



**1st MEN'S and WOMEN'S EUROPEAN UNDER 23
WEIGHTLIFTING CHAMPIONSHIPS**
11th -18th October 2009,
Władysławowo, POLAND



1. COMPETITION REGULATIONS

1st Men's and Women's European Under 23 Weightlifting Championships will be organised according to the IWF/EWF Rules, between 11th -18th October 2009 in Władysławowo (ca. 60 km from Gdańsk).

Arrival of delegations: 11.10.2009

Departure of delegations: 18.10.2009

There is a possibility to come earlier; the Organising Committee will help to arrange accommodation.

2. COMPETITION AND TRAINING VENUE

Competition and training will be held in the Sport Hall of Olympic Sports Centre "Cetniewo" in Władysławowo, ul. Żeromskiego 52

3. ELIGIBILITY TO PARTICIPATE

Only National Federations/Associations affiliated to the European Weightlifting Federation are eligible to participate in the 1st Men's and Women's European Under 23 Weightlifting Championships.

4. ENTRIES

Preliminary Entry Forms must be received by the Organising Committee before **12th August 2009**.

Final Entry Forms must be received by the Organising Committee before **28th September 2009**.

Press accreditation forms should be sent by **28th September 2009**.

The National Federations are kindly requested to forward the Press Accreditation Forms to the journalists interested.

5. FINANCIAL CONDITIONS

The participants will have to pay a sum of € 80,00 per person/day in a double room and € 100,00 per person/day in a single room. These rates include accommodation and full board.

Entry Fee of € 120,00/person has to be paid according to the EWF rules.

NO CHEQUES WILL BE ACCEPTED, ONLY CASH IN € (EURO).

6. EQUIPMENT

ELEIKO barbells will be used.

7. DOPING CONTROL

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

8. FLAGS and ANTHEMS

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

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

9. ENTRY VISAS TO POLAND

All participants should contact the respective Polish Embassy in their country and find out if visa is required.

In case of problems, please contact the Polish Weightlifting Federation.

10. INSURANCE

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

11. 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 Championships Diploma.

12. TRANSPORTATION

The Organising Committee will provide transportation between the Airport or Railway Station in Gdańsk (ca 60 km from Władysławowo) and place of accommodation and competitions for price of € 20,00/person.

13. FURTHER INFORMATION

Please contact:

ORGANISING COMMITTEE

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