

**2024 MEDITERRANEAN MASTERS (+ADAPTIVE)
& INTERNATIONAL OPEN**

25 - 26 - 27 April 2024

COMPETITION AT THE

5***GRAND BLUE FAFA BEACH RESORT**

& ACCESSIBLE ROOMS FOR DISABLED

DURRES - ALBANIA



DURRES - ALBANIA 2024

The **Albanian Weightlifting Federation** invites you to one of the most beautiful and high standard resorts at the Adriatic Sea, the 5 * **GRAND BLUE FAFA BEACH RESORT in Durres in Albania from Thursday 25 to Saturday 27 April 2024.**

Masters and Adaptive Weightlifters from the **age of 30 in 2024** (born in 1994) are welcomed to join us for a memorable **3 day event full of fun and new friendships.**

This event is **OPEN** also to all **NON MEDITERRANEAN NATIONS WORLDWIDE** and can be used as **QUALIFIER** for all **2024 CONTINENTAL + the WORLD MASTERS (ADAPTIVE) IMWA events.**

To simplify the event, the **competition and training** will all be within the **GRAND BLUE FAFA BEACH RESORT**, which is located directly at the beach sandy beach of the Adriatic Sea and **has accessible rooms for disabled available.**

Big **2,5 discs and Technical barbells** are provided for Adaptive Masters and the oldest age groups.

8 training platforms and up to **10 warm-up platforms** for the competition will be available

About Durrës:

It is a port city on the Adriatic Sea in western Albania, west of the capital, Tirana.

It's known for its huge Roman amphitheater. Nearby is a 9th-century church with mosaic-covered walls. The Archaeological Museum displays pieces from the Greek, Hellenistic and Roman periods. Broad Durrësi Beach has shallow waters. Nearby is the former summer villa of 20th-century King Zog.

Competition Details and Regulations

Main Key Days

- 15 January Open Registration
- 15 March Deadline of Registration
- 18 April Final body weight category change
- 24 April Accreditation at the competition hall
- 25 to 27 April all day accreditation **Competition**
- 27 April Closing Banquet

Competition + Weigh-In

The **Masters (Adaptive) Weightlifting Mediterranean - International Open Durres 2024** will take place from Thursday 25 to Saturday 27 April 2024 in Durres – Albania.

The competition and Weigh-In will take place **at the 5* GRAND BLUE FAFA BEACH RESORT.**

This Resort has accessible rooms for disabled.

The nearest airport is Tirana International Airport Nënë Tereza.

Registration and Entry fee

Dates of registration: 15 January to 15 March 2024

Only Athletes pay an entry fee of **€85** (non refundable)

Team fee: **€30** (non refundable)

Teams consist of max 2 men + 2 women by highest Sinclair/Meltzer/Faber –

Sinclair/Meltzer/Huebner/Faber

Training + Pre-scale check

Training hours: daily open all day free of charge

8 May to 11 May 2024 **at the 5* GRAND BLUE FAFA BEACH RESORT.**

Body Weight Categories

The **Masters (Adaptive) Weightlifting Mediterranean - International Open 2024** will compete in International Masters Weightlifting Association (IMWA) bodyweight categories:

| | | | | | | | | | | |
|-------|------|------|------|------|------|------|------|-------|-------|--------|
| Men | 55kg | 61kg | 67kg | 73kg | 81kg | 89kg | 96kg | 102kg | 109kg | +109kg |
| Women | 45kg | 49kg | 55kg | 59kg | 64kg | 71kg | 76kg | 81kg | 87kg | +87kg |

Final change of body category moving up or down:

The athletes can change their body category (one category up or down) until **midnight CET of 18 April 2024** by sending an email to mediterraneanmasterswl@gmail.com

Masters Age Categories

The **Masters Weightlifting Mediterranean - International Open 2024** will compete in the International Masters Weightlifting Association (IMWA) age categories

| | | | | | | | | | | | | |
|-------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-------|
| Men | M 30 | M 35 | M 40 | M 45 | M 50 | M 55 | M 60 | M 65 | M 70 | M 75 | M 80+ | M 85+ |
| Women | W 30 | W 35 | W 40 | W 45 | W 50 | W 55 | W 60 | W 65 | W 70 | W 75 | W 80+ | W 85+ |
| AGE | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ | 85+ |
| BORN | 1994-1990 | 1989-1985 | 1984-1980 | 1979-1975 | 1974-1970 | 1969-1965 | 1964-1960 | 1959-1955 | 1954-1950 | 1949-1945 | 1944-1940 | 1939- |

Competition Regulations

The Competition will be held accordance to the IMWA Technical and Competition Rules and Regulations. This competition is a qualification event for the International and Continental Masters Weightlifting Championships 2024.

Eligibility

There is **NO** geographical exclusion for the participation of athletes.

The competition will not have any qualification phase and no minimum best total.

The minimum age for participating lifters is for those born in **1994**.

There is no maximum age limit to compete.

Adaptive Athletes

Male and female Adaptive Weightlifters from the age 30+ are eligible to participate based on the 7 categories described below.

Only Adaptive Weightlifters with permanent disability are eligible to participate under the Adaptive Weightlifting categories.

PLEASE FILL OUT THE 2024 IMWA STANDARDS OF ELIGIBLE IMPAIRMENTS FORM and send it to the IMWA SECRETARIAT FOR REVIEW NO LATER THAN 15 MARCH 2024 to imwlasecretariat@gmail.com

The 7 categories of MASTERS ADAPTIVE WEIGHTLIFTER (MAWL) are accepted to register for the participation.

