



## **2<sup>ND</sup> EUROPEAN MEN'S & WOMEN'S UNDER 23 CHAMPIONSHIPS**

**LIMASSOL, CYPRUS**  
**19 -28 November 2010**

# **Information Bulletin**

### **GENERAL INFORMATION**

Situated in the north- eastern end of the Mediterranean basin, Cyprus is the third largest island with an area of 9,251 square kilometers (3,572 square miles).

### **POPULATION**

The population of Cyprus is approximately 800,000 people.

### **CAPITAL**

Nicosia is the capital of Cyprus.

### **LANGUAGES**

Greek and Turkish are the main languages spoken by Greek-Cypriot and Turkish-Cypriot communities. English is widely spoken. French and German are also well spoken within the tourist industry.

### **RELIGIONS**

Cyprus enjoys an exceedingly high level of freedom of worship. While the majority of Greek-Cypriots are Greek-Orthodox Christians, other denominations are represented on the island, including Armenians, Maronites and Roman Catholics. The Turkish-Cypriot community is predominantly Muslim.

### **CLIMATE AND SEASONS**

Cyprus enjoys an intense Mediterranean climate of hot dry summers starting in mid-May and lasting until mid-September and rainy, quite mild winters from November to mid-March. With almost year-round clear skies and sunshine, daylight length ranges from 9.8 hours in December to 14.5 hours in June. In broad lines, Cyprus's climate is characterized by hot summers and mild winters. In January, the coolest month, the indicative daily temperature is 10o C on the central plain and 3o C on the higher parts of the Troodos Mountains while the average minimum temperatures are 5o C and 0o C.

### **GETTING THERE**

The main gateway to Cyprus is Larnaca International Airport, at distance of 70 Kilometers east of Limassol. A second international airport operates at Paphos, 69 Kilometers to the west of Limassol. Cyprus is well-connected by air to most major cities of Europe and the Middle Est.

### **LEGAL POINTS OF ENTRY**

The legal points of entry into the Republic of Cyprus are the airports of Larnaca and Paphos and the port of Limassol, which is situated in the area under the effective control of the Government of the Republic of Cyprus. Entry into the territory of the Republic of Cyprus via any other airport or port in which the Government of the Republic does not exercise effective control (Turkish occupied areas) is illegal.

## **TRAVELLING DOCUMENTS**

Travelling to Cyprus is very easy.

The documentation required varies, depending on your nationality. A valid passport is required for a stay of up to 90 days for all confide tourist except citizens of European Union countries, Switzerland, Iceland, Liechtenstein and Norway who may enter Cyprus with their national identity card provided it bears a photo. Some non – EU third country nationals require a visa. Further detailed information can be obtained from the Ministry of Foreign Affairs (<http://www.mfa.gov.cy>).

## **EMERGENCY MEDICAL AND DENTAL CARE**

Medical treatment and assistance in Cyprus is offered free of charge to international tourist in cases of emergency at the Accident and Emergency Department of Government Hospitals and Health Institutions. EU citizens must produce an E111 form issued by their country's health care authorities.

## **VISAS**

Visa request letters can be obtained from the Cyprus Weightlifting Federation upon request. Please send us the names of the athletes and officials, as well as their passport numbers and date of birth in order to facilitate your teams.

## **ACCREDITATION**

Upon arrival delegations are to proceed to the Hotel reception desk for the accreditation.

## **ACCOMODATION**

All the participants will be lodged in Limassol at Arsinoe Beach Hotel (3-star), Miramare Hotel (4-star) and Ajax Hotel (4-star).

## **FINANCIAL CONDITIONS**

All participants have to pay an Entry Fee of 150 (one hundred fifty) Euros.

The accommodation and meals (full board) will be charged at the following rates per day:

Double room: 85 (eighty five) Euros per person

Single room: 100 (one hundred) Euros per person

All payments are to be settled upon the delegation's arrival, at the Accreditation Office.

It is noted that referees and all official have to pay full.

**NO CHEQUES WILL BE ACCEPTED, ONLY CASH IN EUROS.**

## **TRANSPORTATION**

The Organizing Committee will provide transportation between the Airport and place of accommodation and competition venue.

Cost of transport 25 Euros. Please indicate your precise arrival/departure time and as well as flight number in the Final Entry Form in due time.

## **COMPETITION AND TRAINING VENUE**

Competition and training will be held in the "Spyros Kyprianou" Sports Hall, in Limassol.

## **EQUIPMENT**

ELEIKO barbells will be used on the main stage and warm up area.

## **RULES OF THE CONTEST / ANTI-DOPING CONTROL**

The Championships will be carried out according to the EWF/IWF rules.

The doping controls will be carried out according to the IWF Anti-Doping Policy.

## **PARTICIPANTS**

The participation in the EUROPEAN UNDER 23 Championships is limited to athletes (men and women) from European states and of National Federations which are members of the EWF.

## **ENTRIES**

Entries must reach Cyprus Weightlifting Federation within the following deadlines:

Preliminary Entry.....30 September 2010

Final Entry..... 30 October 2010

## FLAGS AND ANTHEMS

Each participating delegation is kindly requested to bring 2 (two) National Flags (100 x 150 cm) and a tape or CD with its National Anthem.

The Organizing Committee will collect them upon arrival from each delegation.

## INSURANCE

According to the EWF By-Laws the National Federations must undertake full moral and financial responsibility for their delegates regarding their health and in case of accidents and damages.

## PRIZES

Gold, Silver and Bronze medals will be awarded for the first, second and the third places, respectively in the two lifts and in the total.

The six best teams (men and women) will receive trophies.

Each participant will receive the European Under 23 Championships Diploma.

## TIME SCHEDULE (Draft)

Depending of the number of athletes, changes can be made.

The provisional time schedule is as follows.

The official time schedule will be announced after the verification of Final Entries in the Technical Meeting on 20 November 2010, 18:00.

Friday, 19 November 2010	<i>Arrival of delegations</i>	
Saturday, 20 November 2010	10:00	EWF Executive Board Meeting, Miramare Hotel
	18:00-20:00	Final Entries Verification & Technical Meeting, Miramare Hotel
Sunday, 21 November 2010	08:00-09:00	Verification of Delegates Credentials, Miramare Hotel
	10:00-	EWF General Congress, Miramare Hotel
	10:30-18:00	Symposium, Miramare Hotel "Experiences & National Federation Programmes for Youth Weightlifting" (Lunch Break: 12:30-14:30)
	20:00-21:00	EWF Officials Meeting, Competition Hall
Mon 22-Sat 27 November 2010	10:00-20:00	Daily Competition
Sunday, 28 November 2010	<i>Departures</i>	

Members of the EWF Committees and delegates are invited to participate in the Symposium and any topics to be presented will be more than welcome

## CONTACT

All the correspondence will be delivered to:

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