



15th Balkan senior Championship & 17th Balkan Children
Championships 16 - 18. 03. 2012 - Montenegro

MONTENEGRO HERCEGNOVI 2012

BULLETIN no.1

*15th Balkan Senior Championships &
17th Balkan Children Championships
16 - 18 March 2012
Herceg Novi, Montenegro*



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Dear Friends,

It is a great pleasure to be in the beautiful town of Herceg Novi where we have to enjoy the Montenegrin hospitality at its very best inside a beautiful natural seaside environment.

It is the stated goal of FBK to provide the opportunity for the top karateka of the area has access to a safe and high-level international regional competition and to be able to participate in a strong test before the European Championships of 2012. In parallel and the same dates will be hosted and the Balkan Championships of Children which take place every year in order to be promoted in the best way the Balkan karate young generation.

Together with our referee colleagues in FBK we intend to ensure that this championship will be one, which will live up to our ideals and in every way promoting the development of our sport in the Balkan peninsula.

I am sure we will have another wonderful Balkan championship and I look forward to seeing you all in Montenegro.

Yours sincerely

George Yerolimpos Ph.D
FBK President



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Dear sport friends,

I am pleased and honored to greet you and call to Montenegro in its own name, Karate Federation of Montenegro and the Organizing Committee of the Balkan Championships to be held in Herceg Novi, March 2012.

Me personally and all the members of our federation meets the pride that we can organize such a prestigious and important competition.

Our desire is that you host on this occasion and spent time with sports and competition deepen our friendship and our federation.

Montenegro is usually remembered and loved him as a friendly tourist destinations in the Balkans wild natural beauty and the desire to look forward to seeing you soon seen in Herceg Novi.

Best regards,

Vladimir Mrvaljević

President of the Karate federation of Montenegro



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MNE - Montenegro 1000 Facets of the Kaleidoscope –The Wild Beauty at The Southern Adriatic



“Black” mountains, blue sea, green alpine meadows, awe-inspiring canyons, idyllic lakes

A universe in a nutshell – far apart from the beaten tourist tracks. A re-discovered paradise opens up to its guests.

Holiday at the seaside with lovely beaches, hidden coves, fascinating small historical coastal towns with modern flair: yes, naturally! You may choose from cosy quarters in a hospitable private home to international 5-star hotels with the complete wellness programme. The gastronomy offers delicious regional specialities as well as international classics.

Hiking on marked trails, through majestic mountain massifs with spice-scented meadows; discover the boundless high plateaus on a mountain bike; white-waters, the awe-inspiring canyon (Europe’s deepest) of the river Tara, a hot spot for rafters! Eerie caves and ravines where bears and wolves may hide (and maybe goblins and fairies): yes, naturally!

National parks appeal to all nature lovers. Montenegro already has four very distinctive ones and will soon have six. For instance Biogradska Gora, the wildly romantic primeval forest, which you can explore on an easy trail. Or the area around Lake Skadar, Europe’s largest bird sanctuary. With this and many other measures our country endeavours to fulfil the article of our constitution as an “Ecological State”. Growing areas



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of our land are being established as nature reserves and protected by law - naturally!

Historical treasures from the earliest settlements to the Njegoš Mausoleum on top of the mountain Lovcen: yes, naturally! Our varied history left its tracks from the Roman buildings that are still used as venues up to the fortifications built by the Habsburg realm – with a breathtaking view of the unique Bay of Kotor with its fascinating heart. Follow the Adriatic coastline south to the charming medieval village Budva and to the largest beach near Ulcinj: there is a lot waiting to be discovered. But we would like to induce you also to explore the interior of the country: the historical royal town Cetinje is just north of Budva. A very interesting excursion would be a trip to the Ostrog Monastery, where miracles are said to happen even today.

And you ought to meet the Montenegrin mountain people, too. Throughout our diverse history they learned to valiantly repulse invaders of all kinds – and to receive welcome guests with genuine hospitality. Do look them up in the scattered alpine cottages and experience a visit to friends.

Who will enjoy a holiday in Montenegro? Sunbathers and beach runners, adventurers and discoverers, fans of day- and nightlife, nature lovers and people looking for places of spiritual power: as a matter of fact, everybody.





