

**North Carolina AAU**  
**Karate**  
**Southeast AAU Karate SuperRegional Championship**  
**May 4, 2024**  
**Hosted by TBK NC Club**  
**TBK NC Club, Raleigh, NC**

**AGE GROUPS:** 5-17 Yrs Old, 18-34 Yrs Old, 35 + Yrs Old

**ENTRY FEE:** \$75.00

**ENTRY FEE PAYABLE TO:** Triangle's Best Karate

**ENTRY DEADLINE:** May 03, 2024

**SIGN UP AT:** [se-aaukarate.myuventex.com](http://se-aaukarate.myuventex.com)

**AWARDS:** gold, silver bronze medals for 1st, 2nd, 3rd or double 3rds in selected sparring divisions

**RULES:** AAU Karate Rules, see [aaukarate.org](http://aaukarate.org)

**ADDITIONAL INFO:** Coaches and official must register for \$40 and \$0 respectively Spectator entry fees range from \$5-10. Hotel blocks at Hilton Garden Inn and Holiday Inn Southend, within 6 miles of the venue.

**FOR MORE INFORMATION:**

Cynthia Elaine Yu-Robinson  
[cyndyyurob@gmail.com](mailto:cyndyyurob@gmail.com)

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

**BE PREPARED:** Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.