



2st EDITION OF CYPRUS/HELLENIC CUP &
THE 1st MEDITERRANEAN/INTERNATIONAL MASTERS OPEN CHAMPIONSHIPS
2020 CONTINENTAL/IWF MASTERS QUALIFYING EVENT

LIMASSOL – CYPRUS

1 – 4 NOVEMBER 2019

Dear President/General Secretary/Athlete:

The Cyprus Weightlifting Federation has the pleasure to invite you to the 2st EDITION OF CYPRUS/HELLENIC CUP (OPEN AGE) & THE 1st MEDITERRANEAN/INTERNATIONAL MASTERS OPEN CHAMPIONSHIPS (FROM AGE GROUP 30+) in the beautiful Tourist City Limassol – Cyprus from 1 – 4 November 2019.

In addition we will organize a Pre-Workshop of 2 days prior to the actual competition which will be FREE OF CHARGE for all athletes, coaches and Team personnel. The Workshop will be held in English and a Certificate of Participation will be given.

This project is funded through the IWF DEVELOPMENT PROGRAM

The following subjects will be presented:

- General Injury prevention in Olympic Weightlifting by the IWF doctor: Dr. George Tsikouris
- Latest Anti Doping Education: CYADA/IWF Anti Doping Commission Dr. Michael Petrou
- Nutritional supplements Caution: Denise Offermann
- Ethics of Coaching Youth/Junior athletes : Belgian Top athlete and now President of the Belgian WL Federation: Tom Goegebuer
- Promoting female Technical Officials : Denise Offermann

COMPETITION REGULATIONS FOR
THE 2st EDITION OF CYPRUS/HELLENIC CUP

1. IWF BODYWEIGHT CATEGORIES ACCORDING TO AGE GROUP:

-The new IWF body weight male categories **YOUTH:** 49, 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, +102 kg

-The new IWF body weight male categories **JUNIOR+ SENIOR:** 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg, +109 kg

-The new IWF body weight female categories **YOUTH**: 40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, +81 kg.

-The new IWF body weight female categories **JUNIOR+ SENIOR**: 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg, +87 kg.

Additional regulations:

- **Changing Weight Category:**
- An athlete may move down by email communication before the 1 November 2019. An athlete may move to a higher weight class at the Weigh-In.
- The IWF OUTFIT REGULATION APPLIES: Singlet, Weightlifting Shoes.
- Gold, Silver and Bronze Medal will be awarded to the best female + male athletes according to age group and body weight category.
- 3 best Youth, Junior + Senior Men team of 3 athletes calculated by the new IWF Roby points.
- 3 best Youth, Junior + Senior Women team of 3 athletes calculated by the new IWF Roby points.
- Best Female Lifter Award according to Roby Points.
- Best Male Lifter Award according to Roby Points.

The 1st MEDITERRANEAN/INTERNATIONAL MASTERS OPEN CHAMPIONSHIPS IS OPEN FOR MEN + WOMEN FROM THE AGE OF 30+!!

MASTERS AGE GROUP WITH ATHLETES BORN IN 1989 AND OLDER.

NOTE: THIS EVENT IS OFFICIALLY RECOGNIZED UNDER THE 2020 QUALIFYING TOTALS FOR A 2020 CONTINENTAL MASTERS AND IWF MASTERS WORLD CHAMPIONSHIP!!

THE 2019 QUALIFYING TOTALS WILL REMAIN THE SAME IN 2020!!

2. IWF BODYWEIGHT CATEGORIES ACCORDING TO AGE GROUP:

-The new IWF body weight **male** categories: 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg, +109 kg

-The new IWF body weight **female** categories YOUTH: 40 kg, 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, +81 kg.

-The new IWF body weight **female** categories JUNIOR+ SENIOR: 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg, +87 kg.

WOMEN + MEN AGE GROUPS: Born 1989 and before:

M/W30 age 30-34	1989-1985
M/W35 age 35-39	1984-1980
M/W40 age 40-44	1979-1975
M/W45 age 45-49	1974-1970
M/W50 age 50-54	1969-1965
M/W55 age 55-60	1964-1960
M/W60 age 60-64	1959-1955
M/W65 age 65-69	1954-1950
M/W70 age 70-74	1949-1945
M75 age 75-79	1944-1940
M80 age 80 and above	1939-.....

