

45th European Karate Championships

May 7th - 9th 2010

Athens - Greece





Dear friends of our sport,

On behalf of the Hellenic Karate Federation, host of the 45th European Senior Karate Championships, I have the pleasure of inviting you to participate in this great event which will be held in the beautiful city of Athens from May 7th to May 9th 2010.

Given the fact that our federation has already organized numerous international events I can guarantee the organizational and competitive success of the Championships and I am confident of the delegations' pleasant stay in our country.

In the enclosed bulletin you will find all necessary information on the competition venue, official hotels and activities programme. The Hellenic Karate Federation and I personally are at your disposal for any additional information or clarifications that you might need.

I look forward to welcoming you all in Athens.

President of the Hellenic Karate Federation
Andreas Papadimitropoulos



Everybody is expecting with great encouragement the next 45th European Senior Championships 2010 to be held in Athens. The Hellenic Karate Federation has become in the last years an outstanding member not only of the European, but also from the World Karate Federation, and both in the sporting side as well in the structure and capacity of the Federation.

The Hellenic Karate Federation is in fact a model of efficiency and well doing. It has always been a pleasure to work with them, and in all the before mentioned I want to make a special mention to President Andreas Papadimitrouopoulos that has always made things easy inside a positive atmosphere of mutual help and collaboration with the European Karate Federation as regards the preparations of these 2010 Championships.

The celebration of such a major event in Greece is something well deserved by the Hellenic Karate Federation, and I can say, without any doubt, that these 45th European Senior Championships are going to be a new success of our sport in the Continent, and also a new success of the European Karate Federation thanks to the inestimable contribution of one of its outstanding members.

President of the European Karate Federation
Antonio Espinós

Athens City

Athens, the capital and largest city of Greece, dominates the Attica periphery; as one of the world's oldest cities, its recorded history spans around 3,400 years.

The Greek capital has a population of 745,514 (in 2001) within its administrative limits and a land area of 39 km² (15 sq mi). The urban area of Athens extends beyond the administrative city limits with a population of 3,130,841 (in 2001) and a land area of 412 km² (159 sq mi). According to Eurostat, the Athens Larger Urban Zone (LUZ) is the 7th most populated LUZ in the European Union (the 5th most populated capital city of the EU) with a population of 4,013,368 (in 2004). A bustling and cosmopolitan metropolis, Athens is central to economic, financial, industrial, political and cultural life in Greece. It is rapidly becoming a leading business centre in the European Union. In 2008, Athens was ranked the world's 32nd richest city by purchasing power and the 25th most expensive in a UBS study.

Classical Athens was a powerful city-state. A centre for the arts, learning and philosophy, home of Plato's Academy and Aristotle's Lyceum, Athens was also the birthplace of Socrates, Pericles, Sophocles and its many other prominent philosophers, writers and politicians of the ancient world. It is widely referred to as the cradle of Western civilization and the birthplace of democracy, largely due to the impact of its cultural and political achievements during the 5th and 4th centuries BC on the rest of the then known European continent.

The heritage of the classical era is still evident in the city, represented by a number of



ancient monuments and works of art, the most famous of all being the Parthenon on the Acropolis, widely considered a key landmark of early Western civilization. The city also retains a vast variety of Roman and Byzantine monuments, as well as a smaller number of remaining Ottoman monuments projecting the city's long history across the centuries. Landmarks of the modern era are also present, dating back to 1830 (the establishment of the independent Greek state), and taking in the Hellenic Parliament (19th century) and the

Athens Trilogy consisting of the National Library of Greece, the Athens University and the Academy of Athens.

Athens was the host city of the first modern-day Olympic Games in 1896, and 108 years later it welcomed home the 2004 Summer Olympics, with great success.



Useful Information

Language

The official language is Greek. Most of the people speak English.

Weather

Weather in May is warm with a low possibility of rain. The average high temperature is 25.3°C and the average low 15.4 °C.

Time

Eastern European Time (EET)

Central European Time + 1 hour.

Electricity

The voltage in Greece is 220 V, 50 Hz

Currency & Exchange

Greece is numbered amongst the European Union member states participating in the single currency known as the euro, € (euro in Greek). The multi-sized banknotes, depicting various styles of European architecture, come in values of €5, 10, 20, 50, 100, 200 and 500. The euro coin series is comprised of eight different values: 1, 2, 5, 10, 20 and 50 cent, €1 and €2. The euro coins have a common side and a national side indicating the issuing country.

