



EUWC

EUROPEAN UNION WEIGHTLIFTING CUP

6th European Union Weightlifting Cup

27th -30th June 2019 W.I.T. Sports Arena, Waterford, Ireland

Euwc2019ireland@gmail.com / EUWC.EU

Invitation

Dear President / General Secretary

The European Union Weightlifting Confederation in cooperation with the Ireland Weightlifting Federation would like to invite you to the

6th European Union Weightlifting Cup and the EUWC Congress from 27th to 30th June 2019 in Waterford (IRL).

Please find attached:

- Rules and Regulations;
- Provisional Timetable;
- Final Entry Form;
- Accommodation and Transportation Form

We are looking forward to seeing you in Ireland!

Please don't hesitate to contact the Organizing Committee for more information.



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COMPETITION RULES AND REGULATIONS

Competition will be held in accordance with EUWC rules.

The team should be composed of a maximum of 6 athletes, 3 males and 3 females:

- 1 female lifter and 1 male lifter Under 15
- 1 female lifter and 1 male lifter Under 17
- 1 female lifter and 1 male lifter Under 20

Results will be calculated on the Sinclair formula.

AWARDS

Gold, Silver and Bronze medals will be awarded to the first three athletes. U15 girls, U15 boys, U17 girls, U17 boys, U20 junior's women, U20 junior's men. Participation medals will be presented all other athletes.

Team Trophy – the highest six ranked Nations (by Sinclair points for female + male lifters).
Best Lifter trophies will be awarded for men and women. All teams will get a memory trophy.

ENTRIES

Preliminary Entry Form must be received by the Organizing Committee before **27th April 2019**;
Final Entry and Accommodation & Transportation Forms and payment must be received by the Organizing Committee before **27th May 2019**.

COMPETITION AND ACCOMMODATION VENUE

Accommodation and Competition address: Waterford Institute of Technology Main Campus, Cork Road, Waterford.

All athletes and team members will be accommodated with full board.

Breakfast at accommodation, Lunch and Dinner at Restaurant in the competition Arena.

The accreditation will take place at the Manor Village Student Accommodation,



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VENUE

Waterford City.
Waterford Institute of Technology Sports Arena.
witarena.ie/ witarena.ie/event-centre

ACCOMMODATION

Manor Village
https://www.wit.ie/current_students/student-accommodation/
Individual Team apartments. 3 and 4 Bedrooms with Living Room and kitchen facilities, T.V. and free internet. Shops, Restaurants, Waterford City center 5 min walk.
Transportation from accommodation to venue is 5 minutes duration.

TRANSPORTATION

The Organizing Committee will provide a person at Airport to greet teams.
Transportation from /to Dublin Airport.
Journey time to Waterford accommodation is 1.45 Hours. The Executive Buses have Wi-Fi and Toilet facilities.

FINAL CONDITIONS

The accommodation fee per person is full board.

Single Room Per person: €105 /person/day/night.

Double Room Per person: €90 /person/day/night.

* Limited number of Double /Twin rooms. Recommend book early

Dublin Airport Coach Return: €25

No entry fees. No doping control fee.

PAYMENT

The accommodation fees should be paid by bank transfer to:

BANK DETAILS

ACCOUNT NAME: Weightlifting Ireland,
ADDRESS: Unit 2C, Donnybrook Commercial, Center, Douglas,
BANK ADDRESS: A.I.B, Douglas, Cork, Ireland
REASON FOR PAYMENT: EUWC + (Nation Name)
IBAN: IE07AIBK93434856364012
SWIFT BIC: AIBKIE2D



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Please send a proof of payment not later than 5th of June 2019 by email to: euwc2019ireland@gmail.com



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ACCREDITATION

Accreditation will take place at Accommodation venue

VISA TO IRELAND

European Union countries do not require a visa to Ireland.

All other participants will have to contact the Ireland embassy in their own country to verify if a visa is needed.

INSURANCE

National Federations must undertake full moral and financial responsibilities for their delegates regarding their health in case of accidents or injuries.

DOPING CONTROL

The EUWC applies the IWF Anti-Doping Policy.

BARBELL

Eleiko bars will be used in competition, warm up and training.

TECHNICAL OFFICIALS

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



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ORGANIZING COMMITTEE CONTACT:

Web: euwc.eu

E-mail: euwc2019ireland@gmail.com



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EUROPEAN UNION WEIGHTLIFTING CUP

IRELAND WEIGHTLIFTING FEDERATION CONTACT:

Address: Unit 2C Donnybrook Commercial Centre,

Douglas, Cork, Ireland

President: Colin Buckley

Phone: 0035386 2577875

Email: info@weightliftingireland - Web: www.weightliftingireland.com



EUWC CONTACT:

President: Jesmond Caruana Email:

maltese@maltanet.net



EUMC
european union
weightlifting
confederation



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THURSDAY 27th June 2019

ARRIVAL OF DELEGATES AND TEAMS

Athletes and Officials accreditation and verification of final entry

FRIDAY 28th June 2019

09:00 Technical Official Meeting 10:00 EUWC CONGRESS

15:00 UNDER 15 MEN'S COMPETITION

17:00 UNDER 15 WOMEN'S COMPETITION

SATURDAY 29th June 2019

09:00 UNDER 17 WOMEN'S COMPETITION

11:00 UNDER 17 MEN'S COMPETITION

13:00 UNDER 20 MEN'S COMPETITION

15:00 UNDER 20 WOMEN'S COMPETITION

20:00 DINNER – Best Teams Awards presentation

SUNDAY 30th June 2019

DEPARTURE OF DELEGATES AND TEAMS

Please don't hesitate to contact the Organizing Committee for more information.



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FINAL ENTRY FORM

This Form must be returned by 27th May 2019

(Please type)

National Weightlifting Federation/Association of:

IRELAND WEIGHTLIFTING FEDERATION

ORGANIZING COMMITTEE EU CUP 2019

Unit 2C, Donnybrook Commercial Centre,
Douglas, Cork, Phone 00353 86 2577875

Email:euwc2019ireland@gmail.com

Nº	Athlete's Name & Surname	Date of Birth	Cat.	Gender	Best Total	ARRIVAL			DEPARTURE		
						Flight Nº	Date	Time	Flight Nº	Date	Time
1.											
2.											
3.											
4.											
5.											
6.											
7.R											
8.R											

Nº	Official's Name & Surname	Date of Birth	Position	Arrival			Departure		
				Flight Nº	Date	Time	Flight Nº	Date	Time
1.									
2.									
3.									
4.									
5.									

Date: _____

Signature: _____



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FINAL ACCOMMODATION & TRANSPORTATION FORM

Weightlifting Federation of _____

Room Type – Single and Double / Twin Bed Rooms – Two Persons. Limited number of Double rooms available.
Please book early to guarantee Double Rooms.

NAME		Gender	Room Type	Arrival			Departure		
Family	Given	M/F	Single / Double	Flight Number	Date	Time	Flight Number	Date	Time

This form to be submitted before the 27th May 2019