



BALTIC CUP CHAMPIONSHIPS in WEIGHTLIFTING

02 – 04 September 2016, Gdansk - Poland

REGULATIONS

1. DATE

Baltic Cup Championships will be held in Gdansk in 02-04 September 2016.

2. COMPETITION REGULATIONS

Baltic Cup Championships will be organised according to the IWF rules.

3. TEAMS

Each team consists of 3 male and 3 female athletes: 1 girl U17, 1 junior woman U20, 1 woman, 1 boy U17, 1 junior man U20 and 1 man.

4. SCOREKEEPING

The competition is held in six groups: I group – Girls U17, II group – Boys U17, III group – Junior Women U20, IV group – Junior Men U20, V group – Women and VI group – Men. The ranking within the groups will be according to Sinclair points. The team points are calculated according to the current IWF classification system. Groups may be revised after final entries meeting.

5. REFEREES

Each participating country shall provide one international referee to the competition. The organizer cover the costs of the accommodation and meals of the referees – one per country.

6. PROVISIONAL COMPETITION SCHEDULE AND PROGRAM

Friday – 2nd September

12.00- Arrival of Delegations (Training is possible 16:00-19:00)

20.00 - technical meeting

Saturday – 3th September

08.00 – Weigh-in

10.15 – Opening Ceremony

10.30 I group - Girls U17 and Women U20

12.30 II group - Women

14.00 III group - Boys U17 and Men U20

16.00 IV group Men

Sunday 4th September

Departure of Delegations

NOTE: Time schedule may be changed after the verification of final entries.

7. COMPETITION AND TRAINING VENUE

Competition and training will be held in Gdansk – Atleta Sportsclub, 6 Opolska street



8. ELIGIBILITY TO PARTICIPATE

National Federations of Danmark, Finland, Germany, Latvia, Lithuania, Norway, Poland, Russia, Sweden and Estonia are eligible to participate in the Baltic Cup Championships.

9. ENTRIES

Preliminary Entry:

We would like kindly request you to confirm your intention to participate in the tournament by filling preliminary entry form and by returning it by **30st June 2016**.

Final Entry:

31th July 2016 send your list of participants to this adress: biuro@pzpc.pl

10. ACCOMMODATION

All delegation members participating in the event will be accommodated in Dal Hotel, 4 Czarny Dwor Street and Olivia Hotel, 470 Grunwaldzka street in Gdansk.

11. ACCREDITATION

Atleta Sportsclub - Gdansk, 6 Opolska Street.

12. 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. No entry fee.

This payment may be made by bank transfer directly to the Polish Weightlifting Federation.

The account details are as follows:

IBAN: PL77 1020 1156 0000 7502 0057 7478

SWIFT: BPKOPLPW

Bank name: PKO BP SA XV O/Centrum W-wa

13. DOPING CONTROL

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

14. 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.

15. INSURANCE

All National Weightlifting Federations are responsible for the insurance of their members of team.

16. PRIZES

The three best lifters in each of the groups will be awarded with cups. Each participant will receive a Baltic Cup Championships Diploma. As part of **Waldemar Malak Memorial** the best lifters According to Sinclair points (Women and Men) receive financial rewards:

1st place – 500 €

2nd place – 400 €

3rd place – 300 €



17. TRANSPORTATION

The organizers will provide free transportation between the Lech Walesa Airport in Gdansk and place of accommodation and competitions.

18. FURTHER INFORMATION

Please contact:

Polish Weightlifting Federation

34 Marymoncka street

01-813 Warsaw

e-mil: biuro@pzpc.pl

www.pzpc.pl