



XI Mediterranean Cup

16th to 19th November, 2017

1. Venues

Competition: Austria Trend Hotel Ljubljana, Dunajska cesta 154, 1000 Ljubljana, Slovenia

Accommodation: Austria Trend Hotel Ljubljana, Dunajska cesta 154, 1000 Ljubljana, Slovenia

Airports: *There is one (1) possible International Airport: Aeroport Ljubljana, Ljubljana Joze Pucnik Airport (25 km)*

Seminar: Austria Trend Hotel Ljubljana

2. Competition Rules and Regulations

The competitions will be held in accordance with the Mediterranean Weightlifting Confederation rules for the countries eligible to participate in the above tournament.

3. Team

The Team is made of 6 athletes, four Men and two Woman. Results will be calculated on the Sinclair form. The team with the highest points win. Those that they are not able to come with a full team they can still participate in the competition.

4. Eligibility to participate

Mediterranean Weightlifting Confederation members, which are also affiliated to the IWF.

5. Entries

Preliminary entry forms must be received by the organizing committee before

15th October 2017.

Final entry forms must be received by the organizing committee before

27th October, 2017.

6. Awards

- Team Trophy for 1st, 2nd and 3rd place.
- **Gold, Silver and Bronze medals will be awarded to the first three teams.**

- A Trophy to honour the best male athlete and the best female athlete.
- Gold, Silver and Bronze medals will be awarded to the first three individual athletes both men and women.
- All teams will be awarded participation Trophies.
- Commemorative medal and certificate for all the participants.

7. Package rate

The participants have to pay the sum of:

€90 in twin sharing per person per day on full board basis

€110 in single room per person per day on full board basis

Transportation: from Ljubljana Airport to Hotel and vice-versa (25 KM) and all other transportations- 20€/person.

**The fee as stated above is the accommodation at the Austria Trend Hotel for three nights for two athletes in a double room from each country will be paid by the Mediterranean Weightlifting*

7b. Payments

We do accept cash payment upon arrival at the hotel's registration desk, or by bank transfer to the following account.

Beneficiary : **Zveza olimpijskega dviganja utezi Slovenije**

Address: **Malgajeva ulica 5, 1000 Ljubljana, Slovenia**

Bank : : **Sberbank d.d., Dunajska cesta 128 A, 1000 Ljubljana**

IBAN : **SI56 3000 0002 0335 892**

SWIFT: **SABRSI2X**

Please send us a copy of transaction not later than 9th November by e-mail to wslslovenia@gmail.com

8. Visa to SLOVENIA

All participants should contact the respective embassy in their countries and find out if a visa is required.

9. Equipment

Eleiko Barbells will be used during competition.

10. Doping Control

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

11. Technical Officials

The participating federations must delegate a Technical Official for the competition, category I. or II and with IWF licence paid.

12. Insurance

All national federations must undertake full moral and financial responsibility for their delegates as well for their health in case of accidents or damages.

13. Accreditation

The accreditation will take place at Austria Trend Hotel Ljubljana registration desk upon arrival.

14. Flags and Anthems

Each participating delegation is kindly requested to bring 2 National Flags (100x150cm) and CD or USB with the National anthem. The Organising Committee will collect them upon arrival from each delegation.

15. Seminar

Seminar will take place at Austria Trend Hotel Ljubljana, on 17.11.2017 "The mental training and athlete winning formula", and will be organized with the support of IWF Development Program.

16. Notes

The temperature in Ljubljana in the month of November will be around 5° C. Plugs and adaptors: Three-pin square British style plugs are used with 220 v.

17. Organisers

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Slovenian Weightlifting Federation

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