Major international banking institutions, credit card companies and ATMs in and around Athens are plentiful and easy to access. Foreign currency may be exchanged for euros at most Greek and foreign banks and at exchange bureaus located in the city centre. Bring your passport when exchanging money. You will need it for the transaction. Traveller's checks and credit cards issued by major companies are also widely recognized and an accepted way of purchasing items in Athens.

Banks

Major international banking institutions, credit card companies and ATMs in and around Athens are plentiful and easy to access. Banks are open to the public Monday through Thursday 08:00 to 14:30 and Friday 08:00 to 13:30, except for public holidays. Foreign currency may be exchanged for euros at most Greek and foreign banks and at exchange bureaus located in the city centre. Bring your passport when exchanging money as you will need it for the transaction. Traveller's checks and credit cards issued by major companies are also widely recognized and an accepted means of purchasing items in Athens.

Post and Post offices

You can post a letter or a postcard in one of the yellow boxes found in most places in Athens or in post offices. You can also buy stamps from the post offices or from the kiosks. The cost of stamps depends on the type (express, registered, standard) and the size of the letter. Sending a small envelope as standard mail to Europe, America, Asia, Africa or Australia will cost you 0,62€



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Most post offices are open from Monday to Friday 07:30 to 14:00. However, there are branches which also open in the afternoons and on Saturdays and Sundays. For more information visit the Hellenic Post's website <http://www.elta.gr>, where you can find a complete pricing list for all types of letters and parcels.

TAX-FREE Shopping

If you come from a country outside the European Union and spend a minimum of €120 on the same day in the same store, you can benefit from a tax refund. Ask for your invoice or receipt and the tax free receipt. Do not forget to stamp your invoices or receipts at the airport.

Telephone

To call to Greece from abroad, dial your international access code following by **30** for Greece and then the telephone number (10 digits).

The GSM mobile phone system is available. Please check compatibility with your operator.

Medical Emergency

In case of emergency call for an ambulance or duty hospital at: **166**.

Police

From any phone, you should call: **100**.

Athens international Airport

You can access Athens International Airport (AIA) from the centre of Athens or the Attica ports via public transport that operates on a 24-hour basis, ensuring efficient transportation to key areas of the Attica basin and tourist attractions.

The main access road to Athens International Airport is Attiki Odos.

More information: <http://www.aia.gr>

Visa requirements

Visa is requiring for nations of: Albania, Armenia, Azerbaijan, Belarus, Bosnia & Herzegovina, Georgia, Montenegro, Moldova, Russia, Serbia, The Former Yugoslav Republic of Macedonia, Turkey, Turkmenistan and Ukraine.

For updated information on visa matters <http://www.mfa.gr>

In case visa problems occur for any team, please, contact the Hellenic Karate Federation.

Contact person: **Mrs. Katherina Vassilaki**

Athens Olympic Sport Complex (Aquatic Center)

Spirou Loui Av. 15123 Maroussi, Athens-Greece

Phone: ++30 210 6813112 Fax: ++30 210 6813119

E-mail: karate2010@elok.gr



Transportation

Regular transfer upon arrival and departure from Athens Airport will be organized for the teams. The participating countries have to request this service in advance. For further details, please contact the Official Travel Agency:

AEGIS HOLIDAYS



Address: 34 Sivitanidou str.
176 76 Kalithea, Athens - GREECE
Phone: +30-210-9515423, +30-210-9533662
Fax: +30-210-9515424
Person in charge : Mrs. Mabel Manikaki
e-mail: aegis.travel@elok.gr

Without booking in advance no transfer is possible and the participants will have to make their own arrangements. Transfer upon arrival to and departure from Athens Airport will be organized for the teams as indicated in the Accommodation & Transfer Form at the following cost:

Transportation	Taxi	Mini Bus	Bus
Airport/Hotel and Hotel/Airport	92 € Both Ways (Up to 3 persons)	370 € Both Ways (Up to 12 persons)	580 € Both Ways (Up to 45 persons)

Transportation between the official hotels and the sport hall (Faliro Pavilion) will be offered according to the EKF rules (this service will be free of charge). Information will be given during the Official Registration at the HQ Hotel. The **shuttle bus** will be provided from/to all official hotels every two hours during competition days.

As the HQ Hotel is located within walking distance (10 minutes on foot) from the Faliro Pavilion no transport will be provided for that particular hotel.



Tram

All official hotels are situated on the tram line. You can use line 3 for the Faliro Pavilion or line 5 that ends at Syntagma Square (centre of Athens) where one can visit the historical and commercial center.

