



18^{emes} Championnats de la Méditerranée de Karaté Cadets et Juniors
1^{ère} Coupe de la Méditerranée de Karaté Under 21
Podgorica/ Montenegro 05/06 septembre 2009

18th Mediterranean Cadets and Juniors Karate Championships
1st Mediterranean Karate Cup Under 21
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BULLETIN No. 1

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GREETINGS FROM MONTENEGRO KARATE FEDERATION PRESIDENT

Dear friends in sport,



In ones own name, name of Montenegrin Karate Federation and Organizational Committee of Mediterranean Karate Championships – Cadet and Juniors and the first Mediterranean Cup, which will be held in Podgorica, I am blissful and honoured that I could send regards and invite you to come to Montenegro.

Me and all the members of our Federation are proud off organizing such prestige and important Championship on both side satisfaction.

Sincerely, You are welcome to capital town of Montenegro, Podgorica which will be host of Mediterranean Karate Championships – Cadet and Juniors and the first Mediterranean Cup under 21, on 05/06 September 2009.

We will do our best to regale You as better as we could, and hope that Podgorica and Montenegro will stay in nice remembrance, with new knowledge of the first ecological state in Europe.

Usual, Montengro stays remembered and took liking as a friendly Mediterranean destination of wild beauty.

I am looking forward to seeing You in Podgorica.

MKF President
Zoran Mrdak



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MESSAGE DU PRESIDENT DE L' UFMK / MKFU



Je suis extrêmement heureux de saluer les participants à cette manifestation très importante qui arrive, désormais, à sa 18^{ème} édition et qui voit encore une fois la grande Famille Méditerranéenne du Karaté réunie cet an en terre d'Europe.

La Fédération de Karaté de Monténégro et le Comité Organisateur ont accompli un travail énorme et onéreux qui a requis de la capacité, de l'intelligence et du professionnalisme, il mérite donc une véritable appréciation, vu qu'il s'agit de l'organisation d'un événement sportif hors du commun qui voit la présence de tous les Pays du Bassin Méditerranéen. Pour se rendre bien compte de la complexité de cet événement il suffit de rappeler que quelques unes des Nations les plus fortes du Monde y participent. Je suis certain que cet an aussi milliers de sportifs accourront pour admirer les forts Athlètes de la Méditerranée et pour encourager leur compatriotes.

J'adresse un remerciement particulier à l'ami Président Zoran Mrdak et à ses Collaborateurs du Comité Directeur, aux Pouvoirs Publics et Sportifs, aux Pouvoirs locaux et aux Sponsors, car sans leur soutien moral et l'apport financier et de services il est pratiquement impossible d'organiser de telles manifestations.

Un souhait amical de séjour serein et joyeux sur cette terre merveilleuse et mes vœux de bon travail aux Athlètes, Techniciens, Arbitres, Dirigeants, Médecins, Journalistes et à tous ceux qui participeront à la compétition sous le signe des principes fondamentaux du Sport. Leur présence contribuera à exalter les valeurs les plus authentiques de la compétition sportive.

Sans aucun doute, ces XVIII Championnats Méditerranéens de Karaté Cadet et Juniors seront une excellente occasion pour faire, de plus en plus, de nos Pays une Communauté Internationale libre capable de fraterniser tout en étant convaincue que le fait de travailler pour la croissance sociale, morale et culturelle des jeunes générations est un signe de grande civilisation et que, c'est justement du Bassin de la Méditerranée, berceau de la civilisation occidentale, que nous devons relancer les idéaux élevés de paix, de justice et de solidarité entre les Peuples.

Giuseppe Pellicone



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THE MKFU PRESIDENT'S MESSAGE



I am extremely pleased to welcome the participants of this very important event, now in its 18th year, that sees once more the great Mediterranean Karate Family gathered this year in land of Europe.

Great efforts have been made by the Montenegro Karate Federation and the Organizing Committee, with the input of considerable skills, intelligence and professionalism. This work deserves our full praise, since the event is an extraordinary sporting moment in which all Countries in the Mediterranean are involved. To get some idea of the complexity of this event, one should consider that some of the World's strongest Nations are taking part. I am certain that also this year thousands of sportsmen will hasten for admiring the strong Mediterranean Athletes and to encourage their compatriots.

Special thanks go to President and Friend Zoran Mrdak and to the Members of his Executive Committee, to Political and Sporting Authorities, Local Administrations and Sponsors, without whose moral and financial support and related services it would be impossible to organize such important events.

I wish Athletes, Coaches, Referees, Officials, Physicians, Journalists and everyone else taking part a happy and serene stay in this delightful part of the world and, inspired by the fundamental values of Sport, the best of luck with the work ahead of them. Their presence will help to extol the virtues of sporting competition.

These XVIII Cadet and Juniors Mediterranean Karate Championships will undoubtedly be a great opportunity to bring our Countries even closer together in a large and free International Community in a truly fraternal spirit. We believe that working for the social, moral and cultural development of the younger generations is a sign of great enlightenment and, starting from the Mediterranean, the cradle of western civilization, we are called upon to promote the ideals of peace, justice and solidarity among the Peoples of the World.

Giuseppe Pellicone



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 Branislav Micunovic_
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Welcome to Podgorica

The name means "under the Gorica" in the Montenegrin language. Gorica/goritsa (meaning "little mountain") is the name of the hill that overlooks the city centre.

About 3 kilometres (1.9 mi) northwest of Podgorica are the ruins of **Doclea**, a town known in **Greek**, pre-Roman and **Roman** times. The **Roman Emperor Diocletian** came from this region. In later centuries, Romans "corrected" the name to Dioclea, guessing wrongly that an "i" had been lost in vulgar speech. "Duklja" is the later (Slavic) version of that word.

When founded (before the 11th century), the town was called Birziminium. In the **Middle Ages**, it was known as Ribnica. The name Podgorica was used from 1326. From 1946 to 1992 it was called **Titograd**.

A Brief History of Podgorica

Podgorica is at the **crossroads** of several historically important routes, near the rivers **Zeta**, **Mora_a**, **Cijevna**, **Ribnica**, and **Sitnica**, in the valley of **Skadar lake** and near the **Adriatic Sea**, in fertile lowlands with favourable climate. The earliest human settlements were in prehistory: the oldest physical remains are from the late **Stone Age**. In the **Illyrian** age, the area between the **Zeta** and **Bjelopavli_i** valleys was occupied by two Illyrian tribes, the **Labeates** and the **Docleats**.

The Labeati occupied the area from **Skadar** to today's Podgorica. They had their own fortress, Meteon (now **Medun**) and a well-developed way of life, especially militarily.

Docleats also lived in the valley of the **Zeta River** and, thanks to the fertile plain and favourable geographical and road position, enjoyed fast economic growth. Their biggest settlement was **Doclea**, a city about 3 kilometres (1.9 mi) northwest of today's Podgorica and which reflected the local terrain. The population of the city was 8,000-10,000, in which all core urban issues were resolved. The high population density (in an area of about 10 km/6 mi radius) was made possible by the geographical position, favourable climate and economic conditions and by the defensive positions that were of great importance at that time.



