

# OPEN BRITISH

TAEKWONDO  
CHAMPIONSHIPS



## INVITATION

[www.itfopenbritish.co.uk](http://www.itfopenbritish.co.uk)



[www.facebook.com/openbritishchampionshipsitf/](http://www.facebook.com/openbritishchampionshipsitf/)

August, 2019

Dear Masters and Instructors,

It is with great pleasure you and your students are invited to the 2019 ITF Open British Championships on Saturday 23<sup>rd</sup> November, at K2 Leisure Centre, Pease Pottage Hill, Crawley, RH11 9BQ.

Please find attached all the necessary information for you, as well as your competitors and supporters.

We look forward to meeting and welcoming you to Crawley this November.

**ITF Open British Championships Team**

Master Gordon Wallace VIII  
Master Alexander Dunbar VIII  
Master Philip Lear VII  
Mr. John McIlvaney VI  
Mr. Neil Ernest VI

[www.itfopenbritish.co.uk](http://www.itfopenbritish.co.uk)

[www.facebook.com/openbritishchampionshipsitf/](https://www.facebook.com/openbritishchampionshipsitf/)

## **INFORMATION**

The Open British Championships will be held this year on **Saturday 23<sup>rd</sup> November 2019** at **K2 Leisure Centre**, Pease Pottage Hill, Crawley, EH11 9BQ

The tournament will start at 08:00hrs. Height / Weight registration is detailed further down.

The competition is open to all ITF Taekwon-Do students 10<sup>th</sup> Kup to 6<sup>th</sup> Degree. And will run according to ITF rules & regulations.

Competitors must wear ITF dobok, and ITF Belt.

Electronic scoring system and large screens will be used to bring a professional approach to the event.

### **AGE CATEGORIES & BELTS**

|                     |             |                                   |
|---------------------|-------------|-----------------------------------|
| 7 years & under     | Youth       | White/Yellow/Green                |
| 8 years – 10 years  | Cadet       | White/Yellow/Green/Blue/Red       |
| 11 years – 13 years | Pre-Junior  | White/Yellow/Green/Blue/Red/Black |
| 14 years – 17 years | Junior      | White/Yellow/Green/Blue/Red/Black |
| 18 years – 35 years | Senior      | White/Yellow/Green/Blue/Red/Black |
| 36 years & over     | Adv. Senior | White/Yellow/Green/Blue/Red/Black |

Competitors must compete in the age category according to their date of birth.

### **EVENTS**

- Pattern
- Sparring
- Special Technique (17 years & under only)
- Power (18 years & over only)

There must be at least two (2) competitors in any division and or category. In case of only one (1) competitor, the organising committee reserve the right to merge the competitor to another appropriate category.

## PATTERN

**Colour Belts** will perform one optional pattern up to their respective grade.

|      |   |                                    |
|------|---|------------------------------------|
| e.g. | 10 <sup>th</sup> – 9 <sup>th</sup> Kup: | Saju Jirugi / Saju Makgi / Chon-Ji |
|      | 8 <sup>th</sup> – 7 <sup>th</sup> Kup:  | Chon-Ji to Do-San                  |
|      | 6 <sup>th</sup> – 5 <sup>th</sup> Kup:  | Chon-Ji to Yul-Gok                 |
|      | 4 <sup>th</sup> – 3 <sup>rd</sup> Kup:  | Chon-Ji to Toi-Gye                 |
|      | 2 <sup>nd</sup> – 1 <sup>st</sup> Kup:  | Chon-Ji to Choong-Moo              |

**Black Belts aged 11 – 13 years and 36 years and over** will perform one optional pattern from their respective degree grade.

|      |                        |                              |
|------|------------------------|------------------------------|
| e.g. | 1 <sup>st</sup> Degree | Kwang-Gae / Po-Eun / Ge-Baek |
|------|------------------------|------------------------------|

**Black Belts aged 14 – 17 years and 18 – 35 years** will perform one designated pattern from their degree grade in the initial rounds.

|      |                        |                              |
|------|------------------------|------------------------------|
| e.g. | 1 <sup>st</sup> Degree | Kwang-Gae / Po-Eun / Ge-Baek |
|------|------------------------|------------------------------|

In the Semi-Finals and Final they will perform two designated patterns; first pattern from their respective degree and the second from Chon-Ji to the highest pattern of their grade.