For more information, prices, maps etc please visit: <http://www.tramsa.gr>



Accommodation

All official hotels are located at about 9,5 km from sport hall. Rooms in hotels of several categories have been reserved in special prices for the Championships' participants and guests. The packages have been offered on a bed & breakfast basis. Extra lunch and dinner are also available upon request.

The reservation in the hotels designated by the organisation must be made only through the Official Travel Agency, deadline **8th March 2010**. **After that date the organizers reserve the right to change the price of accommodation up to normal price.**

Official Travel Agency:



AEGIS HOLIDAYS

Address: 34 Sivitanidou str.
176 76 Kalithea, Athens - GREECE
Phone: +30-210-9515423, +30-210-9533662
Fax: +30-210-9515424
Person in charge : Mrs. Mabel Manikaki
e-mail: aegis.travel@elok.gr

Metropolitan Hotel *** Headquarter hotel**

(<http://www.chandris.gr/athens>) is the official HQ hotel for Officials, Judges, Teams and Guests. The hotel is situated close to the Faliro Pavilion (10 minutes on foot).



Room (breakfast incl.)	Price (1 person per day)
Single room 1/1	132 €
Double room 1/2	78 €
Triple room 1/3	71 €
Additional meal (extra)	27 €

Price 1 person per day	Hotel Emmantina ****	Hotel Palmyra Beach ****	Hotel Oasis ****	Hotel Glyfada Palace ****	Hotel Sea View ***
Single room 1/1	100€	90€	95€	80€	70€
Double room1/2	62€	58€	60€	45€	40€
Triple room 1/3	47€	46€	48€	39€	38€
Additional meal (extra)	20€	18€	17€	16€	15€

All taxes and insurance included in prices.

The number of rooms available is limited and the policy of first come (and paid)/ first serve will be followed. Booking is available only against 50% prepayment until 8th of March 2010. Full payment for accommodation- transfer -extra meals has to be completed no later than 1st of April 2010.

Hotel Emmantina (four stars)



Hotel Palmyra Beach (four stars)



Hotel Oasis (four stars)



Hotel Glyfada (four stars)



Hotel Sea View (three stars)



Championship's Venue

The Championships will take place in the **Faliro Pavillion** from 7th to 9th May 2010.

The Faliro Pavillion is situated close to the HQ hotel (700 m) and has a main hall of 1.200 sq. m. (up to 3.700 sq. m.) with a capacity of 3.800 fully retractable seats and is served by 800 outdoor parking spaces. The facility unfolds in two levels, with independent entrances. The main hall and the supporting areas are situated on the ground floor.



The upper level consists of four linked foyer areas, which surround and overlook the main hall. All foyer areas have a marble floor, abundant natural light and a view to the surrounding area and the sea.



Arrangements are made for lunch service during competition days at the stadium. Cost and other details will be communicated at a later stage.





Registration of Delegations

The Registration for all athletes and officials will take place in the HQ **Metropolitan Hotel** on **Thursday, May 6th 2010** between **10:00 and 16:00** in **room CHIOS**.

Each Delegation should bring a CD-ROM with their national anthem and two (2) national flags.

Press Accreditation

Press accreditation can only be given to persons who apply for such in advance and who are able to prove they are journalists.

Training

The organizers will provide the National Federations, which make the relevant application in time, with training facilities one (1) day prior to the days of Championships (Thursday 6th May) in **Faliro Pavilion**. The application must be sent before **15th of March 2010 at the official Travel Agency**.

Transport for training will be arranged upon request. **Transport will only be available from the official hotels.**

Insurance

It is obligatory that all participants and members of delegations have their own medical insurance and personal trip insurance. The Hellenic Karate Federation and the European Karate Federation are taking no liability for these concepts.

The chiefs of the delegations have to sign the enclosed term of responsibility and return this by **8th of March 2010**.

Entrance

Entrance to the Sport Hall will be gratis (free of charge).

Farewell Party

Information about Farewell Party will be provided at the Info desk during the Championships.

Protection

WKF Kumite Rules Article 2, point 8, states that the following protective equipment are compulsory for competitors:

- 8.1. WKF (EKF) approved mitts, one contestant wearing red and other wearing blue.
- 8.2. Gum shield
- 8.3. The female chest protector approved by WKF (EKF)
- 8.4. The shin pads approved by the WKF (EKF)
- 8.5. The foot protection approved by WKF (EKF)

Groin Guards are not mandatory, but if worn, must be of approved WKF (EKF) type.



