



2017 Meath Championships Sat 6th May 2017



VENUE

GAA Centre, Newhaggard Road, Trim, County Meath

JOURNEY TIME FROM SPRUCEFIELD, LISBURN = 1 h 40 min (85miles)

FOR EXAMPLE: WOULD NEED TO BE PASSING SPRUCEFIELD BY 7.20 am at the latest!!!!

BRING PLENTY OF PILLOWS FOR KIDS TO SLEEP IN THE CAR.

TOLL BOOTH REQUIRES 1.90 euros each direction

**PLEASE ADVISE IF YOU WISH TO SHARE PETROL COSTS BY SHARING YOUR CAR
I SUGGEST £7 pp**

CLOTHING/EQUIPMENT

TKD Uniform,	
Daedo socks	Cadets, Juniors, Seniors
Body protector	Pee Wees/Children
head-guard,	
forearm guards,	
shin guards,	
groin guard,	
gum shield,	
gloves	
Water Bottle / drink (non-fizzy)	
Small white towel for fight.	

**PLEASE BRING
LICENCE/INSURANCE BOOK**

SCHEDULE

WEIGH IN SATURDAY 8.30 - 9.30am

EVERYONE NEEDS TO ARRIVE NO LATER THAN 9.00am

NO BREAKFAST FOR FIGHTERS UNTIL AFTER WEIGH-IN. Only sips of juice and a nibble on an energy bar until after the weigh-in. Bring cereals/milk, etc. for breakfast straight after weigh-in. REMEMBER 1litre of water = 1 kg

I SUGGEST YOU BRING OWN LUNCH/SNACKS

9.30 - COACHES MEETING
9.45 - OFFICIALS MEETING
10.00 - PEE WEE & CHILDREN [NON PSS]
14.00 - CADET, JUNIOR, SENIOR, VET [PSS]
6.30 - COMPETITION FINISH

COMPETITION

A Class—Advanced : Red— Black Belts [2nd Kup and above]
B Class—Intermediate: Green Belt—Red Tag [6th –3rd Kup]
C Class—Novice White Belt:—Green Tag [10th –7th Kup]

Peewee (2009-2012) / Cadets (2003-2005) / Juniors (2000-2002) / Seniors (1983-1999) / Children (2006-2008) / Veterans (1951-1982)

There will be three competition areas.

- All Children's matches are 2 rounds of one and a half minutes.
- All pee-wee matches are 2 rounds of one and a half minutes
- All cadet, junior & Veteran matches are 2 rounds of 1 min and 30 secs
- Senior Matches are 3 x 1:30 rounds.

VIDEO ANALYSIS

It is the responsibility of each parent to video their children's fights for video analysis with the coaches.