All categories will compete in the traditional pyramid system.

## SPARRING

Male and Female competitors will compete separately.

All competitors will compete in light continuous sparring.

Competitors aged 13 years and under will be split according to grade and subsequently by height.

Competitors aged 14yrs+ will be split according to grade and subsequently by weight.

All categories will compete in the traditional pyramid system.

### **Age 7 years & under**

| GRADES  | HEIGHT CATEGORIES |                 |               |              |
|---|-------------------|-----------------|---------------|--------------|
| 10 <sup>th</sup> – 9 <sup>th</sup> Kup<br>(White) | 110cm & under     | 111cm - 120cm   | 121cm - 130cm | 131cm & over |
| 8 <sup>th</sup> – 7 <sup>th</sup> Kup<br>(Yellow) | 110cm & under     | 111cm - 120cm   | 121cm - 130cm | 131cm & over |
| 6 <sup>th</sup> – 5 <sup>th</sup> Kup<br>(Green)  | <b>No event</b>   | <b>No event</b> | 130cm & under | 131cm & over |

### Age 8 – 10 years

| GRADES  | HEIGHT CATEGORIES |                  |                  |                  |                 |
|---|-------------------|------------------|------------------|------------------|-----------------|
| 10 <sup>th</sup> – 9 <sup>th</sup> Kup<br>(White)   | 120cm &<br>under  | 121cm -<br>130cm | 131cm –<br>140cm | 141cm –<br>150cm | 151cm &<br>over |
| 8 <sup>th</sup> – 7 <sup>th</sup> Kup<br>(Yellow)   | 120cm &<br>under  | 121cm -<br>130cm | 131cm –<br>140cm | 141cm –<br>150cm | 151cm &<br>over |
| 6 <sup>th</sup> – 5 <sup>th</sup> Kup<br>(Green)    | <b>No event</b>   | 130cm &<br>under | 131cm –<br>140cm | 141cm –<br>150cm | 151cm &<br>over |
| 4 <sup>th</sup> Kup – 3 <sup>rd</sup><br>Kup (Blue) | <b>No event</b>   | <b>No event</b>  | 140cm &<br>under | 141cm –<br>150cm | 151cm &<br>over |
| 2 <sup>nd</sup> Kup – 1 <sup>st</sup><br>Kup (Red)  | <b>No event</b>   | <b>No event</b>  | 140cm &<br>under | 141cm –<br>150cm | 151cm &<br>over |

All competitors 10 years & under are allowed to kick and punch to the body and headguard only, no direct contact to the face as this will result in a foul (minus point). Indirect contact to the face will result in a warning. All bouts are one (1) round of 60 seconds, up to and including final.

### Age 11 – 13 years

| GRADES  | HEIGHT CATEGORIES |                  |                  |                  |                 |
|---|-------------------|------------------|------------------|------------------|-----------------|
| 10 <sup>th</sup> – 9 <sup>th</sup> Kup<br>(White)   | 140cm &<br>under  | 141cm -<br>150cm | 151cm –<br>160cm | 161cm –<br>170cm | 171cm &<br>over |
| 8 <sup>th</sup> – 7 <sup>th</sup> Kup<br>(Yellow)   | 140cm &<br>under  | 141cm -<br>150cm | 151cm –<br>160cm | 161cm –<br>170cm | 171cm &<br>over |
| 6 <sup>th</sup> – 5 <sup>th</sup> Kup<br>(Green)    | 140cm &<br>under  | 141cm -<br>150cm | 151cm –<br>160cm | 161cm –<br>170cm | 171cm &<br>over |
| 4 <sup>th</sup> Kup – 3 <sup>rd</sup><br>Kup (Blue) | 140cm &<br>under  | 141cm -<br>150cm | 151cm –<br>160cm | 161cm –<br>170cm | 171cm &<br>over |
| 2 <sup>nd</sup> Kup – 1 <sup>st</sup><br>Kup (Red)  | <b>No event</b>   | 150cm &<br>under | 151cm –<br>160cm | 161cm –<br>170cm | 171cm &<br>over |
| Black Belts   | <b>No event</b>   | 150cm &<br>under | 151cm –<br>160cm | 161cm –<br>170cm | 171cm &<br>over |