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Herceg Novi

General data

Archeological findings from Luštica witness the beginnings of the civilization in this region, back from the Neolithic and early bronze age. Evidence of humans living in Herceg Novi dates from its first known inhabitants – Illyrians.

Commercial opportunities attracted Greek traders in the 5th century B.C. In the 3rd century A.D., after defeating Illyrians, Roman Empire took over this region. After the fall of the Western Roman Empire, in 476, Byzantium ruled for six centuries. In the 7th century, the Slovenian tribes densely inhabited this region and around the area of today's Herceg Novi, the Dračevica parish was formed. Already from the 10th century, Dračevica loses its independence, becoming the pray of the Zeta dukes, but not for long because the period of the *Nemanjić* family was coming. Upon the death of Czar Dušan, Dračevica was governed by duke *Vojislav Vojinović*, and later on by the Balšić family.

The city of Herceg Novi was founded in 1382, when the Bosnian ban (provincial lord) King *Tvrtko I Kotromanić* instituted it in the Bay of Topla, with an intent to give it a commercial, maritime and craft role, and named it Sveti Stefan (St. Stephen).



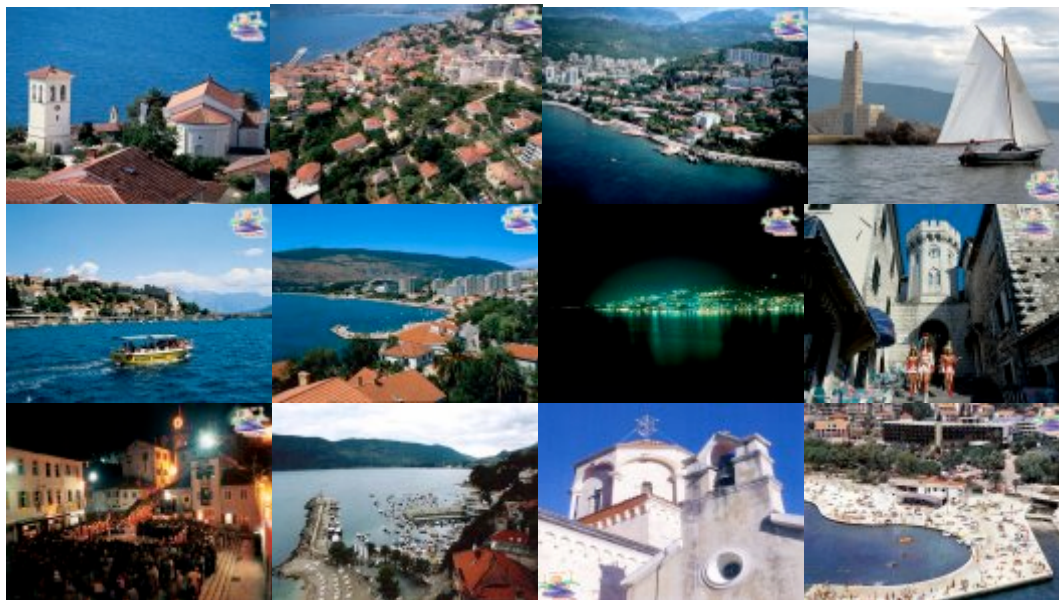
As one the youngest cities on the Adriatic coast, it was called Novi (New), Castrum Novum, Castel Nuovo. It acquired its current name during the reign of Herceg (Duke) Stjepan Vukčić Kosača, when the city experienced its greatest progress. The Turks conquered it in 1482 and, with a short pause between 1538 and 1539, when it was overtaken by the Spaniards, they ruled for about 200 years up until 1687.

Austro-Hungary controlled Herceg Novi until 1806, Russia for a year between 1806 and 1807, and France between 1807 and 1813. Even the temporary government of



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Montenegro and Boka Kotorska had control over Herceg Novi between 1813-1814. However, the city was under Austro-Hungarian control until 1918. Henceforth many nations and civilizations dwelled on its soil, leaving deep traces on its history, culture and overall development. After the Turkish rule, the city was conquered by the Venetians, who reigned until the end of the Venetian Republic in 1797. From then on, there were frequent changes in the administration of Herceg Novi. The Austrians ruled until 1806. Hereafter, the administration was overtaken by the Russians, until 1807, and then the French governed until 1814. In the period from 1813 to 1814, the city was temporarily administered by the government of Montenegro and Bay of Kotor. From 1814 to 1918, the city was under the Austro-Hungarian administration. Then the Serbs, Croats and Slovenians united to form a kingdom, somewhat later called Yugoslavia, and in 1923, the Bay of Boka precinct was annexed to it. In 1941, the city was occupied by the Italians, then the Germans, until the liberation on **October 28, 1944.**





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Geography

Herceg Novi is located at a strategic and attractive geographic area between the highest mountain of the Dinara massive, Orjen (1,895 m) and the entrance of one of the most beautiful bays in the world, the Bay of Kotor (Boka Kotorska).

