







(SEMI CONTACT - FULL CONTACT - KICK LIGHT - MUSICAL FORMS)

Invitation message for 2010 European Championships in GREECE

TO ALL WAKO EUROPEAN MEMBERS THEIR ADDRESSES



The organization of European Championships of Kick-boxing constitutes great honor to our town. I am certain that championship, under the aegis of Panhellenic Kick-boxing Federation, is going to be successful agonistically and organizationally as well.

The municipality will do everything so as the athletes, the fans and the hosts to experience the hospitality of Loutraki, which is one of the most popular destinations in Greece. Loutraki combines the athletic facilities with the hospitality of their residences; Loutraki is surrounded by sea and medicinal baths.

The organization of great athletic events in the town of Loutraki is our political and social choice. We esteem the value of athleticism and we understand the importance of the athletic tourism in the economic

growth of a town. The municipality of Loutraki – Perachora plays the lead in the organization of athletic events; it supports the athleticism and its ideals which contribute in educating healthy characters and personalities. Our aim is young people to comprehend that athleticism is a way of life. It is a healthy way of life which accompanies the athlete forever; thereby we want to get this healthy mode of life over to society. We bring into being positive ideals. We pass along the message that it is never late to begin, it is never late to build up physical and mental health.

In this concept, European Championships of Kick-boxing is not just an athletic event, but it is also hope for the future.

Georgios Gkionis Mayor of Loutraki – Perachora





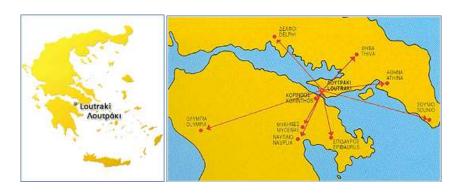


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THE CITY

The European Championships of WAKO will be held at Loutraki from 21st to 28th of November 2010. The seat of the Municipality is at a distance of 4 kilometres from the Isthmus Canal, while it is only 80 kilometres away from Athens and 120 kilometres away from Patras.

By road, it is linked with Athens via the New National Road of Athens-Corinth, with Patras and western Peloponnese via the National Road of Corinth-Patras, with Tripoli and generally with southern Peloponnese, via the New National Road of Corinth-Tripoli.



Useful telephone numbers:

- Loutraki Urban & Interurban Bus Station: 0030 27440 22262
- Loutraki Railway Station: 0030 27440 61277
- TAXI (Loutraki Radio-Taxi Service):0030 27440 61000
- Athens Bus Station K.T.E.L. (Urban & Interurban): 0030 210 5124910
- Athens Railway Station for the Peloponnese O.S.E. (Hellenic Railways Organization): 0030 210 5131601 & 1440
- Corinth Suburban Railway Station ("Proastiakos"). Time tables: Corinth Athens, Corinth Airport (and back): 0030 27410 45000, -12
- Athens International Airport "Eleftherios Venizelos": 0030 210 3530000 http://www.aia.gr/

- BEACHES

The wider area of the Municipality of Loutraki – Perachora is famous for its beautiful beaches.







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The crystal clear sea and the beautiful beaches of Loutraki are being awarded continuously since 1987, with the "Blue Flag of Europe" in environmental management, for the benefit of tourism and of the environment, since the following criteria are fully observed:

- The quality of the swimming water
- The environmental information and training
- The environmental management, the organization of the beach and the rendered services.
- The safety (lifeguards, first aid), the services and the installations.

At the beach of Loutraki, visitors among other activities can also enjoy an unforgettable experience of all kinds of water sports that are offered on an organized base. The Lake of Vouliagmeni also has a beautiful sandy beach, where visitors can swim, combining a day-long stay at the region, enjoying the water sports and tasting the succulent fish-bites, at the quaint small taverns of the area.



Those who love swimming in remoter beaches, all they have to do are visit Flambouro and Skaloma. Milokopi, Sterna and Strava, are also famous for their beautiful beaches and their crystal clear waters. Schinos and Mavrolimni, have beautiful beaches as well, and offer the possibility of a day-long trip.

The region of Isthmia also has beautiful and safe beaches, which entertain a lot of bathers every summer.







