

International Hainaut Cup



Weigh-in on Friday - Only for U18

Place : At the dojo

Address : Rue F. Dimanche,33 in 6250 Roselies

Schedule : from 18h30 to 19h30

Rules

In reference to the international competitions, it has been decided to organise a pre-weighing for the U18; however if you have been weighed the day before :

- You may be weighed again on the day of the competition.
- There will be between 3 and 5 people randomly selected to be reweighed.
- The difference between the pre-weigh-in and the weigh-in should not exceed 5%.

Caution: No weigh-in on Friday for U15

Accommodation

Possibility of accommodation:

- ▶ In youth hostel; room with minimum 4 beds or in dormitory
- ▶ At the Ibis Hotel in a double or trio room (Reservation before 30 June)

Reservation: ihcup.aiseaupresles@gmail.com