the Kerry Vickar Centre on Friday, March 26 from 7:00 p.m. – 10:00 p.m.

Weigh-Ins: Kerry Vickar Centre Gymnasium
206 Bemister Avenue East
Black Belts: Friday: 7:00 p.m. – 10:00 p.m.
Coloured Belts: n/a

- Rules:** Current WTF Competition Rules will be in effect. Head contact applies to Black Belts, 14 years and older only. Executive division has no head contact.
- Equipment:** All protective equipment (chest protector, arm and shin guards, groin protector, and mouth guard) is mandatory and must be supplied by the competitor. No exceptions. **Please note: competitors may be asked to exchange headgear in order to avoid conflict with colour of chest protector.
- Matches:** *Coloured Belts:* two rounds
Black Belts: two 2 minute rounds and 3 two minute rounds for finals.
- Officials:** There will be a mandatory officials' briefing at 8:15 am at the competition sight. Coaches are welcome. Only those officials who have participated in an official WTF Update seminar will be asked to centre referee.
- Itinerary:** *Friday, March 26, 2010*
7:30 p.m. Weigh-Ins & Registration (till 10:00 p.m.)
10:00 a.m. – 6:00 p.m. Referee Seminar in the Imperial Room, Travelodge Hotel
- Saturday, March 27, 2010*
7:30 a.m. Registrations and Weigh-Ins (till 9:00 a.m.)
7:40 a.m. Volunteers Briefing
8:00 a.m. Doors open for General Admission
8:15 a.m. Officials' Briefing
9:30 a.m. Opening Line up **all competitors must be present**
10:00 a.m. Coloured Belt Poomse Competition
12:00 p.m. Opening Ceremonies
12:30 p.m. Coloured Belt Sparring Competition
Black Belt (Jr. Blacks included) Poomse (following Colour Belt Sparring)
Black Belt Sparring Competition (following Black Belt Poomse)
**Medals will be presented upon completion of each division competition.

Please mail all registrations to:

2010 Provincial Tae Kwon Do Tournament, Box 4150, Melfort, SK S0E 1A0

Or email registrations to:

treena.carson@sasktel.net

For additional information phone:

Gerry Samson at (306) 752-2991 ~ Fax: (306) 752-7289 ~ Email: gerry@kees.ca