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Podgorica City Hall

From the 5th century, with the arrival of the first **Slavic** and **Avar** tribes and the beginning of the break-up of the **Roman Empire**, the area bore witness to many noteworthy events. With time, the fortifications ceased their function and new towns were built. Slavic groups in the area were in constant war with Byzantium and tended to establish a new state. The result was establishment of a new settlement that was probably named after the river Ribnica on whose banks it was built. The first mention of Ribnica is during the rule of the **Serbian** royal family of the **Nemanjici**. The importance of Ribnica was its position as crossroads in communications with the west. In occupying these areas, the **Slavs** created a new state and developed their own culture and art, acceptable to the mediaeval church and feudal class.

The name Podgorica was first mentioned in 1326 in a court document of the **Kotor** archives. The city was economically strong: trade routes between **Dubrovnik** and the State of Nemanjici, well developed at that time, were maintained via the road that led to Podgorica through **Trebinje** and **Nikšic**. As a busy crossroads, Podgorica was a vibrant regional centre of trade and communication. This boosted its development, economic power, military strength and strategic importance. The Turkish occupation of Podgorica in 1474 interrupted its economic, cultural and artistic development. The **Turks** built a large **fortress** in Podgorica and the existing settlement, with its highly developed merchant connections, became the main defensive and attacking bastion against rebellious tribes. The fortified city, with towers, gates and defensive ramparts, enabled the Turks to resist all attacks. In 1864, Podgorica became a **township** (kaza) of **iskodra** vilayet called Bögürtlen (Turkish "Blackberry"). It was also known Burguriçe in **Albanian**.



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In accordance with the decision of the [Berlin Congress](#) in 1878, Podgorica was integrated into [Montenegro](#), marking the end of four centuries of Turkish occupation, and the beginning of a new era in the development of Podgorica and Montenegro. The city developed quickly and became a strong marketplace. The first forms of capital concentration were seen. In 1904, Zetska [savings bank](#), the first significant financial institution, was formed. It would soon grow into Podgori_ka bank. Roads were built to all neighbouring towns and, in 1902, a [tobacco](#) plant became Podgorica's first significant commercial company.



The statue of Petar I Petrovic-Njegoš.

[World War I](#) marked the end of dynamic development for Podgorica, by then the largest city in the newly proclaimed [Kingdom of Montenegro](#). Podgorica was occupied, as was the rest of the country, by [Austria-Hungary](#) from 1916 to 1918. After the liberation by the [allies](#) in 1918, a controversial [Podgorica Assembly](#) was held at Podgorica Tobacco Monopoly building. The assembly marked the end of Montenegrin statehood, as Montenegro was merged with [Serbia](#) and incorporated in the [Kingdom of Yugoslavia](#). Between the two world wars, the population of Podgorica was about 13,000.

Podgorica suffered heavily during [World War II](#): it was [bombarded over 70 times](#) and razed to the ground, causing the deaths of over 4,100 people. The city was liberated on December 19, 1944.

Under the name of Titograd, the city became the capital of the Socialist Republic of Montenegro on 13 July 1946. A period of unprecedented expansion followed, which marked the [SFRY](#) era: the population increased dramatically, the city was heavily industrialized, infrastructure was improved, and health, educational, and cultural institutions were founded. The city rapidly became the commercial, socio-economic and cultural centre of the country. The progress halted again when the break-up of



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SFRY began in the 1990s. The name of Podgorica was reinstated on April 2, 1992.

The destructive [Yugoslav wars](#) bypassed Montenegro, but the entire country was greatly affected economically. A period of severe [economic stagnation](#) lasted throughout the 1990s. The economy began to recover in the early years of the 21st century, when Podgorica began to emerge as a modern, [pro-western](#) city. It became capital of the sovereign state of Montenegro on 21 May 2006, which added to its importance as a regional centre and boosted its economic prospects.

Geography

Podgorica is located in central Montenegro. The area is crossed with rivers and the city itself is only 15 kilometres (9.3 mi) north of [Lake Skadar](#). The [Mora_a](#) and [Ribnica](#) rivers flow through the city, while the [Zeta](#), [Cijevna](#), [Sitnica](#) and [Mareza](#) flow nearby. This richness in bodies of water is a major feature of the city.

In contrast to most of Montenegro, Podgorica lies in a mainly flat area at the northern end of the Zeta plain. The only exceptions are hills which overlook the city. The most significant is Gorica Hill (107 m/350 ft), which rises above the city centre. The other hills include Malo brdo (Little hill), Velje brdo (Big hill), Ljubovi_ and _ardak. In the main, these are too steep for development and thus limit the city's expansion, especially to the north.

Climate

Podgorica has an altered [Mediterranean climate](#) with hot, dry summers and cold winters. Although the city is located some 50 km away from Mediterranean [Adriatic Sea](#), the proximity of [Dinaric Alps](#) on the north alters its climate. The mean annual rainfall is 1,544 mm (60.8 in). The temperature exceeds 25 °C (77 °F) on about 135 days each year and the median daily temperature is 16.4 °C (61.5 °F). The number of rainy days is about 115, and those with the strong wind around 60. A periodic but strong northerly wind has an influence on climate in the winter, making sensible temperature a few degrees lower.

Podgorica is particularly known for its extremely hot summers: temperatures over 40 °C (104 °F) are common in July and August. The highest temperature recorded was 44.8 °C (112.6 °F) , on 16 August 2007. Snow is a rare occurrence in Podgorica, as it rarely snows more than a few days per year.



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Cityscape

Millennium Bridge

Podgorica's mixture of architectural styles reflects the turbulent history of the city and country: as one régime replaced another, the corresponding style was introduced.

As part of the [Ottoman Empire](#) until 1878, Podgorica has many examples of Turkish architecture. The oldest parts of the city, Stara Varoš (Old town) and Dracare typical of this, with two [mosques](#), a Turkish [clock tower](#) and narrow, winding streets.

When the city was incorporated to Montenegro, the urban core shifted to the other bank of the [Ribnica River](#), where the town developed in a more [European](#) style: wider streets with an [orthogonal](#) layout. This part of the city is today traditionally regarded as city centre, and is called [Mirkova Varoš](#) (Mirko's town) or Nova Varoš (New town)

During [World War II](#), Podgorica was almost razed to the ground, being [bombed over 70 times](#). After liberation, rebuilding began as in other cities of the communist-ruled [SFRY](#). Mass residential blocks were erected, with basic design typical of [Eastern bloc](#) countries. All that part of the city on the right bank of the [Mora_a River](#) was built this way. Even the empty spaces in the city centre were filled with near-[brutalist](#) structures, resulting in an unfortunate fusion of old and new.

The residential and business blocks of the SFRY era provided ample housing but have been much criticised for their uninventive and grey appearance.

Main traffic arteries were laid out during this period, which extended the orthogonal street layout of Mirkova Varoš to the south and west. Residential and infrastructural developments in SFRY era have mostly shaped the layout of today's Podgorica, and accommodated the unprecedented population growth that followed the World War 2.

However, in area surrounding residential blocks, the city expanded in a form of often chaotic [urban sprawl](#), with densely built private lowrise dwellings leaving little space for streets and sidewalks. The trend of sprawling informal settlements was at peak during the [1990s](#). Efforts have been made since to improve the infrastructure of those settlements, but



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many problems remain, especially in large lowrise neighbourhoods in north and northeast Podgorica.

A major advance in Podgorica architecture began in the late 1990s and, since then, the face of the city has changed rapidly. Residential and business construction are proceeding rapidly, incorporating contemporary glass-and-steel architectural trends. In an effort to create a recognizable and modern state capital, city officials are routing significant investments in city's public spaces. Thus, the city has gained entirely new squares, parks and monuments. New landmarks include the Hristovog Vaskrsenja [orthodox temple](#) and the [Millennium Bridge](#), the main feature of the Podgorica skyline. Podgorica today is transforming rapidly from a featureless town to a modern European capital.

Culture

Entertainment and performing arts



Montenegrin National Theatre.

Podgorica is home to many Montenegrin cultural institutions and events. It hosts the [Montenegrin National Theatre](#) and a number of museums and galleries.

The Montenegrin National Theatre is the most significant theatre not only in Podgorica but in all of Montenegro. Podgorica is also host to the City Theatre (Gradsko pozorište), which includes the Children's Theatre and the Puppet Theatre.

Although not as rich in museums and galleries as the historic royal capital [Cetinje](#), there are several noteworthy museums:

The Podgorica City Museum (Muzej grada Podgorice) preserves Podgorica's rich heritage. Founded in 1950, it has four categories:



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archaeological, ethnographic, historical and cultural-historical. It houses artefacts which date back to the [Roman](#) and [Illyrian](#) eras.

The Archaeological Research Centre (Centar za arheološka istraživanja) was founded in 1961. Its mission is to gather, classify, restore and display archaeological sites.

The Museum of [Marko Miljanov](#) (Muzej Marka Miljanova) in [Medun](#) shows life in 19th century [Montenegro](#). It is the most significant Montenegrin memorial museum of its kind.

The Natural History Museum (Prirodnjacki muzej) displays specimens of Montenegrin flora and fauna. This museum has no exhibition space of its own, despite many proposals and initiatives to build one.



Republic Square was completely refurbished in 2006.

There is a notable art gallery in the Dvorac [Petrovica](#) (Petrovic's Castle) complex in Podgorica's largest public park. The [King Nicholas's](#) castle, Perjanicki dom (House of the Honour Guard), castle chapel and surrounding buildings were converted to an art gallery in 1984. Since 1995, it has been part of the Modern Arts Centre (Centar savremenih umjetnosti) and houses approximately 1,500 works of art.

The historic Cinema Culture (Kino kultura), which was founded in 1949, was closed in November, 2008 due to continuous financial losses it generated. It was the only cinema in the city for 6 decades. The building of the former cinema will be converted to host the Podgorica City Theatre.

Shortly after its closure, a [Ster-Kinekor](#) 6-screen [multiplex](#) cinema opened at [Delta City](#) shopping mall, and another multiplex is announced at [Mall of Montenegro](#).



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Resurrection Church

A significant cultural institution of over fifty years' standing is the Cultural-informational centre Budo Tomovic (KIC Budo Tomovic). It is a public institution which organises various artistic events, including Podgorica's Cultural Summer (Podgori_ko Kulturno Ljeto), FIAT - International Alternative Theatre Festival (Festival Internacionalnog Aletarnativnog Teatra), DEUS - December Arts Scene (Decembarska Umjetni_ka Scena). 'KIC budo Tomovi_' was a host for such names as [Tony Parsons](#) or [Brooklyn Funk Essentials](#) during their visits to Podgorica.

The [Cathedral of the Resurrection of Christ](#), in construction since [1993](#), is the largest place of worship in Podgorica, and one of the symbols of the city. With many smaller [orthodox](#) churches scattered around the city, two [mosques](#) and a [catholic](#) church, Podgorica makes up for a multiconfessional and multicultural city, and a reflection of Montenegro itself.

Media

Podgorica is undoubtedly the media hub of Montenegro. It is home to the headquarters of the state-owned [public television](#) broadcaster [RTCG](#). Commercial broadcasters in Podgorica include [TV In](#), [NTV Montena](#), [Elmag RTV](#), [RTV Atlas](#), [TV Vijesti](#) and [MBC](#). Their programmes can be received in much of Montenegro.

All Montenegro's daily newspapers ([Vijesti](#), [DAN](#) and [Pobjeda](#)) are published in Podgorica, as is the popular weekly magazine [Monitor](#).



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VENUE

Competition will be held in **Morača Sports Center**



Morača Sports Center

Ivana Milutinovi_a bb
20000 Podgorica, Crna Gora
Tel: +382(20)244326
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Sports

The most popular sports by far are [football](#) and [basketball](#). Basketball became especially popular with the success in the late 20th and early 21st centuries of [KK Budu_nost Podgorica](#), both in [Yugoslav](#) and European competitions.

Football in Podgorica has a very long tradition associated with [FK Budu_nost Podgorica](#). World-famous players [Predrag Mijatovi_](#) and [Dejan Savi_evi_](#) were born in Podgorica and made their debut in that team. [FK Zeta](#) (from the Podgorica suburb of [Golubovci](#)) has also reached the former first league of Serbia and Montenegro. These clubs, along with [FK Mogren](#) of Budva, usually compete with each other for leading position in the [First League of Montenegro](#).

Other clubs from Podgorica and its surroundings play in the Montenegrin First League e.g. [FK De_i_ \(Tuzi\)](#), [FK Kom](#) and [FK Mladost](#). One of the most popular clubs from the suburbs is [FK Ribnica](#) from [Konik](#).

The volleyball team [OK Budu_nost Podgorica](#) and the women's handball team [ŽRK Budu_nost T-Mobile](#) have had significant success in European competition. [Budu_nost Podgorica](#) is the most important sports club in Podgorica. Its name means Future.

Sporting events like the annual Podgorica Marathon and the Morača River jumps attract international competitors.

Podgorica is the host of [FINA Water Polo World League](#).



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Economy



ProMonte building

Podgorica is not only the administrative centre of Montenegro but also its main economic engine. Most of Montenegro's industrial, financial and commercial base is in Podgorica.

Before World War I, most of Podgorica's economy was in trade and small scale manufacture - an economic model established during the long rule of the [Ottoman Empire](#). After World War II, Podgorica became Montenegro's capital and a focus of the rapid urbanization and industrialization of the [Yugoslav era](#). Industries such as [aluminium](#) and [tobacco](#) processing, [textiles](#), engineering, vehicle production and industrialized [wine](#) production were established in and around the city.

The [Yugoslav wars](#), and the dissolution of Yugoslavia left Podgorica's industries without markets, suppliers or funds to invest and modernize equipment. This led to a decline of many factories, some of which closed down. Those surviving were [privatised](#) and have now largely recovered. The [Podgorica aluminium smelter](#) (Kombinat aluminijuma Podgorica - KAP, owned by [Rusal](#)) and AD [Plantaže](#) (a wine and brandy making company) are still among the biggest companies in Podgorica.