- PW1: Athletes who are deaf, deafened, or hard of hearing
- PW2: Athletes with visual impairment
- PW3: Athletes with intellectual impairment
- PW4: Athletes with limb deficiencies - no prothesis
- PW5: Athletes with limb deficiencies - with prothesis
- PW6: Athletes with limited range of motion or joint instability
- PW7: Athletes competing with the use of a wheelchair
- PW8: Athletes of Short Stature

Doping Control + Records

MEDITERRANEAN MASTERS (ADAPTIVE) produce their own set of records.

They are not recognized by the International Masters Weightlifting Association.

Sport Equipment

Full new ELEIKO equipment.

Accreditation

The Accreditation desk for Athletes will be at the Grand Blue FAFA Resort in Durres. Coaches don't need an accreditation to enter the warm-up area with their athletes. At the accreditation a photo ID or Passport or photo driver's license is required for athlete's identification.

Address: GRAND BLUE FAFA BEACH RESORT

ACCESSIBLE ROOMS FOR DISABLED AVAILABLE

1000 GOLEM / DURRES – ALBANIA

Tel. +355682541213

<https://maps.app.goo.gl/ouaKCEm9eqcGzGyk7>

Awards

- 1) Gold, Silver and Bronze medals will be awarded to the three highest ranked lifters Total for all body weight categories within each age group for men and women.
- 2) The Best Female and Male Lifter for each Age Group based on the highest Sinclair Meltzer/Faber + /Huebner points will be awarded at the end of each age category.
- 3) 3 best Team Awards based on the highest Sinclair Meltzer/Faber + /Huebner points.
A Team consists of 2 men + 2 women maximum. Less athletes in a team are permitted.
- 4) The Grand Masters Female and the Grand Masters Male Lifter for overall will be awarded based on the highest Sinclair Meltzer/Faber/Huebner points and must be Gold medalist.
- 5) National anthems will be played during the medal ceremonies for each category. The national flags will be computer displayed.
- 6) *Certificates of Mediterranean Masters Adaptive Weightlifting records*
- 7) *Certificates of Mediterranean Masters Weightlifting records from the age of 30.*
- 8) *Certificates of participation will be given to all participants available online after the end of the event*

Accommodation details:

YOU WILL BE FULLY TAKEN CARE OF!!

ROOM FEES: first come, first serve rule

Accommodation fee Full Board per person per night in SINGLE ROOM: € 100

- FREE shuttle bus from/to Tirana International Airport with accommodation booking
- Included access to the SPA, Wellness and all Pools
- BUFFET BREAKFAST, LUNCH & DINNER FROM 4 DIFFERENT CONTINENTS
- Pool entertainment program every evening
- Included training every day from 24 to 27 April all day
- Included Closing Banquet

THE ABOVE DESCRIBED BOOKING PACKAGE DEAL COUNTS ONLY FOR THIS EVENT STARTING FROM MONDAY 22 April to TUESDAY 30 April 2024.

Accommodation fee full Board per person per night in Double ROOM: € 80

- FREE shuttle bus from/to Tirana International Airport with accommodation booking
- Included access to the SPA, Wellness and all Pools
- BUFFET BREAKFAST, LUNCH & DINNER FROM 4 DIFFERENT CONTINENTS
- Pool entertainment program every evening
- Included training every day from 24 to 27 April all day
- Included Closing Banquet

THE ABOVE DESCRIBED BOOKING PACKAGE DEAL COUNTS ONLY FOR THIS EVENT STARTING FROM MONDAY 22 April to TUESDAY 30 April 2024.

Due to the limited number of rooms available, you are highly advised to book your accommodation as soon as possible until the end of March via:

WEBSITE LINK: TO BE ANNOUNCED THIS WEEK

GRAND BLUE FAFA BEACH RESORT location and general information

The accommodation fees are valid only for our event for athletes with friends and families from Monday 22 April to Tuesday 30 April for the applicable fees.

**Address: GRAND BLUE FAFA BEACH RESORT
1000 GOLEM / DURRES – ALBANIA
Tel. +3555685395593**

<https://maps.app.goo.gl/ouaKCEm9eqcGzGyk7>

Closing banquet ticket available for those who do not book accommodation through the organizer at the Grand Blue Fafa Beach Resort

Ticket Price: €35 person.

The athletes can buy Banquet tickets at the accreditation desk or in advance with their registration.

The Closing Banquet will take place at the 5* Grand Blue Fafa Restaurant assigned to our event.

Website information:

Transport Information

The nearest airport is Tirana International Airport Nënë Tereza..

Provisional Program

| | |
|------------------------------|-----------------------------------|
| 24 April 2024 12 noon | Accreditation + Training |
| 25 April 2024, 08:00 | Start Competition sessions |
| 26 April 2024, 08:00 | Start Competition sessions |
| 27 April 2024, 08:00 | Start Competition sessions |
| 27 April 2024, 19:30 | Closing Banquet |

The competition will start with the older age categories W85+ / M85+ and the last age categories will be W30 / M30.

Each session will have max 14 athletes.

Visas

Albania is visa free for many nations worldwide.

Please check the VISA FREE NATIONS LIST ON THE WEBSITE:

The Albanian Weightlifting Federation will issue a **LETTER OF INVITATION** for those athletes who need to apply for a **visa through the embassy**.

In addition due their excellent relations with the Albanian Department of Foreign Affairs there will be the **utmost support** to **receive a tourist visa** for **2024 MEDITERRANEAN MASTERS (+ADAPTIVE) & INTERNATIONAL OPEN**.

Currency:

Albanian Lek

Weather end of April in Durres

22 – 25 °

Tourist information

For more information visit:

Visit Albania

Contact: mediterraneanmasterswl@gmail.com

Website: to be announced this week

Albanian Weightlifting Federation:

email: albaniawf@gmail.com

Tel: +355682541213