

5th Annual Mekong Cup
10 & 11 September 2016
Bangkok, Thailand



Welcome!

Thank you for registering for the 5th Mekong Cup. Included here are the details you need to know about this regional development tournament.

Getting to the fields

The tournament is taking place at the Railway Engineering School / SRT Vocational School. The fields are next to the Suan Rot Fai park which is a popular place for families on weekends but it's a bit tricky to find so leave an extra 30 min buffer to get there.

Taxi

Map for taxi drivers:



เลยแยกลาดพร้าว มุ่งหน้าไปตอนเมืองประมาณ 300 เมตร
ซอยทางเข้าอยู่ก่อนถึง ปตท.สำนักงานใหญ่ เลี้ยวซ้ายเข้าซอย

This is the entrance to the school:



There is a voice clip for you to play from your phone:

<http://www.bangkokultimate.com/5th-mekong-cup-2016/>

If lost, call us! Phone numbers are at the bottom of this file.

BTS SkyTrain

This option is more complicated. Walking to the fields is about 30 minutes through two separate parks. It's easy to get lost and not recommended. However, you could take a taxi or motorcycle from the BTS station to the fields in about 5 to 10 minutes.

- Take the sky train to **Mo Chit Station** (BTS Map - <http://www.bts.co.th/en/map.asp>)
- Leave the station on the Chatuchak Park side of the station onto Phahonyothin Rd. at **Exit 3**
- Walk north along Phahonyothin Rd. (the road will be on your right) and flag down a taxi or motorcycle taxi and follow the directions above in the taxi section
- **** Motorcycle taxis are dangerous – please use at your own risk ****

Alternatively, if you have time on your hands and a decent GPS on your phone, the walk to the fields through Chatuchak and Rot Fai parks is nice!

Fees

In addition to the 7000 THB team fee, there is a 900 THB player fee. Please pay all fees to your captain who will pay the tournament organisers.

Guests are welcome to attend for free, though if they will be around all day and wish to eat, there will be a 200 THB charge per day subject to extra food being available!

The Mekong Cup is intended to be an affordable tournament to help teams develop skills regionally. We've tried to keep this in mind when setting the fee for the event and as a result, we have not included things like alcohol, discs, shirts and parties in the fee.

Gatherings

Friday

We will have a gathering from 7pm on the **2nd floor of The Sportsman Bar on Sukhumvit Soi 13**. If you have been to the Bangkok Hat, it's where the party has been the past two years.



Since we are trying to keep costs/player fees down, we won't have any free beer or drinks, but the Sportsman have given us happy hour prices all night long. Just say you are with the Ultimate Frisbee tournament when you order your drink at the 2nd floor bar.

Please pay for your team on Friday night. Payment should be made to Piet, Tri, Jiew or Derek.

Directions:

BTS to **Nana Station**. **Exit 3** and walk to Soi 13. The Sportsman is on your right about 100m down the soi at the base of the Trendy building.

www.sportsbarbangkok.com

Saturday

On Saturday night, we'll have an informal party Speakerbox at Talad Rot Fai (English: Ratchada Train Market). Speakerbox and all the bars, stall and restaurants are outdoors so wear light clothing (it's hot). There is some cover if it rains. Beer & drinks are very cheap.



You'll be able to pick up food at any of the 100+ food stalls. If you'd rather hit up another bar in the market? Feel free, there are dozens.

Three bands will be playing throughout the night. Music starts from 8:45pm but we'll start arriving by 7:30.

Directions:

Talad Rot Fai (Ratchada Train Market) is a 5 minute walk from Thailand Cultural Centre MRT station. The MRT is the underground in Bangkok and connects at Sala Daeng/Silom BTS station, Asoke/Sukhumvit BTS station and Mochit/Chatuchak Park BTS station. It's only a 5 to 10 minute ride north of Sukhumvit and a taxi might take half an hour or more over the same distance.

At **MRT Thailand Cultural Centre**, use Exit 3, turn back towards the shopping mall and keep left. Take the Soi immediately on your left and follow the crowd. The market is behind Esplanade Shopping Centre and Speakerbox is at the left/back of the market in the alley with all the two-story bars.

Schedule & Rules

The games will start at 8:00am & 7:45am sharp so please be there early to warm up. The fields are a bit tricky to find, so allow yourself time to get there.

We will be using the [WFDF 2013 rules](#) (the latest). Please be aware of the rules including a [summary of the changes](#).

This is a mixed tournament and the 5 men / 2 women or 4 men / 3 women split will be decided by the team on offence. However, we encourage you to play true 4 / 3 (4 men or 4 women on the line, offence decides) where both captains agree before the game.

Check out the schedule for more details.

Beer & Drinks

Beer will be for sale! We've kept the prices down so you can enjoy a cold brew.

On sale will be Leo & Singha beer for 40 Baht a can. Soft drinks will also be available for 15 Baht.

Water & First Aid

There will be pitch-side water and ice will be available in the main tent. A nurse will be on duty both days to help with minor injuries. A limited supply of sunscreen will be available.

Food

Lunch will be served both Saturday & Sunday and is included in your player fee. The menu is Thai! We may have a few extra edible treats in the afternoon.

Fruit will be available both mornings for breakfast.

Security

Things do occasionally go missing and this is the first time we have used this venue. Keep track of your stuff.

In general, Bangkok is a safe place for a large city though here are a few tips:

- When taking a taxi, hail one that's moving with the red light on the front of the taxi on and insist they use the meter.
- Both parties are in high traffic areas where there is a risk of pick-pocketing. Please watch your bags/wallets when travelling to/from the bars.
- On the same note, the friendly ladies at bars aren't always ladies nor do they really think that you're that good looking! They may be after your wallets.

Need help?

If you get lost or need any help, please contact:

Piet (English): +66 (0) 868832226 (average for taxis)

Jiew (local Thai): +66 (0) 817 365 938 (best for taxis)

Eddie (local Thai): +66 (0)816 131 871 (best for taxis)

Tri (English; Vietnamese): +66 (0) 899 245 593 (also pretty good for taxis)

Disclaimer

Each player is responsible for his/her own medical fees (hopefully no one will have any). There will be a nurse on hand to treat minor injuries/basic first-aid only (at no cost). However, any further treatment which may be required at a medical facility is your own financial liability. Note that the tournament organizers are **NOT** responsible for any medical fees which you may incur arising from your participation at the 2016 Mekong Cup.

Don't travel without first obtaining comprehensive insurance before coming to Bangkok.