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- ARCHAEOLOGICAL SITES

From the first moment that you visit the archaeological sites of the region, you are entranced by the beauty of the landscape and the mysteries that have been hidden for centuries in the ancient buildings. A historical trip of 3.500 years gave to this place a treasure of priceless value that belongs to the cultural heritage!

Sights of archaeological interest

- The Diolkos and the Isthmus Canal
- The Heraion near the Lake of Vouliagmeni
- Isthmia
- Schinous
- The Alkionides Islands
- The Roman villa at Katounistra, in Loutraki
- Peraeon or the land of Peraea (now called Perachora)
- Vouliagmeni Lake (Heraion)
- The Mycenaean Tombs in Skaloma

Other areas and sites

- The Geraneia Mountains
- Folklore Museum of S. Lekka & G. Nikolopoulos
- archaeological Museum of Isthmia

- TOURISTIC WAYS

The ideal geographical location of Loutraki offers unlimited possibilities for excursions. For the sea-lovers there are a lot of beaches, still trackless, that can be visited by boat. Moreover, there are organized one-day excursions: small boats depart from the port of Loutraki and visit the Vouliagmeni Lake, Strava, Milokopi and the Alkyonides Islands, offering a unique experience for unforgettable trips to nature and to the clear beaches with the calm waters.









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Finally, there are excursions with frequent schedules, that include sailing of the Isthmus Canal and excursions to the Corinthian Gulf and Saronikos Gulf as well. On the Geraneia Mountain Range (altitude: 1.100 metres at Aetorachi peak), hiking enthusiasts will discover many beautiful tracks and paths, as well as interesting old churches, Byzantine monasteries and archaeological sites. For those who love mountaineering, there is no doubt that the slopes of the Geraneia Mountains will offer them unique excitement. At the "Galanopoulos" shelter, visitors can rest and gain their strength for new thrills. The Mountaineering Club of Loutraki organizes excursions and hiking on the slopes of the Geraneia Mountains very frequently. Moreover, various sport centres in Loutraki organize activities, such as rock-climbing, horse-riding, trekking, mountain bike rides and paintball.

The strategic geographical position of Loutraki offers unlimited possibilities for one-day visits and trips to the most important archaeological sites of South Greece, such as: Mycenae, Nafplion, Epidaurus, the Acropolis, Mistras, Olympia, etc.

OFFICIAL ACCOMMODATION

The teams will stay to the Poseidon Resort, where the blue horizon of the Corinthian Gulf meets the beauty of the landscape. Luxury and tranquillity, warm and cordial service combined with the unique surroundings will make all your dreams come true...



The Poseidon Resort is located only one hour drive from Athens and the International Airport and in a close distance from the famous historical sites of Epidaurus, Mycenae, Nafplio and Ancient Corinth. Designed with respect to Greek architecture, our beachfront resort has comprised the natural beauty of the olive and pine trees, together with the endless blue colours. The resort features 320 luxurious accommodation choices, fine dining in our 5 restaurants, a modern Conference Centre for 450 people and various facilities for sports, Spa treatments and children services.

Facilities & Services

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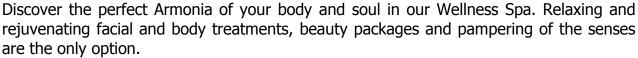
Accommodation in Poseidon Resort ranges across a selection of 320 luxurious rooms in the Residence Building, Superior Bungalows, Villas and Suites, all of which feature modern decoration and high quality amenities. Jacuzzi bathtubs and verandas with wonderful views of the Corinthian Gulf or our lavish gardens provide moments of relaxation and promise to sweep you away...

Room Amenities & Services

All of our rooms feature the following:

- Mini- bar
- Safe
- Direct dial phone
- TV sat
- Independent AC/ Heating
- ADSL Internet connection
- Fire detector
- Marble bathroom

Armonia Wellness Spa



The services of our Spa include private treatment rooms, fitness area, Jacuzzi and sauna. Our experienced staff will advise our clients about the various therapies where products such as aromatic herbs, natural oils and extracts and chocolate are used. In room treatments are arranged upon request.

