

**ULSTER PROVINCIAL BOXING COUNCIL I.A.B.A
PRESENTS
ULSTER ELITE CHAMPIONSHIPS OF 2009
CONDITIONS OF ENTRY.**

This Championship is open to **Men and Women Boxers** who have reached the age of **17 years** and are under **34 years on the 24th January 2010.**

ENTRY FEE: £10.00 per boxer to be paid at initial Weigh - In.

WEIGH-IN: Will take place on Sunday 24th January 2010 from 10.00am – 11.00am at the following venues: -

**St. Agnes ABC, Belfast.
Clonoe ABC. Coalisland, Co. Tyrone and
Ring Amateur Boxing Club, Derry.**

Medical Record Books must be produced at the Weigh- In.

All Boxers must advise the Doctor of any Medication which they are taking or have taken during the previous four weeks. Male Boxers must present themselves Clean Shaven at the Weigh – In and on the days they are required to box.

DRAW: On receipt of the Entries from the three venues the Draw will be made at the **TOOME ABC on Sunday 24th January at approx 1pm.**
Seeding will be in operation.

PRELIMS: Donegal Celtic Football Club, Suffolk Rd. Monday 25th – 27th January at 8.00 pm.
ADMISSION FEE TO PRELIMS £5.00

SEMI-FINALS: Donegal Celtic Football Club on Thursday 28th at 8.00pm
ADMISSION FEE TO SEMI-FINALS £10.00

FINALS: In The Andersonstown Leisure Centre on Friday 5th Feb 2010 at 8.00pm
ADMISSION – TICKETS AVAILABLE AT PRELIMS AND SEMI-FINALS

MORNING WEIGH – IN: BY REQUEST ONLY AT ALL THREE INITIAL WEIGH – IN VENUES
Evening Weigh - In from 7.15pm - 7.45pm

COACHES: Must wear **TRACK SUITS** and supply own water bottle / spray and endeavour to set a high standard of hygiene in the corners

**ALL MEN CONTESTS WILL BE 3 x 3 MINUTE ROUNDS
ALL WOMEN CONTEST WILL BE 4 x 2 MINUTE ROUNDS**

RED and BLUE VESTS SHOULD BE USED OR CLUB COLOURS WITH RED OR BLUE HEADGUARDS FOR APPROPRIATE CORNERS.

MEN WEIGHTS: 49kg, 52kg, 56kg, 60kg, 64kg, 69kg, 75kg, 81kg, 91kg & 91+kg

WOMEN WEIGHTS: 46kg,48kg,51kg,54kg,57kg,60kg,64kg,69kg,75kg,81kg & 81+kg.

PLEASE DISPLAY THIS CIRCULAR ON CLUB NOTICE BOARD

It is requested that all entries for these Championships be sent to the Hon. Secretary

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THE COMMONWEALTH CHAMPIONSHIPS WILL BE CONDUCTED UNDER THE NEW 10 WEIGHT CATEGORIES AS FOLLOWS:

- 1 46 TO 49KG LIGHT FLY WEIGHT**
- 2 UP TO 52KG FLY WEIGHT**
- 3 UP TO 56KG BANTAM WEIGHT**
- 4 UP TO 60KG LIGHT WEIGHT**
- 5 UP TO 64KG LIGHT WELTER WEIGHT**
- 6 UP TO 69KG WELTER WEIGHT**
- 7 UP TO 75KG MIDDLE WEIGHT**
- 8 UP TO 81KG LIGHT HEAVY WEIGHT**
- 9 UP TO 91KG HEAVY WEIGHT**
- 10 91KG + SUPER HEAVY WEIGHT**