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Please be informed that **BUDO NORD** and **DAEDO** are the TRADEMARKS approved by **EKF** for the Sports Items of compulsory use at EKF Championships, being their details as follows:



SBI SPORT AB
Staffanstorpsvägen 115
SE-232 91 Arlöv- Malmö
Sweeden

tel: +46 (0) 40 94 88 88
fax: +46 (0) 40 94 07 80

e-mail: info@sbisport.se



DAEDO, S.L.
C/ Balmes 55
08007 Barcelona
Spain

tel: +34 93 2635350 / 93 4541514
fax: +34 93 4535251

e-mail: daedo@daedosport.com

WKF APPROVED ITEMS

WKF approved TRADEMARKS for sports items will also be permitted.

Pre-Competition Activities

Thursday, May 6th

Place:	Schedule:	Activity:
HQ -Room CHIOS	10:00 – 16:00	Registration of Delegations
HQ -Room CRETE	09:00 – 11:00	EKF Executive Committee Meeting
HQ - Room SYROS I	10:00 – 11:00	EKF Medical Commission Meeting
HQ - Room SYROS I	11:00 – 12:00	EKF Anti-Doping Commission Meeting
HQ - Room SYROS I	12:00 – 14:00	EKF Technical Commission Meeting
HQ - Room CORFU I & II	16:00 – 19:00	Congress
HQ - Room CHIOS	18:00 – 19:00	Coach's Meeting & Draw
Faliro Pavilion	19:00 – 20:00	Referee's License Renewal Examination
Faliro Pavilion	20:00 – 21:00	EKF Referee Briefing
Faliro Pavilion	21:00 – 22:00	EKF Referee Commission Meeting

Weighing

Weighing will take place in Faliro Pavilion on **Friday, May 7th**

WEIGHING PROGRAMME

Time	Male	Female
09:00 – 09:10	+ 84 kg	
09:10 – 09:20	- 84 kg	
09:20 – 09:30	- 75 kg	
09:30 – 09:40	- 67 kg	
09:40 – 09:50	- 60 kg	
10:30 – 10:40		+ 68 kg
10:40 – 10:50		- 68 kg
10:50 – 11:00		- 61 kg
11:00 – 11:10		- 55 kg
11:10 – 11:20		- 50 kg

Competition Programme

Friday, 7 th May	
09:00 – 10:00	Weighing Male All Categories
10:00 – 12:00	Elimination and Repechage Kata Individual Male & Female
10:30 – 11:30	Weighing Female All Categories
12:00 – 14:15	Elimination and Repechage Kumite Male -84 kg & +84 kg
14:15 – 16:00	Elimination and Repechage Kumite Female -68 kg & +68 kg
16:00 – 17:30	Elimination and Repechage Kumite Male -75 kg
17:30 – 18:30	Opening Ceremony
Finals	
18:30 – 18:45	Kata individual Male & Female
18:45 – 19:00	Medals Ceremony
19:00 – 19:15	Kumite Male -84 kg & +84 kg
19:15 – 19:30	Medals Ceremony
19:30 – 19:50	Kumite Female -68 kg, +68 kg & Male -75 kg
19:50 – 20:10	Medals Ceremony
Saturday, 8 th May	
10:00 – 12:15	Elimination and Repechage Kumite Male -67 kg & -60 kg
12:15 – 14:15	Elimination and Repechage Kumite Female -61 kg & -55 kg
14:15 – 15:15	Elimination and Repechage Kumite Female -50 kg
15:15 – 16:30	Elimination and Repechage Kata Team Male & Female
Finals	
16:30 – 16:45	Kumite Male -67 kg & -60 kg
16:45 – 17:00	Medals Ceremony
17:00 – 17:20	Kumite Female -61 kg, -55 kg & -50 kg
17:20 – 17:40	Medals Ceremony
17:40 – 18:10	Kata Team Male & Female
18:10 – 18:30	Medals Ceremony
Sunday, 9 th May	
09:00 – 15:30	Elimination & Repechage Kumite Team Male
13:00 – 16:30	Elimination & Repechage Kumite Team Female
Finals	
16:30 – 16:45	Kumite Team Female
16:45 – 17:15	Kumite Team Male
17:15 – 17:35	Medals Ceremony
17:35 – 18:00	Closing Ceremony

Important Note:

Matches for medals (semi-finals, matches for bronze and finals) in Kumite individual male takes 4 minutes and in Kumite individual female 3 minutes.

In Kata team competition male and female Bunkai will be performed in all matches for medals (semi-finals, matches for bronze and finals).