It represents an administrative, economic and cultural center of the municipality, covering an area of 235 km² with 30.992 inhabitants.

Geographic coordinates of the city: 42 °27' North Latitude and 18 33' East Latitude

Relief characteristics:

mountain Orjen 1.895 m , hills: Dobroštica 1.570 m and Radoštak 1.441 m ,the Luštica Peninsula: highest knoll Obosnik 586 m.

The 2.900 m wide entrance to the Bay of Kotor is situated between the Oštro and Mirište capes. The maximum depth of the sea in the Bay is 61 m, and the average one is 27.8 m.

Since 1997, the Bay of Kotor has been a part of the Association of most beautiful bays in the world.





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Climate

The area of the Bay of Kotor is characterized by a Mediterranean climate with dry and warm summers and mild winters. Herceg Novi has a specific microclimate, which is a result of southern exposition, proximity to the sea, limestone substratum and mountainous hinterland which prevents the breakthrough of cold air masses.

Herceg Novi has approximately 200 sunny days per annum. In July and August there are approximately 10.7 sunny hours per day.

Average annual temperature is 16.2 C (similar to Mediterranean cities of Naples and Lisbon).

There are frequent slight temperature oscillations, thus, the average daily temperature fluctuation is only 4 C. Average temperature from May to September is about 25 C, which provides a swimming season over 5 months long since the average summer sea temperature is rather high, between 22 - 26 C.

The annual average precipitation is 1,930 mm/m², and relative air humidity is at its highest in the fall reaching 80%, and its lowest point is in the summer, i.e. 63%.

Characteristic winds, which blow in this region, are:

MAESTRAL (west - in summer),

BURA (north - in winter),

ŠILOK (south - throughout the year),

JUGO (south - mainly in winter).

Visa regimes for foreign citizens

The citizens of Hungary may enter, pass through and stay in Montenegro for up to 90 days with a valid passport without a visa. Also, they may enter and stay in Montenegro for up to 30 days with a valid identity card or a document confirming their identity and nationality.

Currency

Montenegro accepted joint European currency, euro (EUR) (€) as a means of payment in its territory.

Banks in Herceg Novi: Montenegrin Commercial Bank, Atlas Bank, Hypo Alpe Adria, First Bank,





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Buisness-Shopping hours

Monday-fridai: 09:00-20:00

Satrday:09:00-15:00

Electricity and voltage

In Montenegro, like in the most of European countries, the voltage of electricity is 220V, and the frequency is 50 Hz.

Visitors from Great Britain need an adapter for electrical devices, while visitors from the USA need transformer in order to use their 110/125V devices.

Area codes in Montenegro

According to Crnogorski Telekom, the area codes in Montenegro are:




- Podgorica, Kolašin and Danilovgrad (020);
- Kotor and Tivat (032);
- Nikšić, Šavnik and Plužine (040);
- Bar and Ulcinj (030);
- Cetinje (041);
- Budva (033);
- Berane, Andrijevica, Rožaje and Plav (051) ;
- Herceg Novi (031);
- Mojkovac and Bijelo Polje (050);
- Pljevlja and Žabljak (052).



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Roadside assistance

Domestic call:

-  19807;
-  020 234 999;
-  063 239 987

International call:



-  +382 20 234 999;
-  +382 63 239 987 ;
-  amscg@t-com.me

Air traffic



Two international airports, Tivat (23 km away) and Ćilipi, near Dubrovnik in Croatia (30 km away) connect Herceg Novi with domestic and international tourist destinations. In certain occasions, the Podgorica airport might be utilized as well (112 km away from Herceg Novi).

