

FEDERACION CUBANA DE LEVANTAMIENTO DE PESAS



VIII INTERNATIONAL CUBAN WEIGHTLIFTING U-17 TOURNAMENT, 2018

NOTICE OF COMPETITION

The Cuban Weightlifting Federation is pleased to invite your Federation to participate in the VII International Cuban Weightlifting U-17 Tournament. Relevant information regarding this tournament as follows:

1. LOCATION AND DATE.

The event will be hosted *in Holguín* Province, from March 5th to March 12th, 2018.

The competitions will be held from March 7th to March 2th, 2018.

2. ENTRY.

The numerical entries must be sent from February 10th, 2018, to the Local Federation Headquarters by fax: (53) 7- 883-58-47 or (53) 7- 641-35-57; by email: agenciac@cubadeportes.cu; actdep@inder.cu; cubpesa@inder.cu

The nominal entries must be sent no later than March 6nd, 2018.

The entry fee is \$40.00 CUC (Cuban Convertible Currency) per participant.

In case of delegations are interested, they may carry out training camps at “*Cerro Pelado*” High Performance Training Centre both prior and/or after the tournament.

3. ARRIVAL DATE.

Delegations must arrive from March 5th, 2018.

4. TÉCNICAL MEETING.

Confirmation of final entry will be on March 6th, 2018, at 12:00 M.

The technical meeting where athletes per bodyweight category are designated will be held on March 6th, 2018, at 16:00 M.



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5. FINANCIAL CONDITIONS

ACCOMMODATION OFFERS BY CUBADEPORTES

“Pernik” Hotel Complex:

Double rooms: 70.00 CUC x person x night

Single rooms: 75.00 CUC x person x night

“Tulipan” Hotel Complex:

Double rooms: 70.00 CUC x person x night

Single rooms: 80.00 CUC x person x night

These costs include:

- Airport assistance
- Transfer IN/OUT.
- Full board: breakfast, lunch and dinner, including one liquid
- Local Transport for the Competition Venue
- Activity program
- Primary Medical Assistance

TRANSFER HABANA-HOLGUÍN-HABANA 115.00 CUC X PERSON.

(March 5th at 9:00 and return on March 12th at 9:00)

Transit hotel in Havana, Tulipan.

To guarantee the Transfer Airport - Hotel - Airport you must communicate with CUBADEPORTES at least 72 hours in advance the details of your flight.

Delegations or Athletes, who arrive to Cuba after the indicated day, will not be guaranteed the Transfer for their transfer to Holguín.

The delegations may carry out direct flights to Holguín or also to Santiago de Cuba, which is closer to Holguin than to Havana.

Federations which do not accept the package offered by CUBADEPORTES.SA for the tournament shall pay an additional fee of \$ 10.00 CUC (Cuban Convertible Currency) for entry per participant.

6. INVITED COUNTRIES:

Each IWF affiliated country is allowed to take part prior consent by its National Federation.



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7. AWARDS:

Gold, Silver and Bronze medals will be awarded to the top three athletes in each bodyweight category for both Men's and Women's in Total.

8. REGULATIONS:

Athletes shall compete at IWF Women's and Men's bodyweight categories in effect. Each country may participate with unlimited number of athletes as it will be an individual competition.

In parallel with this tournament, a Scientific Symposium on Training will be held. Lectures will be impacted by qualified coaches of the Cuban Weightlifting Federation and "Manuel Fajardo" Physical Culture and Sports Sciences University. All the coaches, referees and other participants may take part. Each attendee will be provided with a certification which proves her/his participation.

NOTE: Accommodation, Food, Local Transport, Training and Competition Facilities Access, Entry, Airport Transfer and Airport Tax shall be paid in CUC (Cuban Convertible Currency).

For booking, please contact responsible staff by e-mail: agenciac@cubadeportes.cu or telephone (53) 7 204 59 28.

EXCHANGE CURRENCY RATE:

One US dollar (\$ 1.00 USD) is equivalent to eighty-seven Cuban Convertible cents (\$ 0.87 CUC).

Credit cards (VISA or MASTER CARD) which do not have funds in US Banks are allowed.



Dr. C. Jorge Luis Barcelán Santa Cruz
PRESIDENT
Cuban Federation Weightlifting



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“Pernik” Hotel Complex:

