



MEDITERRANEAN MASTERS WEIGHTLIFTING INTERNATIONAL OPEN TOURNAMENT

23-26 OCTOBER 2025
ALICANTE, SPAIN



Contents

1. Introduction
2. Event Details
 - Location and Dates
 - Information about the Venue
3. Participation and Registration
 - Eligibility Criteria
 - Registration Process
 - Registration Dates and Fees
4. Participants
5. Competition Categories
 - Age Group and Bodyweight Categories
6. Rules and Regulations
 - Rules of the Competition
 - Antidoping Policy
7. Medals and Awards
8. Event Schedule
 - Provisional Program
 - Weigh-in Times
9. Logistics
 - Accommodation
 - Transport
 - Local Services
10. Entry to Spain and Visa Applications
11. Contact Information

1. Introduction

The Mediterranean Masters Weightlifting International Open is a renowned annual event that brings together master athletes from around the world to the Mediterranean region to compete in a showcase of strength, skill, and camaraderie.

It also welcomes athletes to compete in adaptive weightlifting across eight disability categories. This makes the Mediterranean Masters Weightlifting International Open a diverse and inclusive event, uniting people of different ages, sizes, abilities, and nationalities.



2. Event Details

Dates and Location

- **Dates:** 23 October 2025 - 26 October 2025
- **Location:** Alicante, Spain

Venue Information

- **Name:** Polideportivo “Els Olms” Mutxamel, Alicante
- **Address:** Calle Cami Vell 4, 03110 Mutxamel, Alicante, Spain
- **Google link:** <https://maps.app.goo.gl/fu23Bpz86ZD8P1XWA>
- **Facilities:** The installation includes a large warm up zone and space for up to 2 competition platforms/12 warm up platforms depending on registration numbers. There is spectator seating, changing rooms and dedicated toilet facilities for the public. There is a space for accreditation and vendors, a dedicated area for technical officials and volunteers with refreshments and a resting area for athletes.
- **Training area:** Athletes will be able to train in a nearby facility for free, details of which will be sent to all participating athletes closer to the date by email.

3. Participation and Registration

Eligibility Criteria

- **Age Requirement:** Open to individuals aged 30 and older (born in 1995 or earlier)
- **Qualification Totals:** No qualification total is required to participate. Results may be used to establish qualifying totals for other Masters events such as the Continental or World Masters Championships.



- **Adaptive Athletes:** Open to athletes in the following categories:
 - Deaf or hearing impaired - PW1
 - Blind or visually impaired - PW2
 - Intellectual disabilities - PW3
 - Limb deficiencies no prosthesis - PW4
 - Limb deficiencies with prosthesis - PW5
 - Limited mobility or joint instability - PW6
 - Wheelchair users - PW7
 - Short stature (dwarfism) - PW8

Registration Process

- **Online registration:** <https://forms.gle/nnqUcnJi9F25j8rN8>
- **Required Documents:** Proof of age and nationality (checked at accreditation and weigh in)
- **Coaches:** coaches do not need to register to be able to accompany their athlete but will be limited to 2 coaches per athlete and must be over 18 years of age

Registration Dates and Fees

- **Dates:** 1 Jan - 31 Aug 2025 (earlybird), 1 sept -15 sept 2025 (late subject to capacity)
- **Registration fee:** 85 Euros (earlybird), 110 Euros (late) non-refundable in the case of athlete withdrawal.
- **Team registration:** 30 euros for teams of max 2 men + 2 women by highest Q-Masters points

4. Participants

Approximately 200-250 participants are expected from the following countries (based on past participation). Higher capacity is possible as there is space for 2 competition platforms:

- Australia (AUS)
- Brazil (BRA)
- Bulgaria (BUL)
- Czechia (CZE)
- Egypt (EGY)
- Spain (ESP)
- Finland (FIN)
- France (FRA)
- Great Britain (GBR)
- Greece (GRE)
- India (IND)
- Iran (IRI)
- Israel (ISR)
- Italy (ITA)
- Jordan (JOR)
- Lebanon (LIB)
- Lithuania (LTU)
- Nigeria (NGR)
- Norway (NOR)
- Poland (POL)
- Portugal (POR)
- Qatar (QAT)
- Syria (SYR)
- Thailand (THA)
- Tunisia (TUN)
- United States of America (USA)
- Venezuela (VEN)



5. Competition Categories

Age Group and Bodyweight Categories

Age Groups

- 30-34 - M30/W30
- 35-39 - M35/W35
- 40-44 - M40/W40
- 45-49 - M45/W45
- 50-54 - M50/W50
- 55-59 - M55/W55
- 60-64 - M60/W60
- 65-69 - M65/W65
- 70-74 - M70/W70
- 75-79 - M75/W75
- 80-84 - M80/W80
- 85+ - M85/W85

Bodyweight Categories - (Subject to IWF Changes - if the categories change the new categories will be applied)

- **Men/Open Men:** 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg
- **Women/Open Women:** 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg



6. Rules and Regulations

Competition Rules

- **Governing Body:** IMWA (International Masters Weightlifting Association) rules apply.
- **Lift Attempts:** Athletes are allowed three attempts for the snatch and three attempts for the clean and jerk.
- **Olympic Total:** Athletes must complete at least one valid lift in each discipline to record a total and qualify for rankings or medals. If an athlete does not register a valid lift in the snatch they will retire from the competition and will not be allowed to compete in the discipline of the clean and jerk.
- **Athlete attire:** Must comply with IMWA regulations.