In the early [2000s](#), Podgorica's financial and service sector expanded rapidly and its economy became more service-oriented. The two Montenegrin [stock markets](#) ([Montenegro](#) and [NEX](#)), as well as most Montenegrin banks are situated in the city. Economic activity in Podgorica has mostly shifted from [heavy industries](#) to [telecommunications](#), [construction](#) and [banking](#). Investors and foreign companies which open outlets in Podgorica add significantly to the growth and diversification of its economy.

As a side effect, the prices of property and development land in the centre of Podgorica have increased greatly. The growth, although somewhat slowed down due to [late 2000s recession](#), is expected to continue, as Podgorica became capital of an independent country in [2006](#).



18^{emes} Championnats de la Méditerranée de Karaté Cadets et Juniors
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18th Mediterranean Cadets and Juniors Karate Championships
1st Mediterranean Karate Cup Under 21
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Emergencies

| | |
|-----------------------------|----------------|
| Information: | +382 (20) 1181 |
| Ambulance: | +382 (20) 124 |
| Police: | +382 (20) 122 |
| Time: | +382 (20) 125 |
| Weather report: | +382 (20) 9848 |
| Help on roads: | +382 (20) 987 |
| Waking up: | +382 (20) 9101 |
| Sending telegrams by phone: | +382 (20) 126 |
| International calls: | +382 (20) 901 |

Internet

Internet of Montenegro
Street: Vu_edolska 13, 20000 Podgorica
tel. +382 (0)20 248844, 248855
Number for Dial-up connects: 9802



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General Information

By its geographic location, Montenegro belongs to Central Mediterranean, or South-East Europe. Area: 13,812 square kilometres.

Population: 662,000

Length of borders: 614 km

By its geographic location, Montenegro belongs to Central Mediterranean, or South-East Europe.

Capital city: Podgorica (169,100 inhabitants)- administrative and economic centre

Old royal capital: Cetinje – historic and cultural centre

Length of sea coast: 293 km

Length of beaches: 73 km

Highest mountain peak: Zla Kolata (Prokletije) – 2,536m

Largest lake: Lake Skadar - 391 square kilometres

Deepest canyon: Tara Canyon - 1,300 m

Largest Bay: Boka Kotorska Bay

Time zone: GMT+1

Electric current: 220V/50Hz

Climate: Mediterranean

Average air temperature: in summer 27.4 C

Maximum sea temperature: 27.1 C

Average number of sunny days a year: 240

Swimming season: 180 days

Sea colour: deep blue

Sea visibility: from 38 to 56 m



USEFUL WEBSITES:

www.podgorica.travel/index-cg.html

www.cafemontenegro.com



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HOW TO GET THERE: air transportation – see transportation – local transportation

Podgorica Airport

| | | |
|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| AD Administration, address | JP Aerodromi Crne Gore Aerodrom Podgorica Crnogorskih serdara b.b. 81 000 Podgorica, PP 202 Crna Gora - Montenegro | |
| | TEL | +382 20 242 912, 601 970 operative center +382 20 872 870 |
| | FAX | +382 20 242 807, 601 890 operative center +382 20 622 253 |
| | SITA | TGDAPXH |
| | E-mail | apm.pg.dispatch@cg.yu |

Port Of Bar

BARSKA PLOVIDBA AD
Obala 13, jula bb, 85000 Bar

Tel/Fax: -382 30 311-652

Booking: +382 30 303-469

mlinesagency@ch.yu

booking@barplov.com



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Transportation

By plane

There are several daily flights from [Belgrade](#). There are regular flights from [Budapest](#), [Zurich](#), [Frankfurt](#), [Ljubljana](#), [London](#), [Paris](#), [Rome](#), [Milan](#) and [Vienna](#) - ticket price varies.

The airport (TDG) is situated 12 km (7.5 miles) south of Podgorica

Transfer upon arrival to and departure from Podgorica Airport will be organized for the teams against payment of 10 € per person according to the information given in the Registration form.



By train

There is regular passenger train service from [Subotica](#) through [Novi Sad](#) and [Belgrade](#). Train tickets are cheap, but quality of service is lower comparing European standards. There are overnight trains with sleeping car. Trains can be late but are a usual mean of transportation.

By bus

Bus station serves number of domestic destinations, as well as those in neighbors countries.

The bus and train station are located next to each other. City center is 10 minutes walk from there, but if you have any luggage - it's recommended that you either take a minibus (combi) (next to all of the little grocery/snack stands) or some of the taxis usually waiting at the station entrance.



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ACCOMMODATION

All hotels registered for Championships are located in Podgorica no more than 900 m from sport hall. Rooms in hotels of several categories have been reserved for the Championships' participants and guests. The packages have been offered as bad breakfast. Also, extra launch and dinner are available.

The reservation in the hotels designated by the organizations must be done only through the Official Travel Agency, **deadline 20th August 2009**. Later than that date the organizers reserve there's right to change the price for accommodation up to normal price.

The number of rooms available are limited and the policy of first come (and paid)/ first serve will followed. Reservations and bookings are available only against 50% prepayment until 20th of August 2009. Full payment for accommodation has to be paid no later than 1st of September 2009 together with transfer and extra meal.

Please note: The shuttle bus, free of charge, operates only between official hotels.

Incoming Payment Instruction

Field 56 - Intermediary bank:

| | |
|----------------------|-----------------------------------------------|
| Swift Address | COBADEFF |
| Name | Commerzbank AG Frankfurt/Main, Germany |

Field 57 - Account with Institution:

| | |
|-------------------------|-------------------------------------------------------|
| Party Identifier | 400876851700 EUR |
| Swift Address | CKBCMEPG |
| Name | CRNOGORSKA KOMERCIJALNA BANKA AD PODGORICA |

Field 59 - Beneficiary Customer:

| | |
|---------------------------|-----------------------------------------------------------------------------------------------------------|
| Account | ME2551000000000026424 |
| Name & Address | UTIP CRNA GORA AD PODGORICA BULEVAR SVETOG PETRA CETINJSKOG 2 81000, Podgorica, MONTENEGRO |

Kind regards,

Crnogorska Komercijalna banka AD Podgorica
 International Payment Department



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Official Agency:

Contact : Tatjana Tomasevic
 AD Utip Crna Gora - hotel "Crna Gora", Hotel "City"
 Bulevar Svetog Petra Cetinjskog 2
 20000 Podgorica - Montenegro
 Tel: +382 20 443 454
 Fax: +382 20 634 481
 Mob: +382 67 231 338
 Web: www.hotelcg.com
 E-mai: utiprodaja@hotelcg.com



UTIP "Crna Gora"