Access & distances

The resort is 1 hour drive from Athens and the International Airport in the new High Way. It is also possible to reach our hotel within 1 hour, by train which departs from Athens and the International Airport.









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PRICES

Price includes transportation from hotel to the sport hall and back to the hotel.

AFTER 30TH OF SEPTEMBER 2010

Poseidon Resort 5 star hotel

(Prices are intended per person, per night, including bed, and buffet breakfast - dinner)

Per person in single room: 100,00 € Per Person in double room: 65,00 € Per person in triple room: 62,50 € Per person in 4persons room: 61,00 €

3 Stars Hotels

(Prices are intended per person, per night, including bed, breakfast and dinner)

Per person in single room: 90,00 € Per Person in double room: 61,00 € Per person in triple room: 58,00 €

FROM 1ST OF JULY UNTIL 30TH OF SEPTEMBER 2010

(only after payment into the bank account)

Poseidon Resort 5 star hotel

(Prices are intended per person, per night, including bed, and buffet breakfast - dinner)

Per person in single room: 95,00 € Per Person in double room: 62,00 € Per person in triple room: 60,00 € Per person in 4persons room: 58,00 €

3 Stars Hotels

(Prices are intended per person, per night, including bed, breakfast and dinner)

Per person in single room: 85,00 € Per Person in double room: 59,00 € Per person in triple room: 56,00 €







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TRANSPORTATION

Transport from airport, railway station, port to the hotels and back, **IS NOT INCLUDED IN THE PRICE.** In the price included the transportation from the hotel to the sport hall and back.

- 1) <u>Transfer from Athens airport to Loutraki</u> a)TAXI 4 PERSON 160 €, b)BUS 20 PERSON 310 €, c)BUS 50 PERSON 425 €
- 2) <u>Transfer from Loutraki to Athens airport</u> a)TAXI 4 PERSON 160 €, b)BUS 20 PERSON 310 €, c)BUS 50 PERSON 425 €
- 3) TRANSFER from athens railway station (Larissis station) to Loutraki a)TAXI 4 PERSON 140 €, b)BUS 20 PERSON 270 €, c)BUS 50 PERSON 380 €
- **4)** TRANSFER from Loutraki to athens railway station (Larissis station) a)TAXI 4 PERSON 140 €, b)BUS 20 PERSON 270 €, c)BUS 50 PERSON 380 €
- 5) TRANSFER from Patra to Loutraki a)BUS 20 PERSON 525 €, b)BUS 50 PERSON 640 €
- **6)** TRANSFER from Loutraki to Patra
 a)BUS 20 PERSON 525 €, b)BUS 50 PERSON 640 €
- 7) <u>All day tour from Loutraki to Athens (Acropolis & city tour) to Loutraki</u> a)BUS 20 PERSON 400 €, b)BUS 50 PERSON 525 €

All Booking **must go through the organizing Committee** filling up the APPENDIX N.5 with all required information and sending it by fax: +30.210.6813634 or by e-mail: wako@gloryclub.gr not later than 15th October 2010, because they cannot participate.

For those who need to request VISAS (please see "Process for Visa Application" below)







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PROGRAM

DATE	TIME	ACTIVITY
21 November	All day long	Arrival of delegations
Sunday	14.00 – 20.00	Weigh in and Medical Control
22 November	09.00 - 19.00	Weigh in and Medical Control
Monday	15.00 – 19.00	International Referee Seminar
23 November	14.00 – 15.00	Official Drawing
Tuesday	15.00 - 19.00 17.00	International Referee Seminar
	20.00	Coach meeting Banquet for all WAKO Presidents
24 November	10.00 - 11.00	Opening Ceremony
Wednesday	12.00 - 19.00	Qualifications
25 November	07.30 - 08.30	Weigh in (FC competitors only)
Thursday	10.00	Qualifications
26 November	07.30 - 08.30	Weigh in (FC competitors only)
Friday	10.00 - 18.00	First part of finals
27 November	07.30 - 08.30	Weigh in (FC competitors only)
Saturday	10.00 - 18.00	Second and last part of finals
	21.00	Sayonara Party
28 November		Everybody is free to leave
Sunday		







