



TO THE EUROPEAN SMALL NATIONS AND OUR NEIGHBOURING NATIONS

43<sup>rd</sup> EUROPEAN SMALL NATIONS TOURNAMENT & CYPRUS – GREECE FRIENDSHIP CUP

INTERNATIONAL TROPHY CYPRUS/GREECE/ISRAEL/GERMANY 2022 & INTERNATIONAL JUNIOR CUP

Dear Friends

This year the Cyprus Weightlifting Federation has the pleasure to organize the 43rd Edition of the EUROPEAN SMALL NATIONS TOURNAMENT & INTERNATIONAL TROPHY CYPRUS/GREECE/ISRAEL/GERMANY & CYPRUS – GREECE FRIENDSHIP CUP + INTERNATIONAL JUNIOR CUP 2022 in the beautiful tourist city Limassol from the 3<sup>rd</sup> to the 6<sup>th</sup> November 2022.

Our Federation were granted the IWF Development Program to offer 1 additional day of important seminars in order to promote Clean Sport and the ongoing development of all European Small nations:

**The IWF asks all participating federations to make mandatory the attendance of the seminar topics Anti-Doping', IWF Olympic Weightlifting Technical Rules and the Sport injuries and Prevention for all coaches and athletes to promote the important national and international education in our sport.**

**A Certificate of Attendance will be issued to each participant.**

The topics in the English language are:

- *Injury prevention in Olympic Weightlifting by Dr. Irani*
- *Anti-Doping Education by Denise Offermann*
- *Olympic Weightlifting Technical Seminar by Dr. Milan Mihajlovic*
- *Technical Official seminar in conjunction with the practical ITO exams during the tournament by Dr. Milan Mihajlovic*
- *Practical exams for National/IWF Cat 1 + 2 Technical Officials follow during the tournament. 100 attempts per Technical Official will be examined by a 3-jury member bench.*

Schedule:

Thursday 03/11/22		Arrival of Delegates and Teams	
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<div>Friday 04/11/22</div> <div><u>MANDATORY FOR ALL</u></div> <div><u>PARTICIPATING</u></div> <div><u>COACHES</u></div> <div><u>AND</u></div> <div><u>ATHLETES</u></div> <div>MANDATORY FOR</div> <div>TECHNICAL OFFICIAL EXAMS</div>	08:30 - 09:15	General Assembly	
	09:30 – 10:00	Seminar: Anti-Doping Education by Denise Offermann	
	10:00 – 10:11	IWF Olympic Weightlifting Technical Rules for coaches and athletes by Dr. Milan Mihajlovic	
	11:00 – 11:15	Break	
	11:15 – 12:00	IWF Olympic Weightlifting Technical Rules for coaches and athletes by Dr. Milan Mihajlovic	
	12:00 – 13:00	Injury Prevention by Dr. Mike Irani	
	13:00 – 14:00	Lunch	
	14:00 - 15:00	Technical Official: all positions in theory by Dr. Milan Mihajlovic	

**Friday 04/11/22 TOURNAMENT – COMPETITION**

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WEIGH-IN ( <b>HOTEL</b> )	14:00 – 15:00	<u>WOMEN CAT. 45, 49, 55, 59, 64</u>	16:00 – 18:30	SESSION 1
WEIGH-IN (VENUE)	16:30 – 17:30	<u>MEN CAT. 67, 73</u>	18:30 – 21:00	SESSION 2

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**Saturday 05/11/22 TOURNAMENT – COMPETITION**

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WEIGH-IN ( <b>HOTEL</b> )	07:00 – 08:00	<u>MEN CAT. 81, 89</u>	09:00 – 11:30	SESSION 3
WEIGH-IN (VENUE)	09:45 – 10:30	<u>WOMEN CAT. 71, 76, 81, 87, +87</u>	11:45 – 14:15	SESSION 4
WEIGH-IN (VENUE)	12:15 – 13:15	<u>MEN 96, 102, 109, +109</u>	14:30 – 17:30	SESSION 5
20:00 at Hotel	Closing Banquet & Medals/Awards Ceremony			

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**Sunday 06/11/22** **Departure of Delegates and Teams**

**DOPING CONTROL:**  
This is a drug testing event

**EQUIPMENT:**  
**ELEIKO**

## CYPRUS GENERAL INFORMATION

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

Population in the Republic of Cyprus: 918.000 (October 2021)

### Airports

Larnaca and Paphos International Airports

### Requirements to enter Cyprus

A passport is required by all travelers, except for holders of:

- Laissez-Passer issued by the United Nations.
- Document issued to stateless persons and recognised refugees.

**Further to the above, citizens of the European Union (EU) countries, as well as of Switzerland, Iceland, Liechtenstein and Norway may enter Cyprus with their national identity card, provided there is a photograph.**

### Languages

The official languages of the island are Greek and Turkish, whilst English is widely spoken. French, German and Russian are also spoken within the tourism industry.

### Religion

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.

#### Currency

On January 01, 2008, the Republic of Cyprus introduced the Euro (€) as its official currency.

#### Time

Cyprus Time is Greenwich Mean Time (GMT) +2 hours.

#### Safety in Cyprus

Cyprus has an excellent reputation for being a safe and friendly place. You can help keep it that way. A few basic precautions can be enough to protect your belongings.

Crime in Cyprus is, comparatively, at a very low level. The Police Force is always ready to provide any assistance to persons who need help. Dial the telephone numbers below for the various police departments:

- In case of emergency: 112.
- For complaints: 1460

#### Average daily temperatures

It's pretty mild at this time of year, but it's a good idea to bring along a jumper or light jacket for the evenings. The average daily maximum is 23 C and the average daily minimum is 13 C.

#### Clothing and Activities November

This month has pleasantly warm days and cool evenings. Lunch in the open-air can still be enjoyed, and even sunbathing and swimming can too, along with most outdoor sports. The weather is ideal for autumn travel.

The clothing advised is:

- Medium-weight apparel.
- Light Woollies.

Best wishes,

Denise Offermann  
General Secretary  
Cyprus Weightlifting Federation