

Fitcon2019 Sumo Cup

April 12 & 13th, 2019, Salt Palace, Salt Lake City, UT

Tournament Director: Kelly Gneiting - 505-567-1776, sumosource@msn.com

Event Schedule

- Thursday, April 11th, 2019, ALL DAY (Location TBA)
Weigh-ins of athletes for tournament
- DAY 1: 11:00 a.m. to 9:00 p.m.**
- 11:00 AM Friday, April 12th, 2019
Weigh-ins & Registration for Current Day's Sumo Tournament:
(6 hours, Location TBA)
- 6:00 PM Friday, April 12th, 2019
Warm up, Demonstration, Rules, and Announcements
- 6:30 PM
- **Mens: Lightweight, Middleweight, Light-Heavy, and Heavyweight Divisions; 4 overall divisions (1.5 hours)**
 - **Mens: OPEN Division (1 hour)**
- 9:15 PM Completion Closes
- DAY 2: 10:00 a.m. to 5:00 p.m.**
- 10:00 AM Saturday, April 13th, 2019
Weigh-ins & Registration for Current Day's NEW ATHLETES ONLY:
(1/2 hour, Location: At the dohyo)
- 10:30 AM Snake River Sumo Assn. (SRSA) Beginners Clinic: 1.5 hours
- NOON
- **SRSA Practice tournament, Beginners only (<1.5 years in sumo) Womens & Mens, 45 mins**
- 1:00 PM
- **Womens: Lightweight, Middleweight, Light-Heavy, and Heavyweight and OPEN Divisions; 4 overall divisions (1 hour), Medal for top winner only**
- 2:00 PM
- **Mens: Modified Team Competition:**
 - 2 athletes per team will be selected at random, TEAMS A and B
 - Each athlete will be labeled 1 and 2.
 - The 1's will compete, and the 2's will compete against each other
 - If one side has 2 wins and 0 losses, they will move on in the bracket
 - If not there will be a third and fourth match:
Winner vs. Winner & Loser vs. Loser
 - If the competition is 2-2 at the end of 4 matches, there will be a 5th Match,
Each team will decide who will compete in the final match for the win
 - If either team is indecisive, the athlete will be determined by the flip of a coin
- 4:00 PM
- **Senior Division Mens: those above 45 years old & older (1 hour)**
- 5:00 PM Completion Closes
Medal Ceremony
- Sumo Event Closes 5:30 p.m.