

**MASTERS OPEN**

**MEDITERRANEAN**

**INTERNATIONAL**



**ATHENS 2023**

**WEIGHTLIFTING**

*"No one can deny you the chance to compete and the rush of the competition platform just because you are getting older and wiser."*

## Competition Information and Regulations

### Key Days

- 1 June to 10 September 2023 Registration
- 10 October 2023 Final body weight category change
- 1 November 2023 Accreditation (16:00-20:00)
- 2 to 5 November 2023 Competition
- 5 November 2023 Closing banquet

### Competition

The **Masters Weightlifting Mediterranean - International Open Athens 2023** will take place on 2th to 5th November 2023 in Markopoulo Mesogaias, Athens - Greece. The competition will take place in the stadium of 1<sup>st</sup> Gymnasium of Markopoulo. [CLICK TO SEE STADIUM](#)

The stadium is only 8 km away from the Athens international Airport El. Venizelos.

Address: Nikolaou & Petroiri corner, Markopoulo Mesogaias 19003.

[CLICK FOR GOOGLE MAP](#)

### Training

Training hours: 16:00-20:00

30 October – 1 November 2023 at Markopoulo Mesogaias, in the stadium of 1<sup>st</sup> Gymnasium of Markopoulo.

Address: Nikolaou & Petroiri corner, Markopoulo Mesogaias 19003.

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### Body Weight Categories

The **Masters Weightlifting Mediterranean - International Open 2023** will compete in the 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 body category

The athletes can change their body category (one category up or down) until 10 October 2023 by sending an email [greekmasterweightlifting@gmail.com](mailto:greekmasterweightlifting@gmail.com).

### Age Categories

The **Masters Weightlifting Mediterranean - International Open 2023** will compete in the International Masters Weightlifting Association (IMWA) age categories:

<b>Men</b>	<b>M 30</b>	<b>M 35</b>	<b>M 40</b>	<b>M 45</b>	<b>M 50</b>	<b>M 55</b>	<b>M 60</b>	<b>M 65</b>	<b>M 70</b>	<b>M 75</b>	<b>M 80+</b>	<b>M 85+</b>
<b>Women</b>	<b>W 30</b>	<b>W 35</b>	<b>W 40</b>	<b>W 45</b>	<b>W 50</b>	<b>W 55</b>	<b>W 60</b>	<b>W 65</b>	<b>W 70</b>	<b>W 75</b>	<b>W 80+</b>	<b>W 85+</b>
<b>AGE</b>	<b>30-34</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70-74</b>	<b>75-79</b>	<b>80+</b>	<b>85+</b>
<b>BORN</b>	<b>1993-1989</b>	<b>1988-1984</b>	<b>1983-1979</b>	<b>1978-1974</b>	<b>1973-1969</b>	<b>1968-1964</b>	<b>1963-1959</b>	<b>1958-1954</b>	<b>1953-1949</b>	<b>1948-1944</b>	<b>1943-1939</b>	<b>1938-</b>

### 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 **1993**. There is no maximum age limit to compete.

**280** athlete maximum registration.

### Adaptive Athletes

Male and female Masters Adaptive Weightlifters from the age 35+ are eligible to participate based on the 7 categories described below. After their registration they will have to contact the organisation via email to fill the special entry form.

- Deaf or hard of hearing
- Blind or visually impaired
- Intellectually disabled
- Amputee
- Limited Range of Motion
- Athlete of Short Stature (Dwarf)
- Wheelchair

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

The 7 categories of MASTERS ADAPTIVE WEIGHTLIFTER (MAWC) are accepted to register for the participation. A formal medical statement of permanent disability as proof and the physicians approval to exercise the Sport of Olympic Weightlifting is required to send along with the manual entry form.

**For more information: [+306948702840](tel:+306948702840) / [greekmasterweightlifting@gmail.com](mailto:greekmasterweightlifting@gmail.com)**

### Doping Control

Any records broken will not be recognized by the International Masters Weightlifting Association.

### Sport Equipment

Will use IMWA approved Olympic weightlifting equipment.

## **Accreditation**

The Accreditations for Athletes/Coaches will be given at the stadium of 1<sup>st</sup> Gymnasium of Markopoulo on 1<sup>st</sup> November 16:00-20:00.

The athletes who cannot take their accreditation at this time can take their accreditations from the competition's officials the next day.

For the accreditation and weight in an ID or Passport is required for athlete's identification.

