

**Please make sure that everybody is in the correct division/weight category.
No changes will be allowed on the day.**

QR Codes

The QR codes will be sent to all Club Coaches on Thursday, which you will need to bring with you to the weigh-in. These can be either printed or on your phone. Club Coaches – please make sure that you have sent these out to all of your team of competitors so that they can weigh in.

All competitors must hand in their signed copy of the attached Liability Waiver at weigh-in. (Available to download)

Friday

For those that would like to weigh-in on Friday (Tatami disciplines only), we will be open at the venue from 6pm – 8pm.

Saturday

All **Ring Competitors** **must** arrive on Saturday morning to weigh-in between **8am and 8:30am**. You will then go for a medical check.

All **Tatami competitors** competing in Light Contact and Kick-Light, Weigh-in will be open from 8:15am – 10am.

Sunday

All **Tatami Competitors** competing in Points Fighting, Weigh-in will be open from 8:15am – 10am.

All **Forms Competitors** will need to go to the weigh-in desk to be checked in.

For Competitors that are **only** fighting in **Points Fighting** on Sunday, and would like to weigh-in on Saturday, you will not be able to weigh-in until after 4pm on Saturday afternoon.

Tatami competitors only need to weigh-in once.

Spectators

All spectators are £10 per day – payable on the door.

Thanks and Best regards