



## 32<sup>nd</sup> SMALL NATIONS TOURNAMENT

**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 are needed for European States to enter Cyprus.

## **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

### **10 July 2010**

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 30 (thirty) Euros and 20 (twenty) Euros** for Team awards. 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 the 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 Kyprianou " 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**

All federation members with less than 1 million inhabitants: Cyprus, Iceland, Luxembourg, Malta, Monaco, San Marino, Liechtenstein, Andorra.

Federations are accepted as invited members (region of countries affiliated to the I.W.F./E.W.F.), but without a right to vote concerning the Regulations on the Status of the Tournament of the Small Nations: Countries such as: Israel, Switzerland, Wales, Scotland, Ireland, Sardinia, Valle d'Aoste, Belgium, Netherlands, Sicilia, Saarland, Piemonte, and others. The acceptance of their Federation is demanded. It is obligatory that member countries are Invited automatically. Every organizing country has the right to invite other countries as long as they will choose. It is recommended to invite, according to the possibilities of the organizer preferably Federations accepted as invited members or other countries having good relations with the organizer.

The Small Nations Tournament is an Open class in age.

Classification. There will be 2 classes. One class for members (i.e.) only Federation members as described above and a general class for all the participating Federations or Teams.

The working language is French. Official tournament languages are French, German and English.

## **TEAM**

For all teams. The team must have a maximum of 9 persons:

1 Head of delegation

1 Coach/Official

1 International Referee cat I. or II. (very important)

Teams can be formed of 4 lifters, one can be a woman.

The best 3 lifters will be taken in consideration for the result, which is through SINCLAIR POINTS.

## **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.

## **AWARDS & CUPS**

Each participating team will receive a cup.

Gold, Silver and Bronze and bronze medals will be awarded for lifters who place 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the Small Nations Tournament.

The best lifter of the Small Nations Tournament will receive the "Aldo Bergamaschi" trophy.

Best Male & Female lifter Trophies for:

- Junior
- Senior

Each participant will receive a Small Nations Tournament Diploma.

## **CONTACT**

All the correspondence will be delivered to:

**Cyprus Weightlifting Federation**  
**Amfipoleos 21 – 2025 Strovolos**  
**Nicosia - CYPRUS**  
**Phone: +357 22449522**  
**Fax: +357 22449523**  
**Web page: [www.weightlifting.org.cy](http://www.weightlifting.org.cy)**  
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