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APPLICATION FORMS

Appendix 1

PROVISIONAL ENTRY FORM WAKO WORLD CHAMPIONSHIPS 2010 LOUTRAKI GREECE

Name of Assoc	ciation:				
Address:					
Country:					
Telephone No:		Fax No:			
E-Mail:					
Championships	s – Loutraki - ng provisional	on intends to er Greece in full co y of the team nu Officials	ontact, semi co	ntact, musical f	•
Provisional A	thletes Entri	es			-
Style	2	Men		Womer	1
Musical Forms					
Kick Light					
Semi contact					
Full contact					

Once completed please return this form to:

PAN-HELLENIC KICKBOXING FEDERATION

Fax number: +30.210.6813364 E-mail: wako@gloryclub.gr







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Appendix 2 Final entry form Euro (Last day for final en				raki Greece	2010		
Name of Association:							
Address:							
Telephone No:			Fax I	No:			
E-mail:				Mobile pho	ne:		
Chief Delega	tion		Offic	ials		Re	ferees
Coaches							
			Journa	alists		0	thers
Application Filled							
Appendix		Yes			No	To	otal of Athletes
Appendix 1 Appendix 2							
Appendix 3							
Appendix 4							
Appendix 5							
Appendix 6							
The above named association will be entering a National Team in the WAKO European Kickboxing Championships consisting of the following team. Team composition							
Athletes		ches		igers		ners	
Male Female	Male	Female	Male	Female	Male	Female	Grand Total
Notes: Enter the total	numbers	in each box	•				
Signed:			Stamp		Name: ₋		







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	COUNTRY	
SEMI CONTACT Seniors	5	
Men category	Name	Surname
➤ Kg57		
➤ Kg69		
≻ Kg74		
> Kg84		
> Kg89		
Women category	Name	Surname
➤ Kg50		
➤ Kg55		
> Kg65		
➤ Kg70		
≽ Ka +70		

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COUNTRY	

SEMI CONTACT Veterans

Men category	Name	Surname
➤ Kg57		
➤ Kg63		
➤ Kg69		
> Kg74		
> Kg79		
> Kg84		
> Kg89		
➤ Kg94		

Women category	Name	Surname
Kg50		
> Kg55		
> Kg60		
> Kg65		
> Kg70		
➤ Kg.+70		

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COUNTRYSEMI CONTACT Teams	
SEMI-CONTACT TEAMS (3 men + 1 woman) Number of teams	ams (max 2):

Names of members of each team can be specified on the spot.

Excerpt by WAKO Rules of Tatami sports/ Semi contact

Art. 15.2 Team Competition

Art. 15.2.1 World/European Championships

- -Team: 3 men and 1 woman
- -All fighters are prepared with all equipment in their corner. The female matches are the last in the team competition.
- -There are no weight-class definitions. The female fighter can only meet another female fighter.
- -The team must be composed of national fighters only. No mixed teams with fighters from different countries.
- -Each fight: 1 round of 2 minutes
- -No timeout can be used during the round
- -The extra match will be on 1 round of 2 minutes.
- -If still in a draw after last 2 minutes a draw is declared
- -The team with the most points is the winner (to accumulate the hits).
- -All exits and warnings carry forward to the next fighter. This is to encourage an active contest. A Fighter cannot be disqualified for Exits in team event, if he/she continues to exit; one point is taken off his/her team after each exit following the third exit. If they count a draw, a toss of the coin is used to select who sends out a fighter first, with the winner selecting their fighter to enter the Tatami. If the winner of the toss selects a







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female fighter, she must be matched against the other female fighter. If a male is selected any other male fighter from the opposing team may compete against him.

