



MEDITERRANEAN MASTERS WEIGHTLIFTING INTERNATIONAL OPEN TOURNAMENT

23-26 OCTOBER 2025
ALICANTE, SPAIN



Ajuntament de
Mutxamel



COMPLEJO
San Juan
GRUPO PSN



DIPUTACIÓ
D'ALACANT

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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://halterofiliamasters.es/2025-med-masters-open-registration/>
- **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

- **Men/Open Men:**
- 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg, +110kg
- **Women/Open Women:**
- 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg



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: €110/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://halterofiliamasters.es/med-masters-open-2025-hotel-reservation/>
- **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. 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:** <https://halterofiliamasters.es/med-masters-open-2025/>



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