Antidoping policy

- **Policy:** The organisers are committed to providing a clean sport event and following the IMWA anti-doping policy.
- **Testing:** No anti-doping tests will be conducted at this event. Therefore IMWA Continental/Master World records cannot be set. Mediterranean Masters (Adaptive) Weightlifting produce their own set of records.

7. Medals and Awards

- **National anthems:** will be played during the medal ceremonies for each category. The national flags will be computer displayed.
- **Medals:** Gold, Silver, and Bronze medals for each age and weight category.
- **Best Lifter:** Awards for top men and women based on Q-Master points by age group of gold medal winners.
- **Grand Master:** Award for top man and woman by Q-Masters points. The lifters must have won a gold medal.
- **Team awards:** 3 best Team Awards based on the highest Q-Masters points. A Team consists of 2 men + 2 women maximum. Fewer athletes in a team are permitted.
- **Certificates of achievement/records:** for all athletes competing and achieving total including final placing and Q-masters point amount. For those not achieving a total, a certificate of attendance will be provided.

8. Event Schedule

Key Dates

- **Registration:** 1 Jan to 31 Aug 2025
- **Late Registration (subject to capacity):** 1 Sept to 15 Sept 2025
- **Final Bodyweight Category Changes:** 21 October 2025 at 20hrs CET

Detailed Program

Provisional Program (Subject to changes after registration closes)

- **Day 0 (22 October 2025):**
 - Registration and Accreditation - opens at the competition venue
 - Technical Meeting and Team Entries
- **Day 1 (23 October 2025):**
 - Opening Ceremony
 - M85+ - M60
 - W85+ - W60
- **Day 2 (24 October 2025):**
 - M55 - M45
 - W55 - W45
- **Day 3 (25 October 2025):**
 - M40 - M35
 - W40 - W35
- **Day 4 (26 October 2025):**
 - M35 - M30
 - W35 - W30
 - Closing Banquet + Awards Ceremony Grand Master Man and Woman and Team Awards



Weigh-in Times

- 2 hours before competition / Special accommodations for Adaptive Weightlifting athletes

9. Logistics

Accommodation

- **Official Hotel:** Complejo San Juan Alicante
- **Google maps link:**



<https://maps.app.goo.gl/Yjnn3ZBSXE959RyM9>

- **Address:** C/Doctor Pérez Mateos, 2 - 03550, San Juan (Alicante)
- **Special Rates:**
 - Rate per person full board in a triple room: €80/night
 - Rate per person full board in a double room: €90/night
 - Rate per person full board in a single-use room: €105/night
 - Includes entry to Closing Banquet (35 Euros for non-hotel residents)
- The hotel is set in beautiful gardens, has 2 swimming pools 750m², pickle ball/tennis courts and buffet style meals
- **Reservation Form:** <https://forms.gle/SMR3WxtgE8TQh9SL7>
- **Other Accommodation:** options include hostels, vacation rental flats, hotels, and luxury stays, found on the usual booking websites



Transport

- **Nearest Airport:** Alicante Airport (ALC) is approximately 20 minutes from the Venue/Hotel by car/taxi.
- **Train Station:** High speed train service from Madrid to Alicante in as little as 2 hours and 15 minutes to Alicante Train Station. (20 mins by car to the venue/Hotel by car/taxi)
- **Cheap deals for car hire:** <https://www.doyouspain.com/index.htm>
- **Minibus:** There will be a minibus shuttle for all hotel residents to the venue and the San Juan Beach. Airport transfers to the official hotel can be arranged at an additional cost. Details to follow

Local Services

- Information about what to do and see in Alicante
<https://alicanteturismo.com/en/>



- Suggested 3-day itinerary in Alicante
<https://snaphappytravel.com/how-to-spend-3-days-in-alicante/>
- Day trip ideas:
 - Guadalest <https://www.spain.info/en/destination/guadalest/>
 - Islet of Tabarca <https://tabarca.online/>
 - Denia <https://www.comunitatvalenciana.com/en/alacant-alicante/denia>
 - Altea <https://www.comunitatvalenciana.com/en/alacant-alicante/altea>
 - The Castles of Vinalopó <https://www.ivantour.es/en/home-2/?re-product-id=209562&rwstep=product>

10. Entry to Spain and Visa Applications

- Please check the following website to see the requirements for entry into Spain: <https://www.spain.info/en/travel-tips/visa-passport/#ancla-1>
- If you need a visa to travel to Spain, please register as soon as possible and send an email requesting a letter of invitation immediately. Embassies and Consulates can take some time to process your application, so it is important to start the process early.
- **Letters of invitation:** to receive a letter of invitation, send an email including the following information for each applicant:
 - Name and surname
 - Role (athlete/coach etc)
 - Nationality
 - Passport number
 - Date of birth
- **Email Contact:** medmastersopen2025@gmail.com

11. Contact Information

- **Event Co-ordinators:** Club Deportivo Titan Alicante/Spanish Masters Committee (Comité de Halterofilia España)/Royal Spanish Weightlifting Federation (Real Federación Española de Halterofilia)
- **General Enquiries:** medmastersopen2025@gmail.com
- **Website (live from 15 December 2025):**
<https://halterofiliamasters.es/mediterranean-masters-weightlifting-international-open-tournament-2025/>

