

REYKJAVIK JUDO OPEN

19TH OF JANUARY 2013

REYKJAVIK ICELAND



Dear Sport Friends,

The Judo Federation of Iceland is celebrating its 40 years anniversary in January 2013. In collaboration with the Reykjavik International Games, a multi sport event to be held from 17 to 27th of January, we will have REYKJAVIK JUDO OPEN on the 19th of January.

Special guest from Russia, Arsen Pshmakhow (-81 kg) and Sergey Badriashvili (-73 kg) and from Czech Republic, Michal Krpalek (-100kg and open category) will attend the tournament. The day after, on Sunday morning the 20th of January will be a judo session (randori) together with the Russian and Czech competitors. The session is free and open for all competitors.

If you are planning to stay longer than the weekend then Dr. Michael Callan (<http://judospace.com/about-us/who-we-are/dr-mike-callan/>) will give a lecture on the 24th of January on the topic "Training methodology, development of physical capacity of judoka - strength, endurance, agility and speed." The lecture is open to all interested.

Finally I have to point out that in women's category, Iceland only has competitors in -57, -63 and +78 kg so be aware of that. We do however of course welcome all competitors in all categories.

We look forward to see you Reykjavík.



Best regards,
Bjarni Friðriksson,
Competition Manager
Judo Federation of Iceland
Phone. +354 662 8055

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Men and Women

Competition venue

Laugardalshöll, Engjavegi 6, (about 700 meters from official hotel, Grand Hotel)
104 Reykjavík

Participation age,

Born 1998 and before.

Competition system

Double repechage or pool competition system.

2 entries, better of 2 fights, if 1-1 the third match will decide

3-5 entries single pool, 6-7 entries, double pool

8 and more entries, repechage competition system

Blue and White judogis required.

Every competitor must have an international insurance for injures. No insurance is provided by the organizers.

Entry: Before 14th of January 2013

The Entry form should be sent to us by e-mail

E-mail : jsi@judo.is

Entry Fee

50€ per participant paid in accreditation

Accommodation during competition <http://www.grand.is/>

The official hotel is Grand Hotel Reykjavik, Sigtún 38, 105 Reykjavík, Phone +354 514 8000

You can make a reservation at johann@grand.is Code: 125950

Single room: 85€ pr/night, including breakfast

Double room: 95€ pr/night, including breakfast

Competition program

Friday day 18th of January

15.00-19.00 Accreditation, Grand Hotel

15.00-19.00 Official scales available for unofficial weight control at Grand Hotel

19.00-19:30.00 Official Weight-in, Grand Hotel

Saturday 19th of January

10.00 All weight categories Men and Woman
Preliminaries/Repechage

15.00 Final blocks