




INVITATION
INTERNATIONAL JUDO TOURNAMENTS
6th ILIOUPOPOLIS CUP
Athens - Greece May 19-20 2018

Organizer: GS.Ilioupolis Judo Club & Hellenic Judo Federation
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Competition dates: May 19-20, 2018
Competition Venue: A' Sports Hall, Ilioupolis - Ethnarchou Makariou 4 & Iros Konstantopoulou, Ilioupoli, Athens, Greece

ACCOMMODATION & TRANSPORTATION SERVICE

LONDON HOTEL 38 Poseidonos Ave. Glyfada, Athens	80 € for each person / day / full board (single room) 65 € for each person / day / full board (depending availability)
<ul style="list-style-type: none">• Teams consisting of 6 and more athletes are entitled to a 10€ discount per person / per day.• Transportation from the airport to the hotel and the competition venue is included.• Teams that reserve rooms in the official hotel, lunch on May 19 & 20 will be offered at the Sports hall..• For delegations that reserve rooms in the official hotel before May 18 or after May 21, will be served <u>HB at the hotel and transportation service is not included.</u>• Payment for Hotel booking will be in cash on arrival during the accreditation, or via bank deposit.	

REFEREES

All invited National Delegations are kindly requested to bring a National or IJF / Continental Referee License
The Organizing Committee will cover **50%** of the initial price for the accommodation at the invitational period.

ENTRIES

Final entry: List of participants for **accommodation** should be sent to the Organizing Committee by latest 1st April 2018

Final entry: List of participants and travel schedule must be sent to the Organizing Committee by latest 15 April 2018

ENTRY FEE PER ATHLETE: 20 €

VISA

For participants who need VISA in order to travel to Greece, please send visa request form by latest April 1st 2018

Emergency Contact (i.e. change of flight schedule during the last week)

Ms Kasia Lymperi T: +30 6948481129 | E: kakialymperi@gmail.com - g.s.ilioupolisjudo@gmail.com

LIABILITY

Neither the organizer of the tournament nor the Hellenic Judo Federation (or any of its officials or members) will be held liable or responsible for any personal injury, or for any loss or damage of property in connection with the trip and participation in this tournament.

DAILY CRUISE ,SARONIC ISLANDS

Great choice : **Sunday 20 or Monday 21 May , 2018**

Boarding time Departure :08:00 Arrival : 19:30	Visit 3 islands: Hydra –Poros- Aegina Included: Boat tickets , transportations from and back to hotel , lunch on board (buffet), entertainment on board. Entry forms by latest 15 April, 2018. <u>Following details at the end of the competition program.</u>
Adults Kids U12	55€ 40€

SCHEDULE

Friday May 18 2018	Arrival / Accreditation, financials & hotel check-in
Saturday May 19, 2018	Competitions
Sunday May 20, 2018	Competitions / Daily cruise
Monday May 21,2018	Departure / Daily cruise

PROGRAM Saturday, May 19, 2018

<p><u>Born: 2006-2007 U12</u> Boys : -26,- 30,- 34,- 38 ,-42 ,-46 ,-50,- 55 ,-60 +60 kg Girls: -24, -28, -32, -36, -40, -44, -48,-52, -57, +57kg</p> <p>Non official weigh-in : 08:00 Official weigh int: 08:30-09:15 Preliminaries: 10:00</p> <p><u>2 min</u></p>	<p><u>Born : 2004-2005 U14</u> Boys : -34, -38, -42, -46, -50, -55, -60, -66, -73, +73 kg Girls : -32, -36, -40, -44, -48, -52, -57, -63, -69, +69 kg</p> <p>Official weight-in: 11:00-11:30 Preliminaries:12:30</p> <p><u>3 min</u></p>
<p>1. Prohibit technics :Drop seoi nage (U12)– shime wasa- kansetsu wasa (U12-U14)</p>	
<p>2..Prerequisite for all athletes: Signed certification of good health by the club and valid passports for the weigh-in</p>	
<p>3..All the categories tolerant 1kg. Athletes who are overweight are moved to the next category.</p>	
<p>4. All competitors will use white Judogi.</p>	
<p>5.. Competitors must provide their own white & red belt.</p>	

<p><u>Cadets´:-2003-2002-2001</u> Boys:: -50, -55, -60, -66, -73, -81, -90, +90 kg Girls:: -40, -44, -48, -52, -57, -63, -70, +70 kg</p> <p>Official weight in:13:30-14:00 Preliminaries: 15:00</p> <p>4 min</p>	<p><u>Seniors- Women above 2000</u> Boys: -60, -66, -73, -81, -90, -100, +100 kg Girls: -48, -52, -57, -63, -70, -78, +78 kg</p> <p>Official weight in: 15:30-16:00 Preliminaries : 17:00</p> <p>4 min</p>
<p>1.Competitions will be held by EJU – IJF rules</p>	
<p>2.Prerequisite for all athletes: Signed certification of good health by the club and valid passports for the weigh-in</p>	
<p>3..All the categories tolerant 1kg. Athletes who are overweight are moved to the next category.</p>	
<p>4. All competitors will use only white Judogi.</p>	
<p>5.. Competitors must provide their own white & red belt</p>	

Possibility for official weight in , at the sports hall 16:30-17:00 ,for the category of junior U6-U8-U10 for the next day.

