

2016 EUROPEAN MASTERS WEIGHTLIFTING CHAMPIONSHIP

(26th Men's and 24th Women's)

Nakhchivan, Azerbaijan

21st - 28th May 2016

www.iwfmasters.net

www.europeanmasterswl.com

(OFFICIAL ENTRY FORM)

All competitors must complete and submit pages 2, 3, and 4.
National Masters Chairmen must submit a Summary of Entry Fees (page 5) with all entries. Where a nation has only one or few entries the summary must still be submitted.



The Azerbaijan Masters Chairman Natig Agayev (in cooperation with the European Masters Committee) offers European Masters a unique opportunity to compete for an entry fee of only 31 Euros. The remaining 44 Euros can be used to cover the cost of your visa. If you live in a country not requiring a visa then it is a very generous offer.



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REGISTERED for DRUG TESTING
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Return entry forms to -	EUROPEAN MASTERS SECRETARIAT
	Dionissiou Solomou 59
	2231 Latsia
	CYPRUS
Email -	euromasterswsecretariat@gmail.com
Telephone -	+ 357 96 710022

Entry Fees -	Competition (non-returnable)	€31
	Team Entry (men and women) (Pay at Technical Conference)	€30
	Closing Banquet – tickets can be purchased at the competition venue.	
Venue -	OLYMPIC SPORTS COMPLEX, NAKHCHIVAN CITY	

CLOSING DATE FOR ENTRIES: Letters postmarked no later than 15th February 2016
All forms must be mailed collectively from one source, e.g. your National Masters Chairman
NO LATE ENTRIES OR INCOMPLETE ENTRIES ACCEPTED.

Please enter me in the _____ kilogram class, age group _____ of the European Masters Weightlifting Championship to be held on **21st-28th May 2016 – Nakhchivan, Azerbaijan.** I hereby accept and acknowledge that all of the rules and regulations of the present competition are solely governed by the applicable rules and regulations of the **2015 IWF& WADA CODE and European Masters**. I certify that I am an amateur in good standing. In consideration of my entry in the competition, I do hereby waive, and release the 2016 European Masters Weightlifting Championship Organiser (hereafter referred to as the "Organiser"), European Masters Committee (EMC), and associated personnel from any and all causes of action, loss, liability, claims, and demands of every kind and nature which I or my heirs or personal representatives may have for bodily injury and expenses of medical treatment.

I agree to be filmed and photographed under conditions approved and authorized by the Organiser and EMC to include the use of my name, biographical information, public appearances, interviews, photographs, portrait and motion pictures and television recordings of my weightlifting performances, and grant to the Organiser and the EMC the right to record and make use of the same, and to authorize others to do so in promoting the competition and the success of the weightlifting team on which I compete, to promote the image of the Organiser and the EMC, their sponsors and advertisers, and the sport of amateur weightlifting, and to fund the activities of the Organiser and EMC.

I understand all responsibilities for any problems, injuries, etc., arising from my health condition while participating in the European Masters Weightlifting Championship. I agree that the Organiser, EMC and their agents, including competition personnel, may make judgments (with appropriate input from available medical personnel), as to my treatment, hospitalization, or other medical care in the event of my illness or accidental injury in connection with my participation in the competition should I be disabled or incompetent to make necessary and appropriate decisions concerning such treatment, hospitalization, or other care.

I authorize the Organiser, EMC, their agents and competition personnel to make decisions for me as though they stood in a relationship to me of parent, guardian, or next of kin should circumstances require the Organiser, EMC, their agents and competition personnel to make judgments if my next of kin cannot be timely and conveniently contacted to participate in the making of such judgments. I hereby release and agree not to hold the Organiser, EMC, their agents and competition personnel responsible for all expenses, causes of action, liability, claims, and demands arising from good faith judgments made by the Organiser, EMC, their agents and competition personnel concerning my treatment, hospitalization, and medical care in the event of my illness, injury, and other emergency circumstances in connection with the competition.

I agree that I will be financially responsible for treatment and other medical care rendered me in the event of my illness, injury, or other emergent circumstances in connection with the competition, except to the extent of my injuries, and medical expenses, if any, are covered by accidental death, dismemberment and/or loss of sight and medical reimbursement insurance policies, maintained by the Organiser for my benefit, in which event I will nevertheless continue to be financially responsible for expenses of treatment, hospitalization, and other medical care in excess of such policies' limits.

PLEASE PROVIDE ONE OF THE FOLLOWING :-

Passport number _____ Country _____

License number _____ Province/state/country of issue _____

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I agree to be bound by the Masters rules and declare that I am physically fit to undertake the sport of weightlifting and have no knowledge of any medical condition which will make weightlifting contra-indicated to my well-being. I understand that Travel insurance with health and accident cover is mandatory.

