



38TH EUROPEAN UNION WEIGHTLIFTING CHAMPIONSHIPS

LIMASSOL, CYPRUS
8 – 11 July 2010

Information Bulletin

GENERAL INFORMATIONS

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 East.

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 obtain 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

No visas required for European member states.

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) and Miramare Hotel (4star).**

TIME SCHEDULE (Draft)

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 the 8 July 2010, 19.00 hours).

8 July 2010

Arrival of delegations/Accreditations

18.00 h. Verification of Final Entries

19.00 h. Technical Conference – Technical Officials Meeting

9 July 2010

10.30 h Opening Ceremony

11.00 h. Men 56 kg and 62 kg

13.00 h. Men 69 kg and 77 kg

15.00 h. Women 48 kg and 53 kg

17.00 h. Women 58 kg and 63 kg

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11.00 h. Women 69 kg,75 kg and +75 kg

13.00 h. Men 85 kg and 94 kg

15.00 h. Men 105 kg and +105 kg

20.00 h. CLOSING DINNER AND AWARD' S CEREMONY

11 July 2010

Departure of delegations

FINANCIAL CONDITIONS

All participants have to pay an Entry Fee of 50 (fifty) Euros.

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

Double room: 75 (seventy five) Euros per person

Single room: 90 (ninety) 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 for a cost of **25 Euros** per person.
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

The competitions and training will be held in the Sport Hall " Spyros Kyprinou " 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 EU-Championships is limited to athletes (men and women) from EU member states and of National Federations which are members of the EWF, not older than 23 years (according to the year of birth); for 2010 this means born in the year 1987 and after.

ENTRIES

Entries must reach Cyprus Weightlifting Federation within the following deadlines:

Preliminary Entry.....10 May 2010

Final Entry..... 10 June 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 Union Championships Diploma.

CONTACT

All the correspondence will be delivered to:

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