

BRITISH CHAMPIONSHIP EASTERN AREA TRIALS
Saturday 11th September 2010
Bungay Middle School.
Hillside Road East, Bungay, NR35 1JS

The Eastern Area will be holding Trials for the British Championships being held at iceSheffield, Coleridge Road, Sheffield S9 5DA on the 9th & 10th October 2010 with the following criteria, as laid down by the BJA.

Pre Cadet Girls (born 1997/98) Sunday 10th October 2010
-32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg & +63kg

Pre Cadet Boys (born 1997/98) Saturday 10th October 2009
-30kg, -34kg, -38kg, -42kg, -46kg, -50kg, -55kg, -60kg, -66kg & +66kg

Minimum grade 10th Mon – Shimewaza and Kansetsu-waza are not permitted in any weight category.
Contest duration 3 minutes, golden score 2 minutes.

Cadet Girls (born 1995/96) Saturday 9th October 2010
-40kg, -44kg, -48kg, -52kg, 57kg, 63kg, -70kg & +70kg

Cadet Boys (born 1995/96) Saturday 9th October 2010
-38kg, -42kg, 46kg, 50kg, 55kg, 60kg, 66kg, 73kg, 81kg, 90kg & +90kg.

Minimum grade 10th Mon or 3rd Kyu – Shimewaza are permitted and Kansetsu-waza are not permitted in any weight category.
Contest duration 3 minutes, golden score 2 minutes

Junior Women (born 1992/93/94) Sunday 10th October 2010
-44kg, -48kg, -52kg, -57kg, -63kg, -70kg, -78kg & +78kg.

Junior Men (born 1992/93/94) Sunday 10th October 2010
-55kg, -60kg, -66kg, -73kg, -81kg, -90kg, -100kg & +100kg.

Minimum grade 13th Mon or 2nd Kyu – Shimewaza and Kansetsu-waza are permitted in all weight categories.
Contest duration 4 minutes, golden score 2 minutes.

General Information

This will be a pool on pool competition. The final 4 players will qualify to represent the Area at the British Championships. It will be the responsibility of parents to bare all costs which will include an overnight stay in Sheffield. Entry can be by paper or on line a copy of the entry form will be given to the medallists on the day which will give details on how to enter players.

If a player misses the Trials through injury or illness (doctor's note required) and a place is available they will be allowed to enter following approval from the Area and the BJA Performance Directorate via the Wild Card Process

Weigh-In times	Pre-cadets	9:00 to 9:30
	Cadets	10:30 to 11:00
	Juniors	12:00 to 12:30

There is no entry fee for this event.

Closing date 6th September 2010

Please complete the attached entry form and return to Denise Oates, 23, Kings Head Lane, North Lopham, Diss, Norfolk, IP22 2ND. or email a copy to denisekumo49@btinternet.com

To enter the British Championships you must hold a valid BJA, AJA or BJC licence affiliated to the Eastern Area which has been on the BJA data base for 90 days (11th July 2010).

Please be aware players will be able only to compete at the weight category in which they gained a place they will not be permitted to change weight at registration, if they fail to make their weight they will be withdrawn from the event.

Further information about this event can found on the BJA website www.britishjudo.org.uk

**Eastern Area Trials
Saturday 11th September 2010
Entry Form**

First name.....Surname.....

Date of Birth.....Male/Female.....

Address.....

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Coach name.....

Club.....Grade.....

Contact Tel. No.....Licence No.....

Email Address.....Licence Expiry.....

Weight Category.....

This must be the weight category you will fight at the British Championships it cannot be changed at a later date.