All competitors 11 – 13 years: All bouts are one (1) round of 90 seconds, up to and including final.

Competitors aged 14 years and above will be split according grade and subsequently by weight.

### Age 14 – 17 years Male

| GRADES  | WEIGHT CATEGORIES |       |       |       |       |       |
|---|-------------------|-------|-------|-------|-------|-------|
| 10 <sup>th</sup> – 5 <sup>th</sup> Kup<br>(white-Green) | <55kg             | <65kg | >65kg |       |       |       |
| 4 <sup>th</sup> – 1 <sup>st</sup> Kup<br>(Blue-Red)     | <55kg             | <65kg | >65kg |       |       |       |
| 1 <sup>st</sup> – 3 <sup>rd</sup><br>Degree<br>(Black)  | <50kg             | <56kg | <62kg | <68kg | <75kg | >75kg |

**Age 14 – 17 years Female**

| GRADES  | WEIGHT CATEGORIES |       |       |       |       |       |
|---|-------------------|-------|-------|-------|-------|-------|
| 10 <sup>th</sup> – 5 <sup>th</sup> Kup<br>(white-Green) | <50kg             | <60kg | >60kg |       |       |       |
| 4 <sup>th</sup> – 1 <sup>th</sup> Kup<br>(Blue-Red)     | <50kg             | <60kg | >60kg |       |       |       |
| 1 <sup>st</sup> – 3 <sup>rd</sup><br>Degree<br>(Black)  | <45kg             | <50kg | <55kg | <60kg | <65kg | >65kg |

*All competitors 14 – 17 years: All bouts are one (1) round of 2 minutes, with the Black Belt semi-finals and final only, being 2 rounds of 2 minutes.*

**Age 18 – 35 years Male**

| GRADES  | WEIGHT CATEGORIES |       |       |       |       |       |
|---|-------------------|-------|-------|-------|-------|-------|
| 10 <sup>th</sup> – 5 <sup>th</sup> Kup<br>(white-Green) | <65kg             | <75kg | <85kg | >85kg |       |       |
| 4 <sup>th</sup> – 1 <sup>th</sup> Kup<br>(Blue-Red)     | <65kg             | <75kg | <85kg | >85kg |       |       |
| 1 <sup>st</sup> – 6 <sup>th</sup><br>Degree<br>(Black)  | <57kg             | <63kg | <70kg | <78kg | <85kg | >85kg |

**Age 18 – 35 years Female**

| GRADES  | WEIGHT CATEGORIES |       |       |       |       |       |
|---|-------------------|-------|-------|-------|-------|-------|
| 10 <sup>th</sup> – 5 <sup>th</sup> Kup<br>(white-Green) | <55kg             | <65kg | <75kg | >75kg |       |       |
| 4 <sup>th</sup> – 1 <sup>th</sup> Kup<br>(Blue-Red)     | <55kg             | <65kg | <75kg | >75kg |       |       |
| 1 <sup>st</sup> – 6 <sup>th</sup><br>Degree<br>(Black)  | <50kg             | <56kg | <62kg | <68kg | <75kg | >75kg |

*All competitors 18 – 35 years: All bouts are one (1) round of 2 minutes, with the Black Belt semi-finals and final only, being 2 rounds of 2 minutes.*