HOTELS

Hotel Crna Gora ***



| CATEGORY OF LODGING UNIT | PRICE FOR SINGLE USE | PRICE FOR DOUBLE USE |
|--------------------------|----------------------|----------------------|
| ECONOMIC | | |
| SINGLE ROOM | 65 € | |
| TWIN ROOM | 55 € | 110 € |
| STANDARD | | |
| DOUBLE ROOM | 74 € | 94 € |
| TWIN ROOM | 79 € | 99 € |
| ADDITIONAL BED | 39 € | |
| LUX | | |
| DOUBLE ROOM | 89 € | 109 € |
| TWIN ROOM | 94 € | 114 € |
| APARTMANS | | |
| SUITE LUX | 190 € | 190 € |
| JUNIOR SUITE | 140 € | 140 € |

- PRICE OF LODGING UNIT IS BASED ON BED AND BREAKFAST
 - VAT (7%) ARE INCLUDED IN PRICE OF LODGING UNIT
- RESIDENCE TAX AND INSURANCE ARE NOT INCLUDED IN PRICE OF LODGING UNIT (1.60 € PER PERSON, DAILY)
 - ADDITIONAL MEAL (EXTRA) 15.00 €

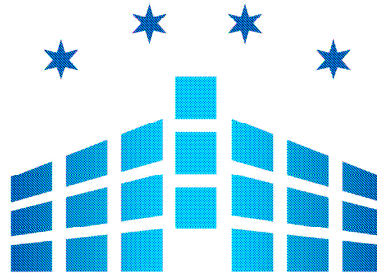
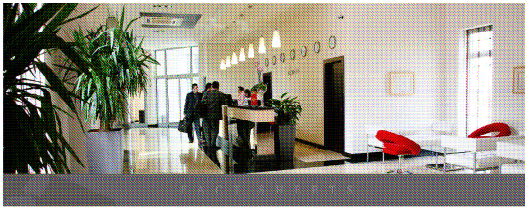


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Hotel City ****



CITY HOTEL

ACCOMMODATION PRICE LIST

| ROOM CATEGORY | PRICE FOR SINGLE USE | PRICE FOR DOUBLE USE |
|---------------------------|----------------------|----------------------|
| TWIN ROOM CLASSIC | 98€ | 123€ |
| DOUBLE ROOM QUEEN CLASSIC | 108€ | 143€ |
| DOUBLE ROOM QUEEN CLASSIC | 118€ | 153€ |
| DOUBLE ROOM QUEEN LUX | 138€ | 173€ |
| JUNIOR SUITE CLASSIC | 148€ | 183€ |
| JUNIOR SUITE LUX | 178€ | 203€ |
| SUITE LUX | 230€ | 240€ |



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INSURANCE

All participants and members of delegations must effect their own medical insurance and personal trip insurance. The Montenegro Federation of Karate and the MKFU are taking **no liability** for these concepts. Note that plain medical insurance is not enough, but the insurance has to have e.g. **repatriation option**. For further information please see the **Competition Rules Articles 19 point 03**.

The chief of the delegation have to sign the enclosed term of responsibility and return it by;

August 15th 2009
at the latest to the

Organizing Committee (Fax +382 20648411) e-mail : karatesavezcg@t-com.me
MKFU Secretariat (Fax +39 0656191527)

PROTECTION

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

- 8.1. WKF approved mitts, one contestant wearing red and the other wearing blue.
 - 8.2. Gum shield
 - 8.3. The female chest protector approved by the WKF
 - 8.4. The shin pad & foot protector approved by the WKF
- Groin Guards are not mandatory, but if worn, they must be of approved WKF type

IMPORTANT: THE NEW WKF FACE MASK AND BODY PROTECTOR ARE COMPULSORY FOR 14 & 15 YEAR OLD CADETS (MALE & FEMALE).



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WKF APPROVED ITEMS

All protections of compulsory use are the ones approved by WKF:

| TRADEMARK | OFFICIAL DISTRIBUTOR |
|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>DOUBLE D 2, rue Vladimir Jankelevitch 77184 Emerainville France Phone : +33 1 64 73 00 03 Fax : + 33 1 64 73 00 04 E-mail : thierry.doubled@wanadoo.fr</p> |
|  | <p>ARAWAZA 724, Chemin des Anglais Mascouche (QC) J7L 3R6 Canada Phone: + 1 450 477 4410 Fax: +1 450 477 4400 E-mail: info@arawaza.com</p> |
|  | <p>BUDOLAND Oberaustasse 45 D-83026 Rosenheim Germany Phone: + 49 8031 4 06 740 Fax: +49 8031 4 06 74 11 E-mail: info@budoland.de</p> |
|  | <p>SPORTS MASTER ATHLETICS INT. 105-119 Jardine St Fairy Meadow NSW 2519 Australia Phone: + 61 2 4283 4363 Fax: 61 2 4285 5512 E-mail: sales@sports-master.com</p> |
|  | <p>TOKAIDO Kojimachi KY Bldg., 3-12-4 Chiyoda-Ku 102 Tokyo Japan Phone: +81 3 3262 02 81 Fax: +81 3 3234 93 87 E-mail: tokaodo@par.odn.ne.jp</p> |



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VISA REQUIREMENTS

List of Countries that have Visa Exemption Arrangements with Montenegro

Information ; Ministry Foreign Affairs of Montenegro

www.mip.gov.me

Karate Federation Of Montenegro
 R.Burica,bb.20 000 Podgorica
 tel-fax :+382 20 648 411
 mob : +382 67 519 927
 e-mail :karatesavezcg@t-com.me

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

| | | | | | |
|----|----------------------|-----------------|----|------------|-----------------|
| 1 | ALBANIA | 30 days or less | 13 | MALTA | 90 days or less |
| 2 | ALGERIA | No | 14 | MONACO | 90 days or less |
| 3 | ANDORRA | 90 days or less | 15 | MONTENEGRO | no |
| 4 | BOSNIA & HERCEGOVINA | 90 days or less | 16 | MOROCCO | No |
| 5 | CROAZIA | 90 days or less | 17 | SAN MARINO | 90 days or less |
| 6 | CYPRUS | 90 days or less | 18 | SLOVENIA | 90 days or less |
| 7 | EGYPT | No | 19 | SERBIA | 90 days or less |
| 8 | FRANCE | 90 days or less | 20 | SPAIN | 90 days or less |
| 9 | GREECE | 90 days or less | 21 | SYRIA | No |
| 10 | ITALY | 90 days or less | 22 | TUNISIA | 90 days or less |
| 11 | LEBANON | No | 23 | TURKEY | 90 days or less |
| 12 | LIBYA | no | | | |



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AGE & WEIGHT CATEGORIES FROM 2009

UNDER 21 KUMITE (age 18,19,20) (-68,-78,+78) (NEW)

UNDER 21 KUMITE (age 18,19,20) (-53,-60,+60) (NEW)

- Each National Federation can register one (1) team and one (1) competitor per category.

MALE JUNIOR INDIVIDUAL KUMITE (age 16 & 17)

-55, -61, -68, -76, +76 kg.

FEMALE JUNIOR INDIVIDUAL KUMITE (age 16 & 17)

-48, -53, -59, +59 kg

MALE CADET INDIVIDUAL KUMITE (age 14 & 15)

-52, -57, -63, -70, +70 kg.

