

# **FEDERACIÓN CUBANA DE LEVANTAMIENTO DE PESAS**



## **V INTERNATIONAL CUBAN WEIGHTLIFTING U-17 TOURNAMENT, 2015**

### **NOTICE OF COMPETITION**

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

#### **1. LOCATION AND DATE.**

The event will be hosted in *Cienfuegos* Province, from March 8<sup>th</sup> to March 15<sup>th</sup>, 2015.

The competitions will be held from March 10<sup>th</sup> to March 14<sup>th</sup>, 2015.

#### **2. ENTRY.**

The numerical entries must be sent from February 10<sup>th</sup>, 2015, to the Local Federation Headquarters via fax: (53) 7- 883-58-47 or (53) 7- 641-35-57; or via e-mail: [agenciac@cubadeportes.cu](mailto:agenciac@cubadeportes.cu) ; [actdep@inder.cu](mailto:actdep@inder.cu) ; [cubpesa@inder.cu](mailto:cubpesa@inder.cu)

The nominal entries must be sent no later than March 2<sup>nd</sup>, 2015.

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

This tournament has been included in the International Weightlifting Federation Calendar. Therefore, participating athletes in accordance with their results will earn points for the annual IWF Ranking.

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 7<sup>th</sup>, 2015.

#### **4. TÉCHNICAL MEETING.**

Confirmation of final entry will be on March 9<sup>th</sup>, 2015, at 12:00 M.

The technical meeting where athletes per bodyweight category are designated will be held on March 9<sup>th</sup>, 2015, at 16:00 M.



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## **5. FINANCIAL CONDITIONS**

### **ACCOMMODATION OFFERS BY CUBADEPORTES**

#### **“Pasacaballo” Hotel in Cienfuegos Province:**

Double rooms: 45.00 CUC x person x night

Single rooms: 50.00 CUC x person x night

#### **These costs include:**

- Airport assistance
- Full board: breakfast, lunch and dinner, including one liquid
- Local Transport for the Competition Venue
- Primary Medical Assistance

#### **Transfer Havana-Cienfuegos-Havana: 50.00 CUC per person.**

Departure: March 8<sup>th</sup> at 15:00 hours

Return: March 15<sup>th</sup> at 14:00 hours

Transit Accommodation: “*Neptuno-Tritón*” Hotel Complex

**Federations which do not accept the package offered by CUBADEPORTES.SA for the tournament shall pay an additional fee of \$ 50.00 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.**

## **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 imparted 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.**



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**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 via e-mail: [agenciac@cubadeportes.cu](mailto: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.



**MSc. Marcelino del Frade Díaz**  
**Secretary General**  
**Cuban Weightlifting Federation**

