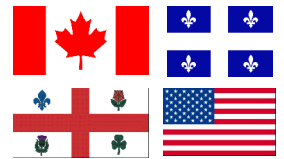


**402 competitors
in 2009**

Judo tournament Interzone & par pool



Cup of Montreal 2010



Place: Centre Sportif Côte-
des-Neiges,
4880 avenue Van Horne,
Montréal, QC
H3W 1J3

Date :
Saturday 13 March &
Sunday 14 March 2010

!!!! Only 20 \$ per competitor !!!!

Schedule of the Saturday 13 of March

Divisions	Sex	Born in	Belts	Weight	Date	Weight in
U-17	M	94 & 95	Yellow-Orange Green-Bleu-Brown	-46,-50,-55,-60,-66,-73, -81,+81	Saturday 13 March	8h30 à 9h00
U-17	F	94 & 95	Yellow -Orange Green-Bleu-Brown	-40,-44,-48,-52,-57,63, -70,+70	Saturday 13 March	8h30 à 9h00
U-20 & Senior	M	93 & before	Yellow -Orange Green -Bleu	Exact Weight	Saturday 13 March	10h00 à 10h30
U-20 & Senior	F	93 & before	Yellow -Orange Green -Bleu	Exact Weight	Saturday 13 March	10h00 à 10h30
Pool- grade points	M	15 years & +	Brown - black	Exact Weight	Saturday 13 March	12h00 à 12h30
Pool- grade points	F	15 years & +	Brown - black	Exact Weight	Saturday 13 March	12h00 à 12h30

FT 303 must be sing by the Technical Director whit the number of passport of the contestant, Judo Québec rules will be apply:
Combats time is : 2 minutes for U-11, U-13: 3 minutes for U-15, U-17, junior & senior. Award : Medals. For a good tournament
running the director of the tournament can change the rules on the tournament the days of the tournament.
The tournament it organize whit the help of the Montréal Judo Zone.

Fondation Nicolas Gill Inc. 5319 avenue Notre-Dame-de-Grâce, Montréal, H4A 1L2, Phone: 514-481-2424,
Fac: 514-481-0074, WWW.SHIDOKAN.CA, shidokan@bellnet.ca

The fees are payable to the weight in by cash or cheque to the (Foundation Nicolas Gill).

Official Sponsor

Pizza Pizza his proud to help the
Foundation Nicolas Gill for making possible
this tournament and help the Foundation in
their mission.



Discover the luxury, comfort and personalized services, four-star resort, free parking, fitness center 24 / 7,
free wireless Internet, Spa, Salon, Barber and more.

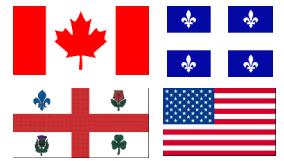
Book your room at the official tournaments hotel, HOTEL RUBY FOO'S, 7655, boul. Décarie, Montréal, H4P 2H2,
514-731-7707, special rates are reserved for you. Standard room at \$ 99 + tax single or double.

Deluxe rooms at \$ 129 + tax single or double.



**402 competitors
in 2009**

Judo tournament Interzone & par pool



Cup of Montreal 2010



Place: Centre Sportif Côte-
des-Neiges,
4880 avenue Van Horne,
Montréal, QC
H3W 1J3

Date :
Saturday 13 March &
Sunday 14 March 2010

!!!! Only 20 \$ per competitor !!!!

Schedule of the Sunday 14 of March

Divisions	Sex	Born in	Belts	Weight	Date	Weight in
U-11	M	00 & 01	Yellow and +	-23,-25,-27,-30,-33,-36,- 39,-42,-45,+45	Sunday 14 March	8h00 à 8h45
U-11	F	00 & 01	Yellow and +	-23,-25,-27,-30,-33,-36,- 39,-42,-45,+45	Sunday 14 March	8h00 à 8h45
U-13	M	98 & 99	Yellow -Orange Green -Bleu	-28,-31,-34,-38,-42,-46, -50,-55,+55	Sunday 14 March	11h00 à 11h45
U-13	F	98 & 99	Yellow -Orange Green -Bleu	-26,-29,-32,-36,-40,-44, -48,-52,+52	Sunday 14 March	11h00 à 11h45
U-15	M	96 & 97	Yellow -Orange Green and +	-34,-38,-42,46,-50,-55, -60,-66,+66	Sunday 14 March	13h00 à 13h45
U-15	F	96 & 97	Yellow -Orange Green and +	-32,-36,-40,-44,-48,-52, -57,-63,+63	Sunday 14 March	13h00 à 13h45

FT 303 must be sing by the Technical Director whit the number of passport of the contestant, Judo Québec rules will be apply:
Combats time is : 2 minutes for U-11, U-13: 3 minutes for U-15, U-17, junior & senior. Award : Medals. For a good tournament run-
ning the director of the tournament can change the rules on the tournament the days of the tournament.
The tournament it organize whit the help of the Montréal Judo Zone.

Fondation Nicolas Gill Inc. 5319 avenue Notre-Dame-de-Grâce, Montréal, H4A 1L2, Phone: 514-481-2424,
Fax: 514-481-0074, WWW.SHIDOKAN.CA, shidokan@bellnet.ca

The fees are payable to the weight in by cash or cheque to the (Foundation Nicolas Gill).

Official Sponsor

Pizza Pizza his proud to help the
Foundation Nicolas Gill for making possible
this tournament and help the Foundation in
their mission.



Discover the luxury, comfort and personalized services, four-star resort, free parking, fitness center 24 / 7,
free wireless Internet, Spa, Salon, Barber and more.

Book your room at the official tournaments hotel, HOTEL RUBY FOO'S, 7655, boul. Décarie, Montréal, H4P 2H2,
514-731-7707, special rates are reserved for you. Standard room at \$ 99 + tax single or double.

Deluxe rooms at \$ 129 + tax single or double.

