

## 1. DATES

Technical Officials nomination	<b>31 August 2018</b>
Entries	<b>30 Aug-10 Sep 2018</b>
Changing/updating Entries	<b>19-21 Sep 2018</b>
Team Receive Invoices	<b>24-25 Sep 2018</b>
Team Payment by bank transfer	<b>26-28 Sep 2018</b>
EWF Committee meeting at 09:00	<b>18 October 2018</b>
EWF Executive Board meeting at 15:00	<b>18 October 2018</b>
Final Verification and Team Managers' Meeting at 18:00-19:00	<b>18 October 2018</b>
EWF Congress at 09:30-12:00	<b>19 October 2018</b>
Technical Officials' meeting at 13:30-14:30	<b>19 October 2018</b>
<b>Opening Ceremony at 17:30</b>	<b>19 October 2018</b>
Competitions	<b>20-27 October 2018</b>
Departure Day	<b>28 October 2018</b>

## 2. ACCOMMODATIONS and ENTRY FEE

**All delegation members participating in the Event will be accommodated at:**

Hotel "Koronny" 4\*, ZAMOSC, street KOSZARY 9 –1, 5 km from competition hall.

Hotel "CARSKIE KOSZARY" 3\*, ZAMOSC, street KOSZARY II – 1, 5km from competition hall.

Hotel "SENATOR" 3\*, ZAMOSC, Rynek Solny 4, street – 400m from competition hall.

Hotel "ALEX" 3\* ZAMOSC, Okrzei, street – 500m from competition hall.

Hotel "RENEANS" 3\*, ZAMOSC, Grecka 6, street – 500 m from competition hall.

Hotel "JUBILAT" 3\*, ZAMOSC, Wyszyńskiego, street – 3 km od hall.

Hotel "ARTIS" 4\*, ZAMOSC, Sitaniec 1 – 2, street 5 km from competition hall.

**Technical Official accommodation is at Hotel "ZAMOJSKI" 4\*, Zamosc, street Kollataja 2/4/6 - 400 m from competition hall.**

**The minimum stay in hotel for the participants in competition is three (3) nights.**

**The accommodation fees and entry fee are:**

**Entry Fee - €150 per person,**

**Single Occupancy           € 140,00 (euros) per person per day**

**Twin/Double Occupancy   € 130,00 (euros) per person per day**

**Triple Occupancy           € 110,00 (euros) per person per day**

## 3. COMPETITION AND TRAINING VENUE

**The competitions will be held at the "NOWA HALA ZAMOSC, Krolowej Jadwigi 8, street.**

**The training hall is "HALA FITNESS" – Krolowej Jadwigi 8, street and STARA HALA - Królowej Jadwigi 8, street.**

**Shuttles will be available for transportation.**

## 4. ACCREDITATION

**The accreditation procedures will take place upon arrival at the Hotel "ZAMOJSKI" 4\*, Zamosc, street Kollataja 2/4/**

## 5. CATEGORIES, AGE LIMITATIONS & ELIGIBILITY TO PARTICIPATE

**Junior and U23 Women categories: 48, 53, 58, 63, 69, 75, 90, +90 kg.**

**Junior and U23 Men categories: 56, 62, 69, 77, 85, 94, 105, +105 kg.**

**Athletes born between 1 January 1995 and 31 December 1997 are eligible to participate in the Under-23 Championships.**

**Athletes born between 1 January 1998 and 31 December 2003 are eligible to participate in the Junior Championships.**

\*The participation in 2018 Junior & U23 EWC is limited to athletes (boys and girls) and team officials from National Federations which are full members of the EWF.

\*With reference to Article 5.6.4 of the IWF Anti-Doping Policy, the Athletes who are not listed in the IWF's Registered Testing Pool and who want to enter an IWF Event shall nevertheless register to the ADAMS system and submit proper whereabouts information at least 2 months before the IWF Event in question. The Athletes who do not comply with this provision are not eligible to compete.

## 6. COMPETITION RULES

The Championships will be held according to current IWF and EWF Technical Rules.  
ELEIKO barbells will be used for competitions and training.

## 7. DOPING CONTROL

Doping Control will be conducted in accordance with IWF Regulations

## 8. INSURANCE

All Federations must undertake full moral and financial responsibility for their respective delegations regarding health, and in case of accidents or damage.

## 9. Arrival-Departure places, TRANSFER and TRANSPORTATION

Organizing Committee will organize transfer from / to Warsaw and Cracow airports-Zamosc.

Costs of transportation from **Warsaw or Cracow** airport to Zamosc and Zamosc to Warsaw or Cracow airport is as follows:

- 1 to 4 people: 200,00 Euro (1 car)
- 5 to 9 people: 100,00 EURO per person
- 10 to 20 people: 60,00 Euro per person
- over 20 people: 50,00 Euro per person

### Transportation from/to other Arrival/Departure Places from/to Zamosc:

Organizing Committee will organise transfer from LUBLIN (ca 80 km from Zamosc) or RZESZOW JASIONKA(ca 150 km from Zamosc) airport to ZAMOSC and from ZAMOSC to LUBLIN or RZESZOW JASIONKA airport.

LUBLIN International airport: <https://www.airport.lublin.pl>

RZESZOW-JASIONKA International airport: <http://www.rzeszowairport.pl>

Costs of transportation from Lublin or Rzeszow-Jasionka airport to Zamosc and back is € 30,00 (euros) per person.

Train Station ZAMOSC: <http://www.rozklad-pkp.pl/en>

Cost of local transportation: €20,00 (euros) per person

## 10. AWARDS

The first, second and third lifters in Snatch, Clean & Jerk and Total in each weight category for Junior and U23 competitions will be awarded gold, silver and bronze medals.

The best individual athlete (boys and girls, Junior and U23) according to the Sinclair Formula 2016 – 2020 will be awarded a trophy.

The highest six (6) ranked federations (boys and girls, Junior and U23) will receive team awards.

All participants will receive diplomas.

## 11. VISAS

Some countries might need visas in order to enter Poland. Each Federation/Association must contact the Polish embassy in their own country to verify if a visa is needed.

If any problems, please contact Organizing Committee (Polish Weightlifting Federation).

## 12. FLAGS and ANTHEMS

Each national federation is kindly requested to bring 2 (two) National Flags (100 x 150 cm) and national anthem with mp3 format.

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

## 13. BANK ACCOUNT

Account No : **PL 73 1020 1026 0000 1602 0369 9873**

IBAN : **PL 73 1020 1026 0000 1602 0369 9873**

Swift code : **BPKOPLPW**

Address of Bank: **02-515 WARSZAWA, PULAWSKA 15**

## 14. FURTHER INFORMATION

Please contact the Polish Weightlifting Federation:

President: Mariusz Jędra

Contact Person:

General Secretary: Halina Pikula

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