COMPETITOR'S PERSONAL DETAILS (**please print clearly**): *Signifies mandatory entry

Given Name*		Family Name*	
Nation (country by passport):*			
ADDRESS: Line 1 :*			
Line 2 :*			
Line 3 :*			
Post Code:*			
Date of Birth – format DD/MM/YYYY*		/ /	Age at 31st Dec. 2016:*
Age Group:*		Body Weight Category:*	Gender (M or W):*
Best Total between 1st June 2015 and 15th Feb. 2016 (kg) :*			
Qualifying total for my age group and body weight category (kg) :*			
Email address:*			
Please indicate if you are a referee (delete as applicable) – IWF CAT I / IWF CAT II / National			
How long have you held your current status?		Years -	Months -

The above competitor's details are authorised by me as National Masters Chairman and/or on behalf of the National Federation – **Mandatory entry for this section.**

Print Name: _____ Signature: _____

Address details: 1 _____ 2 _____

3 _____ Post Code: _____

Email: _____ Tel: _____

The **2015 IWF Anti-Doping Code** states that you are responsible for what is in your system and for positive drug test for anabolic substances is now a four (4) year suspension from all official competitions.

IWF MASTERS ANTI-DOPING SECRETARIAT

iwfmasterssecretariat@gmail.com and euromasterswsecretariat@gmail.com

MANDATORY DECLARATION: I hereby declare that I have read and understood the IWF Masters information document regarding advice on anti-doping, TUE applications, and supplements.

Full Name _____ Nation _____

Signature _____ Date _____

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GENDER, AGE GROUP AND WEIGHT CATEGORIES: Tick both age and weight division in which you will compete

MALE Age Groups M35 (35-39) M40 (40-44) M45 (45-49) M50 (50-54) M55 (55-59)
M60 (60-64) M65 (65-69) M70 (70-74) M75 (75-79) M80 (80+)

B/W Cat's.: 56 Kg 62 Kg 69 Kg 77 Kg 85 Kg 94 Kg 105 Kg +105 Kg

FEMALE Age Groups W35 (35-39) W40 (40-44) W45 (45-49) W50 (50-54)
W55 (55-59) W60 (60-64) W65 (65-69) W70 (70+)

B/W Cat's.: 48 Kg 53 Kg 58 Kg 63 Kg 69 Kg 75Kg +75Kg

ACTUAL SCHEDULE TO BE ANNOUNCED WHEN APPLICATIONS HAVE BEEN PROCESSED.

RULES:	Current IWF, IWF Masters, and WADA Rules will govern the competition
ORGANISATION:	Azerbaijan
COMPETITION RUN BY	European Masters Committee
CHAMPIONSHIP MANAGER:	Organizing Committee
WEB:	www.europeanmasterswl.com
VENUE:	OLYMPIC SPORTS COMPLEX, NAKHCHIVAN CITY
Championship website	http://www.nakhchivan2016.com/
SANCTION:	EUROPEAN MASTERS WEIGHTLIFTING COMMITTEE
EXPENSES:	Athletes bear the full cost of transportation, meals, and lodging. See attachments for an explanation of costs
QUOTA SYSTEM:	None.
ACCOMMODATION:	TO BE ANNOUNCED (SEE WEBSITE)
VISAS:	Help with visa applications and Letters of Invitation must be through the Championship Organising Committee (not the IWF Masters Committee)

MALE and **Female** athletes must be a minimum of **35 years** of age on any date in a championship year. Qualifying Standards of Sinclair-Malone-Meltzer points for these Championships have been established by the IWF MASTERS COMMITTEE and the EUROPEAN MASTERS COMMITTEE. **Only those athletes who have met the qualifying totals will be permitted to compete.** For more information in this connection, please see the attached supplement "Qualifying Standards".

Note: An athlete cannot post a qualifying total whilst on anti-doping suspension





Summary of entry fees, Nakhchivan, Azerbaijan (21st – 28th May 2016)
 (Make extra copies if required and make all payments **only** in € Euros)

No.	NAMES	Gender	Date Of Birth	Age Group	Body Weight Category	Best Total	Entry Fees € Euros
1							31
2							31
3							31
4							31
5							31
6							31
7							31
8							31
9							31
10							31
11							31
12							31
13							31
14							31
15							31
16							31
17							31
18							31
19							31
20							31
21							31
22							31
23							31
24							31
25							31
26							31
27							31
28							31
29							31
30							31
National Team Competition Fee (can be paid at the Technical Meeting also)							(30)
TOTALS							

Country
National Masters Chairman print name
Signature STAMP:
Full Postal Address
Phone# _____ Fax # _____ Email _____



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ENTRY FEE PAYMENTS

ALL payments of entry fees must be paid in advance of a championship.

1. **Electronic Bank Transfer (bank details below)**
This is the best and less expensive method.