AIRPORTS



Airport Tivat

-  +382 32 671 337
-  +382 32 670 930

Airport Ćilipi

-  +385 20 773 377
-  +385 20 773 333

Airport Podgorica

-  +382 20 243 007
-  +382 20 244 916



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Useful information

EMERGENCY 📍 Topla bb,
85340 Herceg Novi
☎ 124
☎ +382 31 343 025

POLICE 📍 Majke
palih boraca, 85340 Herceg
Novi
☎ 122
☎ +382 31 322 222

TAXI "MORE" 📍 Jadranski
put, Sutorina
☎ +382 19730

Mobile operators

TELENOR 📍 Trg Nikole
Đurkovića, 85340 Herceg Novi
☎ 1118

T-MOBILE 📍 Trg Maršala
Tita, 85340 Herceg Novi
☎ 1500

M:TEL 📍 Trg Nikole
Đurkovića, 85340 Herceg Novi
☎ 1600



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Maritime traffic- Ports

CITY PORT OF HERCEG NOVI

+382 69 644 097
+382 31 323 015
port_hercegnovi@t-com.me

PORT OF ZELENKA

+382 31 678 092
+382 31 678 009

PORT OF BAR

+382 85 312 365
+382 85 312 247
lukabar@t-com.me

PORT OF KOTOR

+382 32 325 571
+382 32 325 572
portofkotor@t-com.me

PORT OF RISAN

+382 32 371 491

Ferry "POMORSKI SAOBRAĆAJ" AD KAMENARI

+382 31 673 522
+382 31 681 040

The connection between Herceg Novi and Tivat, makes ferry line Kamenari - Lepetani and Lepetani - Kamenari.
In the summer from 01. 06. until 01. 09. the ferry runs 24 hours a day.
In period form 01. 09. until 01. 06. ferry runs according next schedule:

05.00h - 00.00h	NON STOP	
00.00h - 05.00h	From KAMENARI:	00.00; 01.00; 02.00; 03.00; 04.00;
	from LEPETANE:	00.30; 01.30; 02.30; 03.30; 04.30;



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Accommodation

Hotel "Light House" ****

distance from the sports hall 900 m, distance from the beach 100 m.



Hotel "Novi" ***

distance from the sports hall 300 m, distance from the beach 200 m



Hotel "Plaža" ***

distance from the sports hall 2.8 km, the hotel has a beach





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Price:

HOTELS	Double	Triple	Apartmens 2+2
HQ Hotel "Plaža"	27	26	45
Hotel "Novi"	27	26	27
Hotel "Lighthouse"	27	26	36

Prices are quoted in euro and per person on bed and breakfast basis.
Lunch or dinner at the buffet is 6 euros. Single room price is 30% higher.
During the competition it is possible to order pack lunch and get him in the hall at a cost of 6 euros. In addition to pay local taxes at a cost of 1 euro per day per person.

Karate Federation of Montenegro will support the federation, which will take part by getting rid of paying accommodation NF president, three judges.

Transportation

Transportation per person from airports "Ćilipi", Dubrovnik and "Tivat", Tivat (2 ways) is 20 euro.

Flag / Anthem

All delegations must provide their official flag(2) and anthem (cd) during registration.

Important notes

- All competitors must bring with them their own gloves and belts (red and blue) and all other protective equipment approved by the WKF. Especially for Children categories face mask and the chest protection are obligatory.
- According to the 2003 FBK Congress decision for FBK Championships there is a participation fee of 10 Euro per competitor.
- Each country can register up to 3 competitors for individual Kata events, up to 2 competitors for individual Kumite event and 1 team for team events.



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VENUE:

SPORTS CENTER IGALO



Capacity is 2,000 seats sale, surface of the arena is 1,500 m2.
The hall is very well lit and air-conditioning, wireless internet, VIP room, a room for journalists, medical clinic, a small auxiliary room, spacious locker rooms.



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The official agency

Sales : Jovan Micunović

tel : +382(0)31 331-900
gsm : +382(0)67 236 863
fax: +382(0)31 331-614
e-mail : salesmetalurg@t-com.me

Organizing Committee

Coordinator: Boris Vuković

Tel: +38220648411
Fax: +38220648411
Gsm: + 38267519927
e-mail: karatesavezcg@t-com.me

Payments

All teams are required no later than February 15 do reservations and pay 25% of the accommodation.