Medals for the 1st, 2nd, 3rd winners

Cups for the 1st, 2nd, 3rd clubs

PROGRAM Sunday, May 20, 2018 Shiai competitions

Born : 2008- 2009 (Juniors A) U10	Born:2010-2011 (Juniors B) U8	Born 2012-2013 (Mini juniors) U6
-21, -24, -27, -30, -33, -36, -39, -42, -45, -48, +48 kg Official weigh-in: 8:30-09:15 Preliminaries: 10:00 <u>1 min</u>	-18, -21, -24, -27, -30, -33 -36, -39, -42, -45, +45 kg Official weigh-in: 11:15-12:00 Preliminaries: 13:00 <u>1 min</u>	-18, -21, -24, -27, -30, -33, -36, -39, -42, -45, +45 Official weigh-in:13:30 – 14:00 Preliminaries: 15:00 <u>1 min</u>
1.Prohibit technics :Drop seoi nage – shine wasa- kansetsu wasa		
2.Prerequisite for all athletes: Signed certification of good health by the club and valid passports for the weigh-in		
3.Golden score		
4.All the categories tolerant 1kg. Athletes who are overweight are moved to the next category.		

Certificates will be offered to all of the above junior categories U6- U8- U10

Medals for 1st , 2nd , 3rd places

The Organizing Committee
G .S. Ilioupolis Judo



INTERNATIONAL JUDO TOURNAMENT 2018

PROGRAM: ONE DAY CRUISE HYDRA - POROS- AEGINA

Islands of Saronic gulf

Great choice :Sunday 20/5/18 or Monday 21/5/18, Transportation time from hotel 07:00

Arrival time: 08:00 -Departure time: 19:30

Adults 55€ - Kids 40€

Included : Transportation from & back to hotel London ,boat tickets, lunch on board (buffet), entertainment on board.

Final entry 1st April 2018

Upon arrival to Trocadero, Paleo Faliro, you will receive a warm welcome from our Officers and Hostesses who will assist you with boarding one of our luxurious cruise ships and invite you to proceed either to the Main Lounge, where our live orchestra has already started putting you in the right mood with its international music repertoire or to one of the spacious open decks where you can enjoy the fascinating view as the ship leaves the port.

At 08:00 the ship sails for the three beautiful islands of the Saronic Gulf.

Shortly after departure, our guides and hostess will invite you to assemble on one of the lounges, in order to give you all necessary information concerning the ship, the cruise program as well as the islands. This will also be an opportunity for you to get answers to any questions you might have, as our trained staff is there to ensure that you will have a most wonderful day.

Hydra island

The port of Hydra, whose amphitheatre shape once served as a safe shelter for Pirates, welcomes you. From the decks, you will be able to admire the very special architecture and dramatic landscapes of the island, whose old traditional stone houses and mansions silently witness to a long and turbulent history.

As soon as you disembark, it's all there... the small narrow stone-paved streets waiting to be explored on foot or by the island's traditional "vehicle" – the saddled donkey... captivating walks along the old seaside promenade... crystal clear waters, radiant traditional fine craft shops, the beauty of Hydra will conquer you forever! As you sail on, our dancers will make you dance to Greek rhythms.

Poros island

The smallest of the three islands, separated from the Peloponnese by a narrow strait and offering a most enchanting view of Poros Town.

Aegina island

Aegina is the largest of the three islands. Apart from its harbor, there are numerous interesting sites to discover on the island and therefore we propose 3 optional tours (sold on board at extra cost).

SWIMMING

Enjoy a soft drink while we transfer you by our company's speedboat to the coast of Moni, 7 minutes away from the port, to a private organized beach with umbrellas which is ideal not only for swimming but also for enjoying the natural beauty and landscape filled with pine trees. You can swim in the crystal clear blue waters and enjoy the sandy beach next to peacocks and if you are lucky you can see the dears enjoying the landscape as well.

And if you think that the day ends here... you are mistaken! The highlight of your cruise still waits!

A "Traditional Greek Folk Show" with singers and dancers in original costumes from all over Greece, who, together with our Officers, Hostesses will entertain and animate you up to the final moment as the ship docks in Trocadero.

Finally we will wish you a warm farewell and we would look forward to seeing you again next year at the 7th international Judo Tournaments "Ilioupolis cup" .

BUFFET MENU

Dishes are made with the best quality products picked fresh every day by our chefs and they are based in the famous Mediterranean cuisine.

Start with fresh baked variety of breads made every day by our baker

Salad bar

Famous "Greek Salad " tomatoes, cucumber, onions, green peppers, olives, capers, oregano & feta cheese sprinkled with extra virgin olive oil

Lettuce and roka green salad with extra virgin olive oil and balsamico from Kalamata

Starters

Greek tender vine leaves stuffed with rice

Main dishes

Chicken from farms of Macedonia, cooked in the oven & seasoned with Mediterranean herbs

Fish fillet of sole with fresh lemons in a traditional Greek recipe

Pork oven baked seasoned with fresh rosemary Green beans from "Sparta" with tomato sauce and onions

Homemade French fries

Penne with fresh tomato sauce & basil Steamed rice mixed with a variety of vegetables

Dessert

Homemade Walnut Pie

Final entry 1st April 2018