METHOD OF PAYMENT (only in € Euros):	
Bank transfer or E-banking to:	
Name of Account Holder	Denise Offermann, Michel Vereecke, and Jozef Lazou
Name of Account	European Masters Weightlifting Committee
Name of Bank	KBC
Bank Address	Stationsstraat60, 8790Waregem, Belgium
BIC	KREDBEBB
IBAN No.	BE84 7380 3953 1259
Please include the name or the Nation of the sender. *** VERY IMPORTANT ***	
It is very important to inform your "sending bank" that all transfer fees and banking fees must be paid by you and no extra charges will fall due to the Organiser. Payments by cheque will not be accepted.	

VERY IMPORTANT NOTICE TO ALL NATIONAL MASTERS CHAIRPERSONS

It is the duty of all National Masters Chairpersons and other officials to assist the IWF Masters and Continental Masters Committees to enforce the IWF Anti-Doping Rules and help to stop the cheats who ruin the reputation of Masters weightlifting.

Please ensure that all your Masters who compete in Masters championships where testing is carried out are made aware of, and read, the IWF Masters information document regarding advice on anti-doping, TUE applications, and supplements.

This document is sent to you with this copy of the entry form and is also published to the websites of the IWF Masters and the European Masters.



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OFFICIAL TEAM REGISTRATION (for NATIONAL CHAIRMEN ONLY)

Please enter the following team (Men's or Women's) in this IWF-Masters championship. The payment of the entry fee for this event is €30 and can be paid at accreditation or at the Technical Meeting. **If the Team fee is paid with the entry fees, please state so on page 5.**

All athletes must have registered **through their National Masters chairman** for this event.

Teams must be complete with the men's teams consisting of 8 lifters and the women's team 7 lifters.

Each nation is only allowed 2 team members competing in the same age group and body weight category.

NATION _____ **Date:** _____

NATIONAL CHAIRMAN / COACH _____

Signature _____

	NAME	B/Wght.	AGE	TOTAL
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				

Reserves:-

1				
2				
3				





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QUALIFYING STANDARDS



Qualifying Standards for MEN:

Age Group	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56 kg	137	130	125	115	102	92.0	80	67.	62	55
62 kg	152	145	137	127	112	102	90	75	68	55
69 kg	167	160	150	140	125	112	97	82	75	55
77 kg	182	172	165	150	135	122	107	90	82	55
85 kg	192	182	175	160	142	130	112	95	87	55
94 kg	202	192	182	167	150	137	120	100	90	55
105 kg	210	200	190	175	157	142	122	102	95	55
+105 kg	217	207	197	182	165	150	127	107	100	55

Table of lowest start weights – according to the 15/10 kg rule

Age Group	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56 kg	122	115	110	100	87	77	65	55*	55*	55*
62 kg	137	130	122	112	97	87	75	60	55*	55*
69 kg	152	145	135	125	110	97	82	67	60	55*
77 kg	167	157	150	135	120	107	92	75	67	55*
85 kg	177	167	160	145	127	115	97	80	72	55*
94 kg	187	177	167	152	135	122	105	85	75	55*
105 kg	195	185	175	160	142	127	107	87	80	55*
+105 kg	202	192	182	167	150	135	112	92	85	55*

Minimum weight allowed = 26. kg (bar + 2 x2.5 kg discs + 2 x 0.5 kg +spring clip collars)





Qualifying Standards for WOMEN:

Age Group	W35	W40	W45	W50	W55	W60	W65	W70
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
48 kg	70	65	62	60	55	52	50	47
53 kg	72	70	65	62	57	55	52	48
58 kg	77	72	70	65	62	57	55	49
63 kg	80	75	72	70	65	60	57	50
69 kg	85	80	75	72	67	62	60	51
75 kg	87	82	77	75	70	65	62	52
+75 kg	95	90	85	82	77	67	65	53

Table of lowest start weights – according to the 15/10 kg rule

Age Group	W35	W40	W45	W50	W55	W60	W65	W70
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
48 kg	60	55	52	50	45	42	42*	42*
53 kg	62	60	55	52	47	45	42*	42*
58 kg	67	62	60	55	52	47	45	42*
63 kg	70	65	62	60	55	50	47	42*
69 kg	75	70	65	62	57	52	50	42*
75 kg	77	72	67	65	60	55	52	42*
+75 kg	85	80	75	72	67	57	55	42*

Minimum weight allowed = 21 kg (bar + 2 2.5 kg discs + 2 x 0.5 kg + spring clip collars)

**TABLE OF AGE GROUPS AND CORRESPONDING YEARS OF BIRTH
(Men and Women)**

Age Range	Year of Birth	Age Group	Age Range	Year of Birth	Age Group
35-39	1977-81	M&W35	65-69	1947-51	M&W65
40-44	1972-76	M&W40	70-74	1942-46	M&W70
45-49	1967-71	M&W45	75-79	1937-41	M75
50-54	1962-66	M&W50	80+	pre 1937	M80
55-59	1957-61	M&W55			
60-64	1952-56	M&W60			