	COUNTRY	
(ICK LIGHT		
Men category	Name	Surname
➤ Kg57		
➤ Kg69		
➤ Kg89		
Vomen category	Name	Surname
➤ Kg50		
➤ Kg65		
➤ Kg70		
➤ Kg.+70		







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COUNTRY

FULL CONTACT		
Men category	Name	Surname
> Kg51		
➤ Kg54		
> Kg57		
> Kg60		
> Kg63.5		
> Kg67		
> Kg71		
> Kg75		
> Kg81		
> Kg86		
> Kg91		
➤ Kg.+91		
Women category	Name	Surname
> Kg48		
> Kg52		
➤ Kg56		
➤ Kg60		
➤ Kg65		
> Kg70		

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➤ Kg.+70_____







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COUNTRY____

MUSICAL FORMS (max 2 c	ompetitors)	
Men category	Name	Surname
Hard styles		
Hard styles		
Hard weapons		
Soft weapons		
Women category	Name	Surname
Hard styles		
Hard styles		
Soft styles		
Soft weapons		

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Appendix 3

HEAD OF DELEGATION RESPONSIBILITY FORM

The hosts of the **2010 LOUTRAKI GREECE WAKO EUROPEAN CHAMPIONSHIPS** greatly appreciate your interest, presence and co-operation in making this Event a successful and meaningful experience for all participants involved. The average participant in this Event is well mannered, well disciplined and very co-operative. Our greatest concerns are for the safety of the participants, and that at the completion of these Championships there will have been no incidents, which would reflect poorly on any individuals, teams, or organizations. We ask for your co-operation and responsibility toward these ends.

STATEMENT OF RESPONSIBILITY

I recognize my responsibility for the entire behavior of the athletes of my team throughout their participation in the **2010 LOUTRAKI GREECE WAKO EUROPEAN CHAMPIONSHIPS.** These responsibilities begin at the time of their first arrival and conclude after their final departure from the Tournament, Tournament Site or other Site which might be related to their participation in this Event. This includes complete supervision while athletes are in their respective competition for the purpose of these Championships. I also recognize that discipline problems arise in the late evening after the conclusion of the competition, in the form of not **obeying the quiet hours between 11:00 pm and 5:30 am,** and especially on the last night of competition. I also recognize that the host committee, the Tournament Director, and the Staff at each competitive site will be available to help control discipline problems and make the Tournament enjoyable for all.

USE OF ALCOHOL AND DRUGS BY COMPETITORS IS PROHIBITED

State laws prohibit the use of alcohol by minors (under 18 years of age) and the possession or use of drugs. These laws will be strictly enforced by, team chaperon, and tournament officials. Any athlete found in violation of these laws may be subject to prosecution by law enforcement officers and they and their team mates will be immediately expelled from the Championship. The Head of Delegation assume responsibility for monitoring player conduct to ensure that drinking and drug use laws are upheld.

DAMAGE TO PLAYING SITES

Should damage occur at any site by a player, coach, chaperon, or even a competitor's parent the team responsible will be charged for the damages and the participant from this team will not be admitted to any Wako Championships. If the responsible individual/team cannot be determined then all teams participating at the site during the occurrence will be sanctioned from future Wako Championships. We feel it is the responsibility of all teams, competitors, coaches, and families to ensure that the site is free of any problems and damages. In addition the area of the arena your team occupies is to be free of trash when you leave your site.







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It is also requirement of all competition sites that ONLY WATER, IN PLASTIC CONTAINERS will be permitted inside the sport-hall. Violators will cause their team to be immediately disqualified and dismissed from the Championships.

ARENA CONDUCT

ATHLETES WILL ABIDE BY WAKO RULES REGARDING ARENA CONDUCT. At all times coaches, team, opponents, and officials will be treated with the utmost respect. Coaches must also assume full responsibility for enforcing arena conduct rules. Teams that fail to abide by these rules are subject to disciplinary action (e.g., DISMISSAL FROM THE EVENT).

COACH and OFFICIALS ENDORSEMENT

I certify that I have read the Code of Conduct and have carefully reviewed it with my team members

PLEASE PRINT			
COUNTRY			
NAME			
ADDRESS			
CITY/STATE/CODE			
PHONE ()	AGE	DATE OF BIRTH	
SIGNATURE			

2010 LOUTRAKI GREECE WAKO EUROPEAN CHAMPIONSHIPS CODE OF GENERAL CONDUCT

All participants in the Championship, athletes, coaches, chaperons and relatives are expected to abide by the above code of conduct.