**Age 36 years & over Male**

| GRADES   | WEIGHT CATEGORIES |       |       |
|--|-------------------|-------|-------|
| 10 <sup>th</sup> – 5 <sup>th</sup> Kup (white-Green) | <68kg             | <78kg | >78kg |
| 4 <sup>th</sup> – 1 <sup>th</sup> Kup<br>(Blue-Red)  | <68kg             | <78kg | >78kg |
| 1 <sup>st</sup> – 6 <sup>th</sup> Degree<br>(Black)  | <68kg             | <78kg | >78kg |

### Age 36 years & over Female

| GRADES   | WEIGHT CATEGORIES |       |       |
|--|-------------------|-------|-------|
| 10 <sup>th</sup> – 5 <sup>th</sup> Kup (white-Green) | <55kg             | <65kg | >65kg |
| 4 <sup>th</sup> – 1 <sup>th</sup> Kup (Blue-Red)     | <55kg             | <65kg | >65kg |
| 1 <sup>st</sup> – 6 <sup>th</sup> Degree (Black)     | <55kg             | <65kg | >65kg |

*All competitors 36 years and over: All bouts are one (1) round of 2 minutes. up to and including final.*

### SPARRING RULES

#### TARGET AREA

1. Head at the front, sides and top of the head but not at the back.
2. Trunk of the body from shoulder to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

#### LIGHT CONTACT

In competition a technique is valid according to a light contact system and if:

1. Executed correctly.
2. Dynamic, that is to say it is delivered with strength, purpose, speed and precision.
3. Controlled on the target.

(please note that under 10 years can only hit the head guard, not the face):

#### POINT AWARDS

1. One (1) point will be awarded for:  
Hand attack directed to mid or high section.  
Hand attack while in air (both feet must be off the ground) directed to mid and/or high section.
2. Two (2) points will be awarded for:  
Foot attack directed to mid-section.  
Jumping or flying kick directed to mid-section.
3. Three (3) points will be awarded for:  
Foot attack directed to high section.  
Jumping or flying kick directed to high section.

**WARNINGS** will be assigned for the following offences:

1. Pretending to have scored a point by raising one or both arms.
2. Stepping completely out of the ring (both feet).
3. Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
4. Faking a blow, pretending to be injured to gain an advantage.

5. Intentionally avoiding sparring.
6. Adjusting equipment during the bout without the consent of the Centre Referee.
7. Unintentional attack to an illegal target

**FOULS** will be assigned (one point will be deducted) for the following offences:

1. Heavy contact.
2. Attacking a fallen opponent.
3. Leg sweeping.
4. Holding/grabbing.
5. Intentional attack to a legal or illegal target
6. Unsportsman like conduct

**DISQUALIFICATION** can occur in the following circumstances:

1. Misconduct against officials or ignoring instructions.
2. Uncontrolled or excessive contact.
3. Receiving three (3) minus points/fouls directly given by the Centre Referee.
4. Being under influence of alcoholic beverages or drugs.
5. Loss of temper.
6. Insulting an opponent, coach and or official.
7. Biting, scratching.
8. Attacking with the knee, elbow or forehead.
9. Causing a KO

## **SPECIAL TECHNIQUE**

This event is only for competitor aged 17 years and under. And will be split by male & female and according to height categories in sparring (7 years & under, 8 – 10 years, 11 – 13 years and 14 – 17 years), all grades will compete together, with the exception of 14 – 17 years, who will be split White/Green, Blue/Red and Black Belts.

The technique will be Flying high side kick (Twimyo Nopunde Yop Chagi).

The bar will be raised until there is a clear winner, in the case of a draw (only if the height has been cleared and the target hit correctly) will there be the possibility of 1 silver and 2 bronzes.

Minimum heights will be in place for each division. These will be published in advance of the event.

## **POWER TEST**

This event is only open to 18-35yrs Colour Belts and Black Belts and 36yrs+ Colour Belts and Black Belts.

It will be split into Male and Female White/Green, Blue/Red & Black Belts categories.

White/Green competitors can only perform Ap Palkup Taerigi (Front Elbow Strike) and Yop Cha Jirugi (Side Piercing Kick) and the number of boards they want to break (maximum of two boards can be



chosen for these grades) secretly. In the case of a draw the Centre Referee will choose one of the used techniques at random and the number of boards to be broken.