Address: Nikolaou & Petroiri corner, Markopoulo Mesogaia 19003.

[CLICK FOR GOOGLE MAP](#)

## **Awards**

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. The Best Female and Male Lifter for each Age Group will be awarded at the end of each age category. National anthems will be played during the medal ceremonies for each category. The national flags will be computer displayed.

The Best Female and Male Lifter for overall will be awarded with Grand Masters Award.

Diplomas of participation will be given to all participants.

## **Registration**

•1 June to 10 September 2023

**REGISTRATION:** [www.reventy.com](http://www.reventy.com)

Every athlete should do their registration via this website. The athletes will have the chance to buy some extras with their registration as competition Souvenirs, T-shirts and closing banquet's tickets. Also, there will be available for the athletes and their company to buy in advance some sightseeing getaways to Athens city center, local ancient monuments and wineries.

## **Entry fees**

•Normal period registration: 1 June to 10 September 2023

Entry fee Athletes: **€85** (not refundable)

## **Accommodation and FREE Shuttle bus**

The accommodation prices are valid only for our competition group and only available for booking during the registration. These prices include all the taxes and the special government tax (3€ per room per night). We recommend you to book your accommodation via [www.holidayyourfitness.com](http://www.holidayyourfitness.com) with your registration. The prices above include shuttle bus from/to Athens International airport and competition venue. Your booking is final only if you make full payment of your accommodation, due to limited rooms availability. So, we recommend you to book your accommodation in advance and use our discount.

New rooms and apartments will be added to the list during registration.

## **Informations for Accommodation**

- FREE shuttle bus from/to Athens International Airport
- Free shuttle bus from/to competition venue
- 100m to 1.800m from competition hall
- 7 min away from the airport

### Room / Apartments prices

- From 1 person: 95 euros / per night
- From 2 person: 95 euros / per night
- From 3 person: 116 euros / per night
- From 4 person: 130 euros / per night
- From 6 person: 140 euros / per night
- From 8 person: 160 euros / per night

### Hotel websites

- [Aethon Airport Project](#)
- [GK Airport Suites](#)
- [GK Mediterranean Village](#)
- [Varaba Country House](#)

For booking: [www.holidayyourfitness.com](http://www.holidayyourfitness.com)

For more information: [+306948702840](tel:+306948702840) / [greekmasterweightlifting@gmail.com](mailto:greekmasterweightlifting@gmail.com)

### Closing banquet (Unlimited food-Free drinks)

Ticket Price: €25/person. The athletes can buy their tickets with their registration.

The closing ceremony will take place at a local Greek traditional Tavern near the competition venue.

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### Transport Information

Athletes arriving in Athens international Airport El. Venizelos and have a booking in one of the competition's hotels will be transported to their hotels via the free shuttle bus.

### Provisional Program

10 October 2023, 23:59	Final body weight category change
1 November 2023, 16:00	Accreditation (16:00-20:00)
2 November 2023, 08:00	Start Competitions
3 November 2023, 08:00	Start Competitions
4 November 2023, 08:00	Start Competitions
5 November 2023, 08:00	Start Competitions
5 November 2023, 16:00	Closing banquet

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

### Competitions Provisional Program - Daily:

1<sup>st</sup> Group

08:00 – 09:00 weight-in

10:00 – 12:00 competitions

2<sup>nd</sup> Group

10:30 – 11:30 weight-in

12:30 – 14:30 competitions

### 3<sup>rd</sup> Group

13:00 – 14:00 weight-in

15:00 – 17:00 competitions

### 4<sup>th</sup> Group

15:30 – 16:30 weight-in

17:30 – 19:30 competitions

### 5<sup>th</sup> Group

18:00 – 19:00 weight-in

20:00 – 22:00 competitions

\*each group will be max 14 athletes.

### Visas

Greece is member to European Union and Schengen zone.

OC is not offering or providing any direct visa application service for the Masters Weightlifting Mediterranean Open Athens 2023. It is the sole responsibility for the visiting athlete to arrange any visas it may require.

The organizer may be able to provide an invitation letter to support a visa application if the athlete requests support from Hellenic Weightlifting

### Tourist information

For more information visit:

Visit Greece – Athens: [www.visitgreece.gr](http://www.visitgreece.gr)

This is Markopoulo: [Markopoulo](#)

### Social Media

**Facebook:** Greek Masters Weightlifting

**Instagram:** Greek Masters Weightlifting

**YouTube:** GREECE MASTER (**Live streaming**)

### Contact

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