<u>Note:</u> It is responsibility of every coach to review with their teams this Code of Conduct Individual and team violators of any provisions of this Code may be excluded from future participation in WAKO events. (The Tournament Director and Tournament committee will administer such disciplinary action).







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Appendix 4 – Application form for Visa request

(to be sent by 05th October 2010)

Wako Country Member							
Embas	sy or Fax						
	Name & Surname	Passport No	Date of expire	Date of birth	Sex	Status	
_							
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				-			
_							
_							
_							
_							
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20							







Please send this form by e-mail to wako@gloryclub.gr or

EUROPEAN CHAMPIONSHIPS 2010

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by fax +30.210.68.13.364

Appendix 5 - Hotel & transfer Reservation Form

Please return before

18th October 2010 Federation / Club / Individual

Date

Address:				ess:															
Phone:																			
Fax:																			
E-mail:						ail:													
Tick			Room Arrival type date			-	Departure date			Number Rooms		Number Persons		Num. Nights		Per night	amount		22
			Single						<u> </u>			1 0.00		9	-				
Double			le																
		•	Triple	9															
			4pers	ons															
Transfer			YES		NO		Numb	er(x)				To	tal	Person	s:				
F	ROM								B	ACK T	0								
1a	1b	10	2a	2b	2c	3a	3b	3c	4a	4b	40	5a	5b	6a	6b	7a	7b	PAGE	
																		9	
AC	ССОМ	МО	DATIC	ON AN	10UN	IT						•		,	I	I		l.	
		TR	ANSFI	ER AN	10UN	IT													
				AL AN															
This reservation only becomes valid if the Organizing Committee sends you a confirmation of your booking!																			

Signature / stamp







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Appendix 6 - Travel Schedule

Please return before 15th October 2010		Please send this form by e-mail to wako@gloryclub.gr or by fax +30.210.68.13.364								
Federation / Club / Individual										
ARRIVAL										
	DATE	TIME	FLIGHT NUMBER	PLACE	NUMBER OF PERSONS					
ATHENS AIRPORT										
PORT OF PATRA										
ATUENC DATIMAN										
ATHENS RAILWAY STATION (LARISSIS)										
51/(1101(L/(13313)										
CAR/MINIBUS/BUS										
CAR/MINIDOS/DOS										
			ARTURE							
	DATE	TIME	FLIGHT NUMBER	PLACE	NUMBER OF PERSONS					
ATHENS AIRPORT										
					<u> </u>					
PORT OF PATRA										
ATHENS RAILWAY										
STATION (LARISSIS)										
CAR/MINIBUS/BUS										
Date			Si	gnature						







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ORGANIZER'S INFORMATION

Organizer directors	Triantafillou Mike (+30)6945.49.47.47 & Kritikopoulos Kiriakos (+30)6977.267.280 e-mail: wako@gloryclub.gr fax: +30.210.68.13.364
Under the aegis of	PAN- HELLENIC KICKBOXING FEDERATION OLYMPIC STATION OF ATHENS (O.A.K.A.) Kifisias Av. 37- Marousi 15123- tel.:+30.210.68.13.660 Fax:+30.210.68.13.634 www.pok.gr - e-mail: pok@pok.gr
Accreditations	Times for check-in and registration at the Poseidon hotel are specified in the program. Participating federations must arrive and check-in within the time limits of the check-in and registration. The entry fees must be paid at the check-in only in cash EURO to the organizers.
Liability	Neither the organizer of the event, nor the Pan-Hellenic Kickboxing Federation (nor any of its officials or members) will be liable or responsible for any personal injury nor for any loss or damage to your property arising out of your participation and travelling in connection with these events.
Visa guidelines	The Pan-Hellenic Kickboxing Federation will help you obtaining entry visas for athletes and officials. Please send Appendix No 4 via e-mail or fax not later than 5th October 2010. Please specify all information that is needed in the invitation letters for visas.
Bank Information	It's possible also to pay in advance by wire transfer. ALPHA BANK Triantafillou Michail IBAN: GR52 0140 9850 9850 0231 0004 359