Blue/Red & Black Belt competitors will choose **one** hand and **one** foot technique out of the two technique options, and any number of boards they want to break for each technique secretly.

There is a time limit of 90 seconds to complete both breaks.

In a tie break situation, the other hand or foot technique will be used (So you must practice all four). In the case of a further draw the Centre Referee will choose one of the used techniques at random and the number of boards to be broken.

There must be a clear winner, in the case of a draw (only if boards are broken) there will be the possibility of a silver and two bronzes.

#### **TECHNIQUES FOR MALE WHITE/GREEN**

| HAND TECHNIQUE                         | FOOT TECHNIQUE                      |
|--|-------------------------------------|
| Ap Palkup Taerigi (Front Elbow Strike) | Yop Cha Jirugi (Side Piercing Kick) |

#### **TECHNIQUES FOR MALE BLUE/RED & BLACK BELTS**

| HAND TECHNIQUE – OPTION 1           | HAND TECHNIQUE – OPTION 2              |
|-------------------------------------|--|
| Ap Joomuk Jirugi (Punch)            | Sonkal Taerigi (Knifehand Side Strike) |
| FOOT TECHNIQUE – OPTION 1           | FOOT TECHNIQUE – OPTION 2              |
| Yop Cha Jirugi (Side Piercing Kick) | Dollyo Chagi (Turning Kick)            |

#### **TECHNIQUES FOR FEMALE WHITE/GREEN**

| HAND TECHNIQUE                         | FOOT TECHNIQUE                      |
|--|-------------------------------------|
| Ap Palkup Taerigi (Front Elbow Strike) | Yop Cha Jirugi (Side Piercing Kick) |

#### **TECHNIQUE FOR FEMALE BLUE/RED & BLACK BELTS**

| HAND TECHNIQUE – OPTION 1     | HAND TECHNIQUE – OPTION 2              |
|-------------------------------|--|
| Pulkup Taerigj (Elbow Strike) | Sonkal Taerigi (Knifehand Side Strike) |
| FOOT TECHNIQUE – OPTION 1     | FOOT TECHNIQUE – OPTION 2              |

## **ONLINE REGISTRATION**

The online registration system we have in place is via Sportdata ([www.sportdata.org](http://www.sportdata.org)) Please take the time to register your school for the event. This is a quick 2-minute process, once you've done so, you will receive an email from Sportdata confirming your account registration. Only club instructors should register for an account.

In registering your club account, this will give you the opportunity to familiarise yourself with the set-up and registration process for competitors, in advance of the closing date which is 10<sup>th</sup> November at 23.59. Please note: competitors cannot directly register themselves to the event, this should all be done by the instructor only.

### **ENTRY FEES, PAYMENT AND CLOSING DATE**

- |                  |                       |        |
|------------------|-----------------------|--------|
| • Coloured Belts |                       | £30.00 |
| • Black Belts    |                       | £35.00 |
| • Spectators     | Adults                | £5.00  |
|                  | Children 5-15 years   | £2.50  |
|                  | Children 4yrs & under | Free   |

The closing date for this competition is Sunday 10<sup>th</sup> November, this is when all online registrations and payments must be completed.

Competitors will only be added to the draws once payment has been completed by the above deadline.

Entry fee payments must be made to the account details below:

**Bank:** Santander  
**Account Name:** TKD EVENTS  
**Account Number:** 26385017  
**Sort Code:** 09-01-29  
**BIC:** ABBYGB2LXXX  
**IBAN:** GB23ABBY09012926385017

Spectator fees can be paid in advance or on entry.

### **DOBOK / SAFETY EQUIPMENT**

Competitors must wear an ITF dobok, this must clearly show the ITF crest on the left breast. No other doboks will be allowed. The following sparring equipment is essential for these championships, please ensure you have the correct equipment before arriving.

