

**42<sup>nd</sup> EDITION OF THE EUROPEAN SMALL NATIONS TOURNAMENT &**

**KING ONESILOS INTERNATIONAL OPEN CUP**

**LIMASSOL – CYPRUS**

**SATURDAY 21 MARCH 2020**

Dear President/General Secretary/Athlete,

The Cyprus Weightlifting Federation has the pleasure to host the 42<sup>nd</sup> EDITION OF THE EUROPEAN SMALL NATIONS TOURNAMENT & THE KING ONESILOS INTERNATIONAL OPEN CUP in the beautiful tourist City Limassol – Cyprus ON SATURDAY 21 MARCH 2020.

**COMPETITION REGULATIONS**

- 1) The competition shall be conducted under the current European Small Nations Tournament regulations.
- 2) A Team shall be composed of 3 men + 2 women
- 3) If a team of fewer athletes can still participate
- 4) In case only one athlete per nation participates, he/ can can still participate and represent his/her nation.
- 5) Results are calculated by the 2020 Sinclair formula.
- 6) Each nation kindly provides a Technical Official. The tournament is ready upon request to give National, IWF CAT 1 AND 2 TECHNICAL OFFICIAL EXAMS. PLEASE NOTIFY OUR SECRETARIATS.

**AWARDS:**

- Gold, Silver and Bronze Medal will be awarded to the best 3 places of team classification and a commemorative Medal shall be given to each participant.
- 1 – 2 – 3 place Team trophy based on sinclair points
- Best lifter trophy to best male lifter and best female lifter based on sinclair points
- Team trophy highest rank by 3 men in 1 team
- Team trophy highest rank by 2 women in 1 team.
- Awards will be for the 42<sup>nd</sup> ESNT Tournament accordingly
- Awards will be for the International Open CUP accordingly

**Additional regulations:**

- The IWF TCCR rules and regulations apply.
- The IWF OUTFIT REGULATION APPLIES: Singlet, Weightlifting Shoes.

**Accommodation:**

**HOTEL PEFKOS :** Misiaouli & Kavazoglou 70, 3016 LIMASSOL - CYPRUS

STANDARD SINGLE ROOM FULL BOARD P. PERSON P. NIGHT: EUR 140 minimum stay 2 nights

STANDARD DOUBLE ROOM FULL BOARD P. PERSON P. NIGHT: EUR 125 minimum stay 2 nights

**INCLUDED IN THE ACCOMMODATION FEE:**

- FULL TRANSPORTATION FROM AIRPORT/HOTEL/VENUE/AIRPORT

- CLOSING BANQUET AND AWARDS CEREMONY
- No entry fee, no doping control fee.

### **PROGRAM:**

FRIDAY 20 MARCH 2020

ARRIVAL OF DELEGATES + TEAM

FRIDAY 20 MARCH 2020 AT 19 HOURS Hotel Pefkos

GENERAL ASSEMBLY OF ESNT

SATURDAY 21 MARCH 2020 AT 08:00

FIRST WEIGH-IN AT THE HOTEL PEFKOS

SATURDAY 21 MARCH 2020

ALL OTHER WEIGH-INS + COMPETITION

SATURDAY 21 MARCH 2020

EVENING CLOSING BANQUET &

AWARDS CEREMONY

SUNDAY 23 MARCH 2020

DEPARTURE OF DELEGATES + TEAMS

### **Filled out entry form to send by email to the secretariat:**

- [info@weightlifting.org.cy](mailto:info@weightlifting.org.cy) + [esnt.secretary@gmail.com](mailto:esnt.secretary@gmail.com)  
Attached Preliminary Entry Form to be send by 30 January 2020  
Attached Final Entry Form to be send by 28 February 2020.

- **All payments by Bank transfer**

7 March 2020 and a proof of payment send to: [info@weightlifting.org.cy](mailto:info@weightlifting.org.cy)

### **CYPRUS WEIGHTLIFTING BANK DETAILS:**

KYPRIAKI OMOSPONDIA ARSIS VARON

HELLENIC BANK OF CYPRUS

ADDRESS: LEFKONOS 181

2 LEFKONOS STR.

2122 AGLANDJIA

CYPRUS

IBAN: CY06 0050 0181 0001 8101 G459 0301

BIC: HEBACY2N

- **Competition Venue:** Spyros Kyprianou Athletic Center:  
Kato Polemidia – Limassol – Cyprus
- **Competition equipment:** ELEIKO
- **Insurance:** Each federation/athlete/coach/official must undertake full moral and financial responsibilities in all health matters arising.
- Currency in Cyprus: EUROS
- Traffic: Cyprus driving on the left side!
- Average Weather Beginning of March 23° / 16°
- [www.weightlifting.org.cy](http://www.weightlifting.org.cy) – [info@weightlifting.org.cy](mailto:info@weightlifting.org.cy)

We look forward to welcome you back in Cyprus.

See you soon.



ΚΥΠΡΙΑΚΗ  
ΟΜΟΣΠΟΝΔΙΑ  
ΑΡΣΗΣ ΒΑΡΩΝ

CYPRUS  
WEIGHTLIFTING  
FEDERATION



EUROPEAN  
SMALL NATIONS  
WEIGHTLIFTING  
TOURNAMENT