



XX European Armwrestling Championships
May 31st 2010 to June 5th 2010
Moscow, Russia

Dear Armwrestling Friends!

In view of the upcoming XX European Championships 2010 would like to invite you to participate in these competitions. This year we hosted the European Championships in Russia and Russian Armsport Association. City that will host players is Moscow.

This year we celebrate the twentieth anniversary of the European Championships, which is why we believe that this year's championship will be the largest and best organized event. Vice President of the European Armwrestling Federation - Igor Mazurenko - in the last few days visited the venue, and controlled the course of preparation.

All players participating in the European Championships will be accommodated in the same holiday resort. Holiday resort has a restaurant, bar, beach and all the elements needed to rest. The sports hall is one of the nicest halls that we have ever seen. The distance between the sports hall and the hotel is about 18km (about 12-15 minutes by car). In the near future we will try to prepare a situational map to help you in traveling in Moscow.

Do not forget that the European Armwrestling Federation has its own web site at www.eaf-armwrestling.com where you will find all information about the European Championships.

Here are the most important information which is necessary for every federation and every player who chooses to participate in the XX European Armwrestling Championships.

SCHEDULE of Events: 4 competition days

Sunday - 30 May 2010

Teams arrival

Monday - 31 May 2010

Teams arrival

09:00 - 13:00 - Team registration «Klyazma» hotel

15:00 - 16:00 - Technical Meeting «Klyazma» hotel

17:30 - 20:00 - Congress meeting «Klyazma» hotel



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Tuesday - 01 June 2010

10:00 - 15:00 - Weigh-in Juniors, masters, disabled «**Klyazma**» hotel

15:00 - 18:00 Referee meeting «**Klyazma**» hotel

Wednesday - 02 June 2010

11:00 - Opening ceremony **Sports-entertaining complex «Arena «Mytisch»**

11:30 - 15:00 Qualification Juniors left hand, masters left hand, grand masters left hand, disabled left hand

16:00 - Finals and awards ceremony

Thursday - 03 June 2010

11:00 - 15:00 - Qualification **Sports-entertaining complex «Arena «Mytisch»**

Juniors right hand, masters right hand, grand masters right hand, disabled right hand

10:00 - 15:00 - Country weigh-ins (seniors, men, women) «**Klyazma**» hotel

16:00 - Finals and awards ceremony

Friday - 04 June 2010

11:00 - 15:00 - Qualification **Sports-entertaining complex «Arena «Mytisch»**

Seniors, men and women - left hand

16:00 - Finals and awards ceremony after each final

Saturday - 05 June 2010

11:00 - 15:00 - Qualification **Sports-entertaining complex «Arena «Mytisch»** Seniors, men and women - right hand

16:00 - Finals and awards ceremony after each final

22:00 - Party «**Klyazma**» hotel



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Sunday - 06 June 2010

Teams departure

OFFICIAL HOTEL OF THE EVENT

The official hotel of the Event is «Klyazma», located distance to the sport hall. The hotel offers accommodation in rooms (TV, internet access), well as day bar, restaurant, parking.

Prices, valid from 01.01.2010:

ACCOMMODATION

1. All queries / requests on accommodation are to be forwarded to: **armsport-rus@mail.ru**
2. Please provide dates of arrival to / departure from Russia.
3. Please provide passport number, date of birth.

Hotel booking requests are to be forwarded to the Russian Armsport Association before April, 30, 2010.

Rooms available for booking

Breakfasts and suppers are included in residing cost.

1 room, standard 3200 RUB (1 person) / 3900 RUB (2 persons)

2 rooms, standard / 7800 RUB (4 persons)

3 rooms, standard / 11700 RUB (6 persons)

Transport

Airport - Hotel - Airport - 15 Euro per person

Free shuttle busses from hotel to sporting hall at the morning and at the evening, with Police assistance to avoid traffic jam.



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IMPORTANT!

DOCUMENTS REQUIRED FOR OBTAINING ENTRY VISA TO RUSSIA:

1. Copy of the passport (to be scanned and e-mailed to: **armsport-rus@mail.ru** (passport is to be valid for 6 months minimum, from the Russian visa expiry date)
2. Address / tel / fax # of the National sports organization applying for Russian visa.
3. Dates of arrival to / departure from Russia.

RUSSIAN ARMSPORT ASSOCIATION

LUZNETZSKAYA NAB. 8 OFFICE 277

Phones: +7 926 628 78 86 Dmitriy (English language)

Phones: +7 926 764 50 15 Andrey (Russian language)

Fax: +7 495 637 07 90

E-mail: armsport-rus@mail.ru

The aforementioned details are to be submitted before April, 15, 2010. After that date all competitor have to organize Visa in his country (in the office of the Embassy of Russia) as turistic visa.

We remind you that the visa procedure is obligatory for all inhabitants of the European Union and schengen area.

TEAM REGISTRATION PROCEDURES

Country representative: Only one person will register their team. The Representative will bring with them the following:

- Completed Team Registration form
- Passport or Photo ID for each competitor
- 30 Euro fee per hand per person for Seniors and Masters
- 15 Euro fee per hand per person for Juniors
- 200 Euro annual fee



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EAF Representative will then:

- Issue Country Number
- Issue a Weigh-in Tine
- Photocopy each passport
- Accept Registration Form
- Accept Individual Registration fees
- Accept Country Registration Fee
- Prepare Official Receipt

All teams are obliged to send their registration forms to v-ce President – Igor Mazurenko - Acting General Secretary of EAF (armwrestling@armwrestling.pl) and Director of Scoring (pv@mail.t-com.sk) till **15.May 2010**. The registration order depends on the time of receiving of the registration forms.

WEIGHT CLASSES

YOUNGSTER Division:

Boys Left Hand: 50, 55, 60, 65, 70, 80, 80+ kg

Boys Right Hand: 50, 55, 60, 65, 70, 80, 80+ kg

Girls Left Hand: 45, 50, 55, 60, 70, 70+ kg

Girls Right Hand: 45, 50, 55, 60, 70, 70+ kg

SENIORS Division:

Men Left Hand: 55, 60, 65, 70, 75, 80, 85, 90, 100, 110, 110+kg

Men Right Hand: 55, 60, 65, 70, 75, 80, 85, 90, 100, 110, 110+kg

Women Left Hand: 50, 55, 60, 65, 70, 80, 80+ kg.

Women Right Hand: 50, 55, 60, 65, 70, 80, 80+ kg.



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DISABLED Division:

Men Disabled Left Hand: 60, 75kg, 90kg, 90+ kg

Men Disabled Right Hand: 60, 75kg, 90kg, 90+ kg

Women Disabled Left Hand: 60, 60+ kg

Women Disabled Right Hand: 60, 60+ kg

MASTERS Division:

Men Masters (>40 years old) Left Hand: 70, 80, 90, 100, 100+ kg

Men Masters (>40 years old) Right Hand: 70, 80, 90, 100, 100+ kg

Ladies Masters (>40 years old) Left Hand: 60, 70, 80, 80+ kg

Ladies Masters (>40 years old) Right Hand: 60, 70, 80, 80+ kg

Men Grand Masters (>50 years old) Left Hand: 75, 90, 90+ kg

Men Grand Masters (>50 years old) Right Hand: 75, 90, 90+ kg

European Armwrestling Federation cordially invites you to participate in this year's European Championships in Moscow.