FEMALE CADET INDIVIDUAL KUMITE (age 14 & 15)

-47, -54, +54 kg.

MALE JUNIOR INDIVIDUAL KATA (age 16 & 17)

FEMALE JUNIOR INDIVIDUAL KATA (age 16 & 17)

MALE CADET INDIVIDUAL KATA (age 14 & 15)

FEMALE CADET INDIVIDUAL KATA (age 14 & 15)

MALE CADET /JUNIOR TEAM KATA (age 14-17) (3)

FEMALE CADET/JUNIOR TEAM KATA (age 14-17) (3)



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DETAILS DE L'ÉVÉNEMENT

Vendredi, 04 septembre 2009

Enregistrement des Délégations

10.00 – 13.00 heures
 15.00 – 18.00 heures

QG Hôtel

13^{ème} Course des Arbitres et Juges et Examens

10.00 – 13.00 heures
 15.00 – 18.00 heures

QG Hôtel

UFMK/MKFU 19^{ème} Réunion du Comité Exécutif

09.00 heures

QG Hôtel

18^{ème} CONGRES

16.00 heures

QG Hôtel

UFMK/MKFU 18^{ème} Réunion - Commission Médicale

UFMK/MKFU 18^{ème} Réunion - Commission Arbitrale

UFMK/MKFU 18^{ème} Réunion - Commission Technique

09.00 – 10.00 heures

QG Hôtel

Briefing des Arbitres et Juges (*)

18.00 – 19.00 heures

QG Hôtel

Réunion des Entraîneurs et Tirage au Sorte

19.00 heures

QG Hôtel

(*) Tous les Arbitres et les Juges qui ne participent pas au Course et veulent arbitrer les Championnats doivent être présents au Briefing.

Samedi, 05 septembre 2009

La pesée pour tous les catégories

Heures: 07.30 – 10.00

QG Hôtel

PROGRAMME DE LA PESEE

| HEURES | CATEGORIES DE POIDS HOMMES | CATEGORIES DE POIDS FEMMES |
|---------------|----------------------------|----------------------------|
| 07.30 – 08.30 | Juniors: -55 & Cadets: -52 | Juniors: -48 & Cadets: -47 |
| | Juniors: -61 & Cadets: -57 | Juniors: -53 & Cadets: -54 |
| | Juniors: -68 & Cadets: -63 | |
| 08.30 – 09.15 | Juniors: -76 & Cadets: -70 | Juniors: -59 & Cadets: +54 |
| | Juniors: +76 & Cadets: +70 | Juniors: +59 |
| 09.15 – 10.00 | Under21 -68 | Under21 -53 |
| | Under21 -78 | Under21 -60 |
| | Under21 +78 | Under21 +60 |

ATTENTION • Les concurrents qui ont déjà participé avec l'équipe nationale dans un Championnat du Monde ou dans un Championnat Continental Seniors ne seront pas autorisés à prendre part à la catégorie de moins de 21 ans.

* * * * *



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DETAILS OF EVENT

Friday, 04 September 2009

Registration of Delegations

10.00 – 13.00 hours

HQ Hotel

15.00 – 18.00 hours

13th Referees / Judges Course and Examination

10.00 – 13.00 hours

HQ Hotel

15.00 – 18.00 hours

UFMK/MKFU 19th Executive Committee Meeting

09.00 hours

HQ Hotel

18th CONGRESS

16.00 hours

HQ Hotel

UFMK/MKFU 18th Medical Commission Meeting

Referee and Judges Briefing (*)

UFMK/MKFU 18th Refereeing Commission Meeting

18.00 – 19.00 hours

HQ Hotel

UFMK/MKFU 18th Technical Commission Meeting

Coaches Meeting and Drawing

09.00 – 10.00 hours

HQ Hotel

19.00 hours

HQ Hotel

(*) All Referees and Judges who do not attend the Course but who intend to officiate at the Championships are required to attend the Briefing.

Saturday, 05 September 2009

Weigh-in for all categories

Headquarter Hotel

Hours: 07.30 - 10.00

WEIGH-IN PROGRAM

| TIME | MALE WEIGHT CATEGORIES | FEMALE WEIGHT CATEGORIES |
|---------------|----------------------------|----------------------------|
| 07.30 – 08.30 | Juniors: -55 & Cadets: -52 | Juniors: -48 & Cadets: -47 |
| | Juniors: -61 & Cadets: -57 | Juniors: -53 & Cadets: -54 |
| | Juniors: -68 & Cadets: -63 | |
| 08.30 – 09.15 | Juniors: -76 & Cadets: -70 | Juniors: -59 & Cadets: +54 |
| | Juniors: +76 & Cadets: +70 | Juniors: +59 |
| 09.15 – 10.00 | Under21 -68 | Under21 -53 |
| | Under21 -78 | Under21 -60 |
| | Under21 +78 | Under21 +60 |

ATTENTION • The competitors who have already participated with the National team in a World or in a Continental Senior Championships won't be allowed to take part in Under 21 categories.

* * * * *



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PROGRAMME DES COMPETITIONS

Samedi, 05 septembre 2009

| | |
|--------|---------------------------------------------------------------------------------------|
| 09 :00 | Eliminatoires et Repêchage Kata Individual Juniores M/F |
| 10 :00 | Eliminatoires et Repêchage Junior Kumite hommes (tous le categories) |
| 12 :00 | Eliminatoires et Repêchage Under 21 Kumite hommes (tous le categories) |
| 13 :00 | Dîner |
| 15 :00 | Eliminatoires et Repêchage Cadet Kata individuel hommes & femmes |
| 16 :00 | Eliminatoires et Repêchage Cadet Kumite hommes (tous le categories) |
| 18 :00 | Cérémonie d'ouverture |
| 19 :00 | Finales et Remise de Prix (Kata, Kumite – Juniores, Cadets, Under 21 – M/F) |

Dimanche, 06 septembre 2009

| | |
|--------|----------------------------------------------------------------------------------------------|
| 09 :00 | Eliminatoires et Repêchage Kata Team Juniores M/F |
| 10 :00 | Eliminatoires et Repêchage Junior Kumite femmes (tous le categories) |
| 11 :30 | Eliminatoires et Repêchage Cadet Kumite femmes (tous le categories) |
| 12 :30 | Eliminatoires et Repêchage Under 21 Kumite femmes (tous le categories) |
| 13 :00 | Dîner |
| 15 :00 | Finales et Remise de Prix (Kata, Kumite – Juniores, Cadets, Under 21 – Team - M/F) |
| 17.00 | Cérémonie de Clôture |
| 20.00 | Farewell Party |

ATTENTION:

KUMITE et KATA:
KUMITE INDIVIDUEL:

KATA INDIVIDUEL:

EN EQUIPES (seulement Juniors):

REGLES D'ARBITRAGE et PROTETION:

SURFACE DE COMPETITION:

LA PESEE :

HOMMES ET FEMMES: CADETS INDIVIDUEL - JUNIORS INDIVIDUEL et KATA EN EQUIPE
CADETS, JUNIORS, UNDER 21 : UN COMPETITEUR POUR CHAQUE CATEGORIE DE POIDS