We just require that competitors wear a Red or Blue Headguard depending on the colour in the draw. The other sparring gear can be of any colour.

**Equipment: 7 years & under, 8 – 10 years, 11 – 13 years**

- Closed fingered open palm gloves (no dipped foam)
- Feet pads

- Head guard
- Mouth guard
- Shin guards (optional)
- Groin Guard (male over 131cms)

**Equipment: 14 – 17 years, 18 – 35 years, 36 years & over**

- Closed fingered open palm gloves (no dipped foam)
- Feet pads
- Head guard
- Mouth guard
- Shin guards (optional)
- Groin guard worn inside the dobok (male only, female is optional)
- Breast protectors for females are optional

**INJURY / LIABILITY INSURANCE**

Although the organisers will have their own insurance to run this event it is advisable that all competitors have their own insurance from their Association as the organisers cannot be made liable for any injury. First Aid will be present at this Competition.

**UMPIRES**

The following table applies for competitor to umpire ratio for participating clubs;

| NUMBER OF COMPETITORS | UMPIRES | FINE (payable by closing date)   |
|-----------------------|---------|----------------------------------|
| Up to 7 competitors   | 1       | Fee waved if umpire not present. |
| 8 – 14 competitors    | 2       | £50 per Umpire not present.      |
| 15 competitors +      | 3       | £50 per Umpire not present.      |

Schools that do not participate with **Full Time Umpires** shall pay the amount of £50 for any missing umpire according to the table above. Umpires will be provided with lunch and a souvenir.

Umpires must wear navy blue trousers, white shirt, navy blue tie, white training shoes with white socks, they should also have a navy jacket as well. Returning umpires can also wear the Umpire polo shirt gifted to them last year

**ALL UMPIRES MUST BE REGISTERED ONLINE BEFORE THE CLOSING DATE**

**COACHES**

A cost of £5 is payable for all coaches, in order to receive the Coaches ID card. Coaches must wear track suit trousers and top or T shirt, Polo shirt and trainers. No doboks can be worn for coaching.

**ALL COACHES MUST BE REGISTERED ONLINE BEFORE THE CLOSING DATE**

## **REGISTRATION / HEIGHT & WEIGHT CHECK**

There will be a weigh in and registration as follows:

**Friday 22<sup>nd</sup> November** (The Crowne Plaza, London Gatwick)

- 3pm to 7pm. This is available for ALL competitors.

**Saturday 23<sup>rd</sup> November** (K2 Leisure Centre)

- 7am to 8am. Competitors 10 years and under (*All Grades*)  
14-17yrs, 18-35yrs & 36yrs+ (*Black Belts Only*)
- 12pm to 2pm. Competitors 11-13 yrs (*All Grades*)  
Competitors 14-17yrs, 18-35yrs & 36yrs+ (*Colour Belts*)

During weigh in ALL competitors must wear dobok trousers and a t-shirt. A tolerance of 0.5kg is given.

Competitors not making their weight/height will have until the end of the Registration time to make the weight. Competitors not making height / weight or requiring to move category will need to pay a fine of £10 in order to change category.

## **PROTEST**

In the case that you feel that the umpires have not followed procedure correctly you can make a protest. The cost is £50, if you are successful then you will be refunded, in the case you have lost the protest you will lose the money, and this will be given to charity. Only a coach may make an official protest with the correct form.

## **COMPETITION VENUE**

K2 Leisure Centre, Pease Pottage Hill, Crawley, RH11 9BQ. The K2 is a very high standard leisure facility with 12 badminton courts and lots of parking outside. There will be plenty of seating available and you can purchase food and snacks from their cafeteria.

And 1000 spectator teared seating. Cafeteria and Snack Facilities are available on site.

## **HOTEL**

We are pleased to announce a preferential rate at The Crowne Plaza, London Gatwick [Langley Drive, Crawley, RH11 7SX](#)

£69.00 B&B single/twin/double (max 2 people)

£79.00 B&B per superior room (max 2 people)

£94.00 B&B Triple/Quad room

£94.00 B&B Club room (maximum 2 people)

To book a room just follow this link [International Taekwondo Federation](#)

## **BREAKFAST**

This will be staggered on the Saturday morning to avoid large numbers arriving at once, you will get your breakfast time allocated to you on arrival at the Hotel.