Masters Technical regulations and Award list:

- **ENTRY FEE: EUR 75 PER ATHLETE**
- **TEAM FEE: EUR 25 PER TEAM**
- Changing Weight Category:
An athlete may move down by email communication before the 1 November 2019.
An athlete may move to a higher weight class at the Weigh-In.
- The IWF OUTFIT REGULATION APPLIES: Singlet, Weightlifting Shoes.
- Gold, Silver and Bronze Medal will be awarded to the best female + male athletes according to age group and body weight category.
- 3 best Masters Men team of 3 athletes calculated by the IWF Masters Sinclair/Meltzer/Faber points.
- 3 best Masters Women team of 3 athletes calculated by IWF Masters Sinclair/Meltzer/Faber the points.
- Grand Masters Female Lifter Award according the IWF Masters Sinclair/Meltzer/Faber points.
- Grand Masters Male Lifter Award according the IWF Masters Sinclair/Meltzer/Faber points.

ADDITIONAL GENERAL INFORMATION FOR ALL ATHLETES/COACHES/OFFICIALS:

- **Closing date of Entries + payment** (Entry form to fill out entry form and send by email to the secretariat): 30 September 2019
- Arrival/Departure Airports: Larnaca and Paphos. Airport Shuttle busses nearly hourly travel to Limassol. See attachment:

SPECIAL HOTEL RATES FOR THIS EVENT:

HOTEL PEFKOS :

STANDARD SINGLE ROOM WITH BREAKFAST P. PERSON P. NIGHT: EUR 55

STANDARD DOUBLE ROOM WITH BREAKFAST P. PERSON P. NIGHT: EUR 33

STANDARD TRIPLE ROOM WITH BREAKFAST P. PERSON P. NIGHT: EUR 31

SUPERIOR SINGLE ROOM WITH BREAKFAST P. PERSON P. NIGHT: EUR 64

SUPERIOR DOUBLE ROOM WITH BREAKFAST P. PERSON P. NIGHT: EUR 38

SUPERIOR TRIPLE ROOM WITH BREAKFAST P. PERSON P. NIGHT: EUR 36

BOOKING DIRECTLY WITH HOTEL: www.pefkoshotel.com – info@pefkosthotel.com

Tel: +35725660066

CODE: THE 1st MEDITERRANEAN/INTERNATIONAL MASTERS OPEN CHAMPIONSHIPS

- HOTEL NAVARRIA:
- Twin Room Inland View: 49.00 Euro per room per day on B/B
- Single Room Inland View: 39.00 Euro per room per day on B/B
- Triple Room Inland View: 67.00 Euro per room per day on B/B
- H/B Supplement: 7.00 Euro per person per day on B/B
- Payment Method: 30% Deposit is required to confirm the group and block the rooms and full payment before arrival

BOOKING DIRECTLY WITH HOTEL: www.navarriahotel.com - reservations@navarriahotel.com

Tel: +35725320855

CODE: THE 1st MEDITERRANEAN/INTERNATIONAL MASTERS OPEN CHAMPIONSHIPS

- **Competition Venue:** Spyros Kyprianou Athletic Center:
Kato Polemidia – Limassol – Cyprus
- **Competition equipment:** ELEIKO
- **Training Center:** provided at the Spyros Kyprianou Athletic Center:
Kato Polemidia – Limassol – Cyprus
- **Closing Banquet:** Fee EUR 30 .
Time and location will be announced.
- **Insurance:** Each athlete/coach/official must undertake full moral and financial responsibilities in all health matters arising.
- **Visa:** A Letter of Invitation will be issued for nations who require a Visa to enter Cyprus.
Please contact the secretariat: mediterraneanmasterswl@gmail.com
- **How many countries are there in the Mediterranean?**
There are **21 countries** which border the Mediterranean Sea.
Spain, France, Monaco, Italy, Malta, Slovenia, Croatia, Bosnia and Herzegovina, Montenegro, Albania, Greece, Turkey, Cyprus, Syria, Lebanon, Israel, Egypt, Libya, Tunisia, Algeria and Morocco.

THIS EVENT IS OPEN FOR ANY NATION OUTSIDE THE MEDITERRANEAN SEA AS WELL

- Currency in Cyprus: EUROS
- Traffic: Cyprus driving on the left side!
- Average Weather Beginning of November: 23° / 16°

www.weightlifting.org.cy – mediterraneanmasterswl@gmail.com