CADETS, JUNIORS : UN COMPETITEUR

KATA: HOMMES 3+1, FEMMES 3+1

FMK

POURVOIR POUR 2 SURFACES DE COMPETITION 12x12

POURVOIR POUR 2 BALANCES POUR LE POIDS OFFICIEL ET 1 BALANCE POUR LE POIDS D'EPREUVE

* * * * *



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COMPETITION PROGRAM

Saturday, 05 September 2009

| | |
|--------|---------------------------------------------------------------------------------------|
| 09 :00 | Elimination and Repechage Kata Individual Juniores M/F |
| 10 :00 | Elimination and Repechage Junior Kumite male (all categories) |
| 12 :00 | Elimination and Repechage Under 21 Kumite male (all categories) |
| 13 :00 | Lunch break |
| 15 :00 | Elimination and Repechage Cadet Kata individuel male & female |
| 16 :00 | Elimination and Repechage Cadet Kumite male (all categories) |
| 18:00 | Opening Ceremony |
| 19:00 | Finals and Medal Ceremony (Kata, Kumite – Juniores, Cadets, Under 21 – M/F) |

Sunday, 06 September 2009

| | |
|--------|----------------------------------------------------------------------------------------------|
| 09 :00 | Elimination and Repechage Kata Team Juniores M/F |
| 10 :00 | Elimination and Repechage Junior Kumite female (all categories) |
| 11 :30 | Elimination and Repechage Cadet Kumite female (all categories) |
| 12 :30 | Elimination and Repechage Under 21 Kumite female (all categories) |
| 13 :00 | Lunch break |
| 15 :00 | Finals and Medal Ceremony (Kata, Kumite – Juniores, Cadets, Under 21 – Team - M/F) |
| 17.00 | Closing Ceremony |
| 20.00 | Farewell Party |

ATTENTION:

KUMITE AND KATA:
INDIVIDUAL KUMITE:

INDIVIDUAL KATA:

TEAMS (only Juniors):

REFEERING RULES and PROTECTION:

COMPETITION AREA:

WEIGH-IN:

MALE AND FEMALE: CADETS INDIVIDUAL - JUNIORS INDIVIDUAL and KATA TEAM
 CADETS, JUNIORS, UNDER 21 : ONE COMPETITOR FOR EACH CATEGORY

CADETS, JUNIORS: ONE COMPETITOR

KATA: MALE 3+1, FEMALE 3+1

WKF

TO PROVIDE FOR 2 COMPETITION AREAS 12x12

TO PROVIDE FOR 2 SCALES FOR OFFICIAL WEIGH-IN AND 1 FOR UNOFFICIAL WEIGH-IN

* * * * *



18^{èmes} Championnats de la Méditerranée de Karaté Cadets et Juniors
1^{ère} Coupe de la Méditerranée de Karaté Under 21
 Podgorica/ Montenegro 05/06 septembre 2009

18th Mediterranean Cadets and Juniors Karate Championships
1st Mediterranean Karate Cup Under 21
 Podgorica/Montenegro 05/06 September 2009



**FORMULAIRE D'ENREGISTREMENT POUR L'HOTEL:
 LOGEMENT ET TRANSFERTS**

SVP, retournez ce formulaire avant le **15 août 2009** par mail ou par fax à :

COMITE ORGANISATEUR tel-fax : ++382 20 648 411

e-mail: utiprodaja@hotelcg.com
karatesavezcg@t-com.me

Et copie à:

U.F.M.K./M.K.F.U. Secretariat: Tel: +39 06 56191530
 Fax: +39 06 56191527
 e-mail: ufficiogare@fijlkam.it
<http://www.fijlkam.it>

| | |
|----------------------------------------------------------------------------------------------------------------------|--|
| Pays | |
| Responsable de la Délégation Ou personne à contacter | |
| Adresse | |
| Tel.-no. | |
| Fax.-no. | |
| E-mail | |
| Hôtel demandé | |
| Arrivée Vol No. | |
| Départ Vol No. | |
| Nombre total de participants pour la Délégation (communiquer tous les noms sur une liste séparée) | |



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ENTRY FORM FOR HOTEL: ACCOMMODATION AND TRANSFER

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e-mail: ufficiogare@fijlkam.it

<http://www.fijlkam.it>

| | |
|-------------------------------------------------------------------------------------------------|--|
| Country | |
| Responsible Leader of Delegation or Person to contact | |
| Address | |
| Tel.-no. | |
| Fax.-no. | |
| E-mail | |
| Hotel wanted | |
| Arrival in Flight No. | |
| Departure from Flight No. | |
| Total number of Delegation participants (we need their names on a separate list) | |



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BULLETIN D'INSCRIPTION

Personne Responsable :

Fédération: _____ Pays: _____
 Nom: _____ Prénom: _____
 Adresse: _____ Ville: _____
 Téléphone: _____ Fax: _____
 E-mail: _____

Information Voyage :

Arrivée à _____ Par : _____ Départure de _____ Par : _____
 Avion: Bus: Train: voiture: _____ Avion: Bus: Train: Voiture: _____
 Nombre de personnes: _____ Nombre de personnes: _____
 Date: _____ Date: _____
 Heure: _____ Heure: _____
 Vol No.: _____ Vol No.: _____

Transfert Aéroport-Hôtel OUI NO Transfert Hôtel-Aéroport OUI NO

Réservation Hotel par préférence:

| HOTEL | NOMBRE DE CHAMBRES INDIVIDUELLES | NOMBRE DE CHAMBRES DOUBLES | NOMBRES DE NUITS |
|-------|----------------------------------|----------------------------|------------------|
| | | | |
| | | | |
| | | | |

Payement :

Les réservations seront effectuées si accompagnées d'un acompte de 50% jusqu'à 20 août 2009. Le paiement complet pour le logement doit être payé au plus tard le 1^{er} Septembre 2009 avec le transfert et de repas supplémentaires.

Date

Nom de la Personne en charge

(Signature)

TIMBRE OFFICIEL



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REGISTRATION FORM

Contact Person:

Federation: _____ Country: _____
 Surname: _____ Name: _____
 Address: _____ City: _____
 Telephone: _____ Fax: _____
 E-mail: _____

Travel Information:

Arrival in _____ by: _____ Departure from _____ by: _____
 Plane: Bus: Train: Car: Plane: Bus: Train: Car:
 Number of persons: _____ Number of persons: _____
 Date: _____ Date: _____
 Hour: _____ Hour: _____
 Flight No.: _____ Flight No.: _____

Transfer Airport-Hotel YES NO Transfer Hotel-Airport YES NO

Hotel booking in order of preference:

| HOTEL | NUMBER OF SINGLE ROOMS | NUMBER OF DOUBLE ROOMS | NUMBER OF NIGHTS |
|-------|------------------------|------------------------|------------------|
| | | | |
| | | | |
| | | | |

Payment:

Reservations and bookings are available only against 50% prepayment until 20th of August 2009. Full payment for accommodation has to be paid no later than 1st of September 2009 together with transfer and extra meal.