Up to 5 March obligations of the Federation to pay the full amount for accommodation.



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GENERAL PROGRAM		
Place	Schedule:	Activity:
Arrival of Delegations Thursday March 15th		
HQ "PLAŽA"	14:00 – 20:00	Registration of Delegations
HQ "PLAŽA" Conference Hall	16:00 – 17:00	Referee Course - theory
HQ "PLAŽA" Conference Hall	17:00 – 19:00	Referee Course – written examination
HQ "PLAŽA"	18:00 – 19:00	FBK Executive Committee Meeting
HQ "PLAŽA"	19:00 – 20:00	FBK Congress
HQ "PLAŽA"	20:00 – 21:00	Draw

COMPETITION PROGRAM	
Friday, march 16th	
08:00 – 08:30	Weighing Male Children All Categories
08:30 – 10:30	Elimination and Repechage Kata Individual Male Children born in 2000 & 2001 Elimination and Repechage Kata Individual Female Senior
10:30 – 12:30	Elimination and Repechage Kata Individual Male Children born in 1999 & 1998 Elimination and Repechage Kata Individual Male Senior
12:30 – 13:30	Elimination and Repechage Kumite Male Children born in 2001 (-25kg,-30kg,-35kg,-40kg, & +40kg)
13:30 – 16:30	LUNCH BREAK
14:30 -15:30	Elimination and Repechage Kumite Male Children born in 2000 (-30kg,-35kg,-40kg,-45kg, & +45kg)
15:30 – 16:30	Elimination and Repechage Kumite Male Children born in 1999 (-35kg,-40kg,-45kg,-50kg, & +50kg)
16:30 – 18:00	Elimination and Repechage Kumite Male Children born in 1998 (-40kg,-45 kg,-50 kg,-55 kg, & +55 kg)
18:00 – 18:30	Opening Ceremony
Finals	
18:30 – 19:00	Kata individual Male Children, Male Senior & Female Senior
19:00 – 19:30	Kumite Male Children All Categories
19:30	Medals Ceremony



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Saturday, March 17th	
08:00 – 08:30	Weighing Female Children All Categories Weighing Female Senior -61kg, -68kg & +68kg Weighing Male Senior -75kg, -84kg & +84kg
08:30 – 10:30	Elimination and Repechage Kata Individual Female Children born in 2001,2000, 1999 & 1998
10:30 – 11:30	Elimination and Repechage Kumite Female Children born in 2001 (-30kg,-35kg, & +35kg)
11:30 – 12:30	Elimination and Repechage Kumite Female Children born in 2000 (-35kg,-40kg, & +40kg)
12:30 – 13:30	Elimination and Repechage Kumite Female Children born in 1999 (-37kg,-42kg, & +42kg)
13:30 – 14:30	Elimination and Repechage Kumite Female Children born in 1998 (-42kg,-47kg, & +47kg)
14:30 – 15:30	LUNCH BREAK
15:30 – 17:00	Elimination and Repechage Kumite Female Senior -61kg, -68kg & +68kg
17:00 – 18:30	Elimination and Repechage Kumite Male Senior -75kg, -84kg & +84kg
Finals	
18:30 – 20:00	Kata individual Female Children Kumite Female Children All Categories Kumite Female Senior -61kg, -68kg & +68kg Kumite Male Senior -75kg, -84kg & +84kg
20:00	Medals Ceremony
Sunday, March 18th	
08:30 – 09:00	Weighing Female Senior -50kg & -55kg Weighing Male Senior -60kg & -67kg
09:00 – 10:00	Elimination, Repechage and Finals Kumite Female Senior -50kg & -55kg
10:00 – 11:00	Elimination, Repechage and Finals Kumite Male Senior -60kg & -67kg
11:00 – 12:00	Elimination, Repechage and Finals Kata Team Male and Female Children 2000-2001&1998-1999
12:00 – 13:00	Elimination, Repechage and Finals Kata Team Male & Female Senior
13:00 – 14:00	Elimination & Repechage Kumite Team Female Senior
14:00 – 16:00	Elimination & Repechage Kumite Team Male Senior
Finals	
16:00 – 17:00	Kumite Team Female Senior Kumite Team Male Senior
17:00	Medals Ceremony
Closing Ceremony	