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Greetings everyone,

Karate Quebec is pleased to invite you to COUPE QUEBEC 2016. The competition will be held at the Claude-Robillard Sports Complex (1000, Émile-Journault Ave., Montreal, QC H2M 2E7) on Sunday, March 13th in Montreal.

COUPE QUÉBEC 2016 is open to all members of Karate Quebec and to PTSO members of Karate Canada aged 6 to 99, from white to black belt.

RECREATION and ELITE divisions are offered in the Youth (12-13), Cadet (14-15), Junior (16-17) and Senior (16+ in kata; 18+ in kumite) categories. The ELITE division is intended for advanced karatekas (BLUE / PURPLE to BLACK belts) wishing to compete with the best in their age category and all eligible athletes are welcome. All members of provincial teams who participated in the 2016 Canadian championships in Richmond must register in ELITE categories.

In the RECREATION divisions, athletes must be the age of the category in which they register as of March 13th, 2016. Age category upgrades are allowed in the ELITE divisions only and to do so, athletes must be the age of the category in which they participate as of October 31st, 2016. Each participant can register in one kata and one kumite category only. There is no Senior Open kumite category. A Masters category is also available for karatekas 35 years and older, all belt colours.

Links are provided below for registration information. Registration fee is \$50.00 per participant for 1 or 2 events.

Registration form:

http://www.karatequebec.com/uploads/Formulaire_inscription_Coupe_Quebec_2016_fr.pdf

Age calculator for category upgrade: <http://www.karatequebec.com/calendrier2.asp>

You also can consult the Karate Quebec website to download this information:

<http://www.karatequebec.com/calendrier2.asp>

Registrations and payment must be received by Wednesday, March 2nd, 2016. Forms must reach the Karate Quebec office, at the latest, on March 2nd, 2016. No registration will be accepted after this date so please allow for the appropriate delay when mailing registrations.

We hope you will join us!

Stéphane Rivest
Président
KARATÉ QUÉBEC

KARATÉ QUÉBEC est l'organisation de régie reconnue par le ministère de l'Éducation, de l'Enseignement supérieur et de la Recherche (MEESR) du gouvernement du Québec ainsi que par Karaté Canada, dont la mission première est d'assurer un leadership en matière de développement et de promotion du karaté au Québec.

KARATÉ QUÉBEC
Le karaté à son plus haut niveau !

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