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**ACCOMMODATION & TRANSFER FORM
FOR 45th EUROPEAN KARATE CHAMPIONSHIPS**

To be returned by 8th of March 2010 at the latest to:



AEGIS HOLIDAYS

Address: 34 Sivitanidou str. 176 76 Kalithea, Athens - GREECE

Phone: +30-210-9515423, +30-210-9533662

Fax: +30-210-9515424

E-mail: aegis.travel@elok.gr

IBAN: GR9601401090109002101260970

Bank: ALPHA BANK

Account: 109002101260970

SWIFT code: CRBAGRAA

Holder: Christos Manikakis

Responsible Leader of Delegation, Person to contact:	
Federation:	Country:
Address:	ZIP Code:
Mobile:	City:
Phone:	Fax:
Name/Surname of Federation Representative:	
Passport No:	Position in Federation:
E-mail:	

Invoice details:	
Organization Name:	
Address:	
ZIP Code:	City:
Country:	C.I.F.
Phone:	Fax:
E-mail:	

TRAVEL INFORMATION

Travel Information:			
Arrival in Athens by:		Departure from Athens by:	
Plane	Train	Plane	Train
Number of persons:		Number of persons:	
Date:		Date:	
Hour:		Hour:	
Flight No:		Flight No:	
Transfer Athens Airport – Hotels		Transfer Hotels – Athens Airport	
YES	NO	YES	NO
Transfer Railway Station – Hotels		Transfer Hotels – Railway Station	
YES	NO	YES	NO

HOTEL BOOKING IN ORDER OF PREFERENCE

Mark preference with 1-2-3-4-5-6-7

Hotel	Preference	Number of single rooms	Number of double rooms	Number of triple rooms	Number of nights
Metropolitan Hotel *****					
Hotel Emmantina ****					
Hotel Palmyra Beach ****					
Hotel Oasis ****					
Hotel Glyfada Palace ****					
Hotel Sea View ***					

PAYMENT, after getting INVOICE from AEGIS HOLIDAYS

All payments should be in Euros. The desired reservations will be activated upon receiving the 50% prepayment for them.



E-mail: aegis.travel@elok.gr

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***Position:** C=Competitor, Co=Coaches, De=Delegation Head, P=President of NF, R=Referees/Judges, D=Doctors, V=VIPs, A=Administration, P=Press, O=Others

**** Room type:** S=Single, D=Double, T=Triple

***** Extra meal:** HB=Half board (Breakfast and Dinner), FB=Full board (Breakfast, Lunch and Dinner)

Please return this rooming list together with term of responsibility, accommodation and transfer form to AEGIS HOLIDAYS as well as to the HELLENIC KARATE FEDERATION at: karate2010@elok.gr)

Dated: _____

Name of Contact Person: _____

Signature: _____ Official Stamp:

Cancellation conditions by Hotels:

Cancellation 32 and more days prior to arrival: cancellation free of charge
Cancellation 31-21 days prior to arrival: apply cancellation fee 25% of the total price booking
Cancellation 20-12 days prior to arrival: apply cancellation fee 40% of the total price booking
Cancellation 11-2 days prior to arrival: apply cancellation fee 75% of the total price booking
Cancellation 1-0 days prior to arrival: apply cancellation fee 100% of the total price booking



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TERM OF RESPONSIBILITY

To be filled, signed sent back before by 15th March 2010

I,----- the undersigned, as the chief of Delegation of my country, duly enrolled to participate in the 45th European Senior Karate Championships, which will be held in Athens, Greece, from 7th to 9th of May 2010, with fully knowledge of the Statutes, the Rules and the Norms of the EUROPEAN KARATE FEDERATION, pledge myself to faithfully accomplish the regulations of this before mentioned entity, and I take any and all administrative, civil and criminal responsibilities of whatever happens to our athletes, coaches and other members of our delegation participating in this championship, before, during and after the competition, such as physical injuries, personal expenses, or monetary debts and casual material damages to the hotels, the venue, means of transportation etc. Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, the European Karate Federation and the Hellenic Karate Federation, its directors, as well as any person, company, or entity related to the event (sponsors, public and private entities).

I authorize the organizers of the event to use images, photos and the names of our competitors and other members of our delegation (since it is considered necessary) for the sport activities and publications of karate, related to the event, without any monetary compensation.

Country / Nation :	
Surname, First name :	
Passport number & expiry date:	
Position in the federation :	
Address:	
Phone number :	
Fax & e-mail :	

Fill in, stamp, sign and send to:
Hellenic Karate Federation
Athens Olympic Sport Complex (Aquatic Center)
Spirou Loui Av. 151 23 Maroussi, Athens-Greece
Phone: 0030-2106813113, Fax: 0030-2106813119
E-mail: karate2010@elok.gr - Web sit: www.elok.gr

Signature Stamp