Date

Name of contact Person

(Signature)

OFFICIAL STAMP



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RESPONSABILITE

A retourner au plus tard le 15 août 2009 !!

Je, _____, en tant que responsable de la Délégation de mon Pays, dûment enrôlé à participer au XVIII^e Championnat Méditerranéen de Karaté Cadet & Junior qui se tiendra à Podgorica (MNE) du 04 au 06 septembre 2009, avec la pleine connaissance des statuts, règles et normes de la FEDERATION MONDIALE DE KARATE et DE L'UNION DES FEDERATIONS MEDITERRANEENES DE KARATE, promets de suivre loyalement les réglementations ci dessus mentionnées et assume les responsabilités administratives, civiles et criminelles qui pourraient advenir à nos athlètes, entraîneurs et autres membres de la délégation participant au championnat, avant, pendant et après la compétition, comme blessures physiques, dépenses personnelles ou dettes et dommages matériels occasionnés dans les hôtels.

De plus, je décharge de toutes responsabilités légales, civiles ou criminelles les organisateurs du Championnat, W.K.F/F.M.K., U.F.M.K./M.K.F.U., Fédération Monténégroise de Karaté, ses directeurs, ainsi que toute personne ou société relative à cet évènement (sponsors, entités publiques ou privées) .

J'autorise les organisateurs de l'évènement à utiliser les images, photos et noms de nos compétiteurs et autres membres de notre Délégation (ceci étant considéré nécessaire) pour les activités sportives et publications de karaté relatives à cet évènement, sans compensation financière.

| | |
|----------------------------------------------|--|
| Pays | |
| Nom | |
| Prénom | |
| Passeport n° | |
| Données de carte de crédit | |
| Position dans la Fédération Nationale | |
| Adresse | |
| Tel.-no. | |
| Fax.-no | |
| E-mail | |

Lieu et date

Signature



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TERM OF RESPONSIBILITY

To be send back till 15 August 2009 at the latest !!

I, _____, as Chief of the Delegation of my Country, duly enrolled to participate in the XVIII Mediterranean Cadet & Junior Karate Championships which will be held in Podgorica (MNE), from 04 to 06 September 2009, with fully knowledge of Statutes, Rules and Norms of WORLD KARATE FEDERATION and MEDITERRANEAN KARATE FEDERATIONS UNION, pledge myself to faithfully accomplish the regulations of this before mentioned entity and I take any 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 in the hotels. Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, W.K.F./F.M.K., U.F.M.K./M.K.F.U., Montenegro Karate Federation, its directors, as well as any person or company 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 | |
| Surname | |
| Name | |
| Passport n^o | |
| Data of credit card | |
| Position in the National Federation | |
| Address | |
| Tel.-no. | |
| Fax.-no | |
| E-mail | |

Place and date

Signature



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FORMULAIRE D'ENTREE DES COMPETITEURS ET ACCOMPAGNANTS

Pour les Officiels, Arbitres, Entraîneurs, Docteurs et autres

A retourner au plus tard le **15 août 2009** à:

COMITE ORGANISATEUR tel-fax : ++382 20 648 411

e-mail: utiprodata@hotelcg.com
karatesavezcg@t-com.me

Et copie au:

U.F.M.K./M.K.F.U. Secretariat: Tel: +39 06 56191530
 Fax: +39 06 56191527
 e-mail: ufficiogare@fjilkam.it
<http://www.fjilkam.it>
 et claudioscattini@alice.it pour suivi des données de la compétition

| No | Title | Nom/Surname | Prénom/Name | Position dans FN/UFMK/ Position in NF/MKFU |
|----|-------|-------------|-------------|-----------------------------------------------|
| 1 | | | | |
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| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |

Date

Nom et Prénom /Surname and Name

Signature



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ENTRY FORM FOR NON-COMPETITORS

For Officials, Referees, Coaches, Doctors & others

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e-mail: utiprodata@hotelcg.com
karatesavezcg@t-com.me

and copy to:

U.F.M.K./M.K.F.U. Secretariat: Tel: +39 06 56191530
 Fax: +39 06 56191527
 e-mail: ufficiogare@fijlkam.it
<http://www.fijlkam.it>
 and claudioscattini@alice.it for data management of the competition

| No | Title | Nom/Surname | Prénom/Name | Position dans FN/UFMK/ Position in NF/MKFU |
|----|-------|-------------|-------------|-----------------------------------------------|
| 1 | | | | |
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| 14 | | | | |
| 15 | | | | |

Date

Nom et Prénom/Surname and Name

Signature



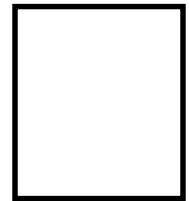
18^{èmes} Championnats de la Méditerranée de Karaté Cadets et Juniors
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SVP, retournez ce formulaire avant le **15 août 2009**
 Please, return this application till **15 August 2009**

Formulaire pour le 13^{ème} Cours Arbitrale
Application to 13th Referee Course



- **Qualités requises: 30 ans / 3 Dan / Titre d'Arbitre National**
- **Qualifications required: 30 years / 3 Dan / Title of National Referee**

Prénom/Name: _____ **Nom/Surname:** _____

Dan: _____ **Style:** _____

Age: _____ **Nationalité/Nationality:** _____

Nom de la Fédération Nationale/Name of National Federation: _____

Le Candidat su mentionné a la suivant licence / The above Candidate has the following licence(s):
 (S'il Vous plaît marquer d'un **X** la case intéressée / Please, put an **X** in the appropriate box)

NO LICENCE

AKF LICENCE

EKF LICENCE

UFAK LICENCE

UFMK LICENCE

KUMITE: **Judge-B**

Judge-A

Referee-B

Referee-A

KATA: **Judge-B**

Judge-A

Il/Elle participe: **Kumite Course**

Kata Course

He/She participates

Notice:

- **Les Cours et les examens sont gratuits.** Les Candidats qui n'ont pas la licence devront participer obligatoirement aux deux Cours et Examens, Kumite et Kata.
 Porter ce formulaire **original à la Registration** et envoyé une copie au Secrétariat de l'UFMK, au Président de la Commission Arbitrale et au Pays organisateur entre **le 15 août 2009**.
- **Course and Examination are free of charge.** For the Candidates who have not the licence it is compulsory to participate in both Course and Examination, Kumite and Kata.
 Bring this application **in original to the Registration** and send a copy to the MKFU Secretariat, to the Chairman of the Refereeing Commission and to the Organizing Country with **dead line 15 August 2009**.

UFMK/MKFU Secrétariat: Tel: +3906 56191530 - Fax: +3906 56191527 -e-mail: ufficiogare@fijlkam.it -fedkarate@fijlkam.it
Chairman of the REFEREEING COMMISSION - Mr. Antonacci Pietro: e-mail : info@csksclub.com
MONTENEGRO Karate Federation: Tel /Fax:++382 20 648 411 e-mail :karatesavezcg@t-com.me

Date

Nom, Prénom et signature du Président de la Fédération Nationale / Surname, Name and signature of National Federation President
