



EUROPEAN
SMALL NATIONS
WEIGHTLIFTING
TOURNAMENT



46th EUROPEAN SMALL NATIONS
MALTA INTERNATIONAL OPEN
WEIGHTLIFTING TOURNAMENTS.
21st – 24th MARCH 2025 - MALTA

Invitation

Dear President/General Secretary,

The Malta Weightlifting Association is delighted to invite you to participate in the **46th European Small Nations Weightlifting Tournament** and the **Malta International Open Weightlifting Tournament**, scheduled to take place from **21st to 24th March 2025** on our stunning island of Malta.

This year is particularly special for us, as 2025 marks the **50th Anniversary of the Malta Weightlifting Association**. We are honored to celebrate this milestone by hosting these prestigious tournaments and welcoming athletes, officials, and weightlifting enthusiasts to join us in commemorating five decades of dedication to the sport.

Please find the following documents attached for your reference and action:

- **Rules and Regulations**
- **Provisional Timetable**
- **Preliminary Entry Form**
- **Final Entry with Accommodation and Transportation Form**





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European Small Nations Weightlifting Tournament

Competition Rules and Regulations: The tournament will adhere to ESNT rules. Each team should consist of up to 6 athletes:

- 2 Men
- 2 Women
- 1 Boy (Youth-Junior, born 2012–2005)
- 1 Girl (Youth-Junior, born 2012–2005)
- Those that cannot make it with a full time they still can compete.

Results Calculation:

- Using the Sinclair formula.

Awards:

- **Team Classification:** 2 Men and 2 Women
 - **Doubles Classification:** 2 Men
 - **Doubles Classification:** 2 Women
 - **Individual Classification:** Men
 - **Individual Classification:** Women
 - **Doubles Classification:** 1 Boy and 1 Girl (Youth-Junior)
 - **Individual Classification:** Boy (Youth-Junior)
 - **Individual Classification:** Girl (Youth-Junior)
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Malta International Open Weightlifting Tournament

Competition Rules and Regulations: Each team may consist of a maximum of 6 athletes:

- 2 Men
- 2 Women
- 1 Boy (Youth 2012–2008)
- 1 Girl (Youth 2012–2008)
- Those that cannot make it with a full time they still can compete.

Results Calculation:

- Using the Sinclair formula.

Awards:

- **Team Classification:** 2 Men / 2 Women / 1 Boy / 1 Girl
- **Doubles Classification:** 2 Men
- **Doubles Classification:** 2 Women
- **Individual Classification:** Men
- **Individual Classification:** Women
- **Doubles Classification:** 1 Boy and 1 Girl (Youth)



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Entries:

- **Preliminary Entry Form:** Submit by **27th January 2025**.
- **Final Entry Form with Accommodation & Transportation:** Submit by **15th February 2025** (late entries will not be accepted).

Accommodation & Competition Venue:

- **Hotel:** Sliema, Malta
- **Hotel Check-in 14:00 – Hotel Check-out 11:00**
- **Competition Venue:** Marsa Sport Complex

Transport:

- The Organizing Committee will provide transportation between airport to Hotel and from Hotel to competition venue at €30 per person

Accommodation Fees:

- Single Room: €480 per person for 3-night stay Arrival 21st and Departure 24th March
- Twin Room: €390 per person for 3-night stay Arrival 21st and Departure 24th March
- Triple Room: €345 per person for 3-night stay Arrival 21st and Departure 24th March

Payment Details:

- By **17th February 2025**. TEAM receive the Invoice
- TEAM payments must received via bank transfer by **21th February 2025**. Cash payments will not be accepted.
- **Hotel “No -Show” charges:**
- If one or more delegations’ participants do not arrive on the date specified on the Final Accommodation and Transportation Form and have not informed the Local Organizing Committee (LOC) at least 14 days before the first competition day, the delegation must pay to the LOC, previously to the accreditation, the charge of” No-show” per person. The charge is equal to the Accommodation Fee per person/per day.
- After the submission of the Final Accommodation & Transportation Form on 15th February 2025 should you require any additional hotel rooms, the LOC will try their best to accommodate your additional team members in the same hotel, and however, this cannot be guaranteed.
- Cancellations will not be accepted after 8th March 2025

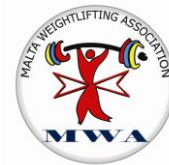
Bank Details:

- **Account Name:** **Malta Weightlifting Association**
- **Bank:** **Bank of Valletta**
- **Reason of Payment:** **ESNT 2025 (Nation Name)**
- **IBAN:** **MT 34 VALL 2201 3000 0000 1670 1840 029**
- **SWIFT BIC:** **VALLMTMT**

Please email proof of payment to maltaweightlifting@gmail.com by the above deadline.



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Visa Requirements:

Malta is a member of the European Union and the Schengen Area. Most European countries do not require a visa. Other participants should verify visa requirements with the Malta embassy in their respective countries.

Insurance:

Participating Federations must accept full moral and financial responsibility for their respective delegations

Doping Control:

Doping control will be conducted by **NADO**.

Technical Officials:

Participating Countries must delegate a Technical Official (Category I or II) for the competition.

Barbell Equipment:

IWF-approved barbells will be used for both competition and warm-up areas.

Draft Program:

21.03.2025	Arrival of delegations	
	Dinner at Hotel	
	20:30 – Technical Meeting	
	21:00 – General Assembly of the European Small Nations	
22.03.2025	Breakfast at Hotel	
	10:00	Group 1
	12:00	Group 2
	Lunch at Competition Hall	
	15:00	Group 3
	17:00	Group 4
	Dinner at Hotel	
23.03.2025	Breakfast at Hotel	
	10:00	Group 5
	12:00	Group 6
	Lunch at Competition Hall	
	15:00	Group 7
	17:00	Group 8
	Presentation of Awards	
	Dinner at Hotel	
24.03.2025	Departure of delegations	

It is subjected to change after Verification of Entries



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For further information or assistance, please do not hesitate to contact us at:

Organising Committee Contact: Email: maltaweightlifting@gmail.com

WhatsApp. +356 79632415

Web: www.weightliftingmalta.com

We look forward to welcoming you to Malta for this exciting event!

Yours sincerely,

**Jesmond Caruana
President, Malta Weightlifting Association**