## **TAXIS**

Evo Cars can take competitors to and from the hotel to the Competition venue at an approx. cost £6-£7 per taxi. The telephone number is: 01293 730730. You can also book at reception.

## **LEISURE PARK**

There is an excellent Leisure Park within 5 minutes walking distance of the Hotel, as well as a bowling alley and cinema there are also plenty of eating places for example:

Frankie and Benny's

Bella Italia

Xenia Latin Lounge

Nando's

Chiquito

Harvester

MacDonald's



There is also a Sainsbury's supermarket directly opposite the Hotel.

## **TRAVEL**

### **CAR**

By Car, the quickest way from the M25 is to take junction 7 and follow the signs for Crawley.

## AIR TRAVEL

By airplane the closest airport is Gatwick which is about 10-15 minutes away from the Hotel and venue. The next closest is Heathrow which is about 45mins- 1hour away. Stansted and Luton are between 1 and a half to 2 hours away from Crawley.

## SHUTTLE BUS

There is a shuttle bus directly from Gatwick South and North Terminal to the Crowne Plaza at a cost of £3 per person. It takes about 15 minutes to get to the Hotel from Gatwick airport. You can also use this shuttle to get to Gatwick from the Crowne Plaza. On arrival go to bus stop G5 the departure schedule is below:



| Crowne Plaza | South | North |
|--------------|-------|-------|
| 04:30        | 04:45 | 04:50 |
| 05:10        | 05:25 | 05:30 |
| 05:50        | 06:05 | 06:10 |
| 06:30        | 06:45 | 06:50 |
| 07:10        | 07:25 | 07:30 |
| 07:50        | 08:05 | 08:10 |
| 08:30        | 08:45 | 08:50 |
| 09:10        | 09:25 | 09:30 |
| 09:50        | 10:05 | 10:10 |
| 10:30        | 10:45 | 10:50 |
| 11:15        | 11:30 | 11:35 |

| Crowne Plaza | South | North |
|--------------|-------|-------|
| 12:00        | 12:15 | 12:20 |
| 12:45        | 13:00 | 13:05 |
| 13:30        | 13:45 | 13:50 |
| 14:15        | 14:30 | 14:35 |
| 15:00        | 15:15 | 15:20 |
| 15:45        | 16:00 | 16:05 |
| 16:30        | 16:45 | 16:50 |
| 17:15        | 17:30 | 17:35 |
| 18:00        | 18:15 | 18:20 |
| 18:45        | 19:00 | 19:05 |
| 19:30        | 19:45 | 19:50 |
| 20:15        | 20:30 | 20:35 |

| Crowne Plaza | South | North |
|--------------|-------|-------|
| 21:00        | 21:15 | 21:20 |
| 21:45        | 22:00 | 22:05 |
| 22:30        | 22:45 | 22:50 |
| 23:15        | 23:30 | 23:35 |
| 00:00        | 00:15 | 00:20 |
|              |       |       |
|              |       |       |
|              |       |       |
|              |       |       |
|              |       |       |
|              |       |       |

Drop-off only

## RAIL TRAVEL (National and International)

By Train there is a station at 3 Bridges which is within 10 minutes of the hotel and easily accessed by taxi. Anyone coming by Eurostar can get a train from St Pancras International there is a direct train to Three Bridges, Crawley which takes an hour.

## EUROTUNNEL

You can take the Eurotunnel to Dover and then drive up the M20 until you reach the M25 then come off at junction 7 following the signs for Crawley, this takes about an hour and a half.

## MEDALS

One gold, one silver and two bronzes will be given in each category where there are four or more competitors.

First, Second and Third place Overall School Trophies will be issued for the schools that earn the greatest number of Gold medals. In the case of a tie, Silver and Bronze medals will be included.

