

FISU
WORLD
UNIVERSITY
CHAMPIONSHIP
POWERLIFTING

**TARTU 2024 FISU WORLD UNIVERSITY CHAMPIONSHIP POWERLIFTING
EVENT HANDBOOK**

July 2024

1. WELCOME MESSAGE

Dear Participants,

On behalf of the Organizing Committee, it is our great pleasure to welcome you to the World University Championship in Powerlifting 2024, hosted in the beautiful city of Tartu, Estonia. This prestigious event brings together the world's finest university athletes, showcasing strength, dedication, and sportsmanship.

As you step into the arena, you join a community of passionate powerlifters who have trained tirelessly to reach this stage. Your commitment to excellence embodies the spirit of this championship, and we are thrilled to witness your performances.

Tartu, a city rich in history and culture, offers a warm and inviting atmosphere. We encourage you to explore its scenic beauty, vibrant community, and historic landmarks. Our team has worked diligently to ensure that your stay is both enjoyable and memorable.

Throughout the competition, our goal is to provide you with a supportive and fair environment where you can achieve your personal best. We hope to make your experience exceptional.

We extend our heartfelt gratitude to all the volunteers, sponsors, and partners who have contributed to making this event possible. Their unwavering support has been instrumental in bringing this championship to life.

As we embark on this exciting journey together, we wish you all the best in your endeavors. May this championship be a testament to your hard work, perseverance, and passion for powerlifting. Let's celebrate the spirit of sportsmanship and camaraderie that unites us all.

Welcome to Tartu, and may the best lifters prevail!

Warm regards,

Organizing Committee
World University Championship in Powerlifting 2024

2. DESTINATION OVERVIEW

2.1 Welcome to Estonia! Estonia, a gem in Northern Europe, is renowned for its stunning landscapes, rich history, and innovative spirit. Bordered by the Baltic Sea, Latvia, and Russia, this small yet vibrant country offers a unique blend of medieval charm and modern dynamism. Estonia is part of the European Union, uses the Euro (€) as its currency, and is known for its high-tech advancements, particularly in digital services.

2.2 Tartu: The Intellectual Heart and Student Capital of Estonia Tartu, Estonia's second-largest city, is often called the intellectual and cultural hub of the country. Home to the University of Tartu, one of Northern Europe's oldest and most prestigious universities, the city boasts a lively student population and a thriving academic atmosphere.

2.2.1 Historical and Cultural Highlights:

- **University of Tartu:** Founded in 1632, this esteemed institution significantly influences the city's character.
- **Old Town:** Wander through the charming cobblestone streets, dotted with historical buildings, quaint cafes, and vibrant cultural landmarks.
- **Toome Hill:** Visit the beautiful park and the ruins of Tartu Cathedral, offering a glimpse into the city's medieval past.
- **Estonian National Museum:** Explore Estonia's rich cultural heritage through engaging exhibits and interactive displays.

2.2.2 Weather in Tartu at the End of July: Expect pleasant summer weather in Tartu during late July. Average daytime temperatures range from 20°C to 25°C (68°F to 77°F), making it perfect for exploring the city. Evenings can be cooler, with temperatures dropping to around 12°C to 15°C (54°F to 59°F), so a light jacket or sweater is recommended. Rain is possible but usually light, so an umbrella or raincoat could be handy.

3. ARRIVAL & DEPARTURE

The official entry and exit point is Tallinn Lennart Meri airport (TLL). Transportation is organized throughout the competition from TLL – Tartu City – TLL. You will be welcomed upon arrival by our welcome desk where you will receive first information about your planned transportation. Welcome desk is working only on July 21 and 22 at 10:00 – 19:00.



4. TRANSPORTATION

4.1 General Transportation

Transportation is organized with shuttle buses from TLL – Tartu City – TLL for participants arriving in groups. Participants arriving individually will be provided with separate bus tickets. Tickets will be sent to each delegation’s HoDs before arrival. Please make sure to download and distribute the tickets and be ready to show the ticket upon entering the buses. Your individual transportation method will be presented to you at the latest upon arrival. There are no shuttle buses during the competition from accommodation sites to the competition venue.

Please contact the Head of Transportation (Andreas: +372 5189137; andreaspoldvee@gmail.com) if you are to have any issues with your transportation.

Travel time between Tallinn Airport and Tartu City is approximately 2h 30min (180 km).

4.2 Public Transportation

Throughout the event, public transportation is free of charge with accreditation cards. Since everything is in walking distance, the Organizing Committee highly recommends to choose the more sustainable option and walk between competition venue and accommodation sites. Public transportation [routes](#) and [stops](#) can be found on the Tartu City [website](#).

4.3 Parking

If delegations are arriving with separate buses or cars the Head of Transportation should be notified. In order to gain free parking at the competition venue, car license plate numbers must be submitted to the Head of Transportation. There are four bus parking spaces available at Hotel Dorpat. Car parking at Hotel Sites is charged for 5€/24h.

4.4 Taxi Service

As Bolt originates from Estonia, a wide variety of Bolt scooters and Taxis are available throughout the City. Please be aware this service is not provided by the OC and additional costs will occur.

4.5 Tartu Bike Circulation

The City of Tartu has a great bicycle circulation system and has bicycles available to rent throughout the city. Find more information on the official [website](#). Please be aware this service is not provided by the OC and additional costs will occur.

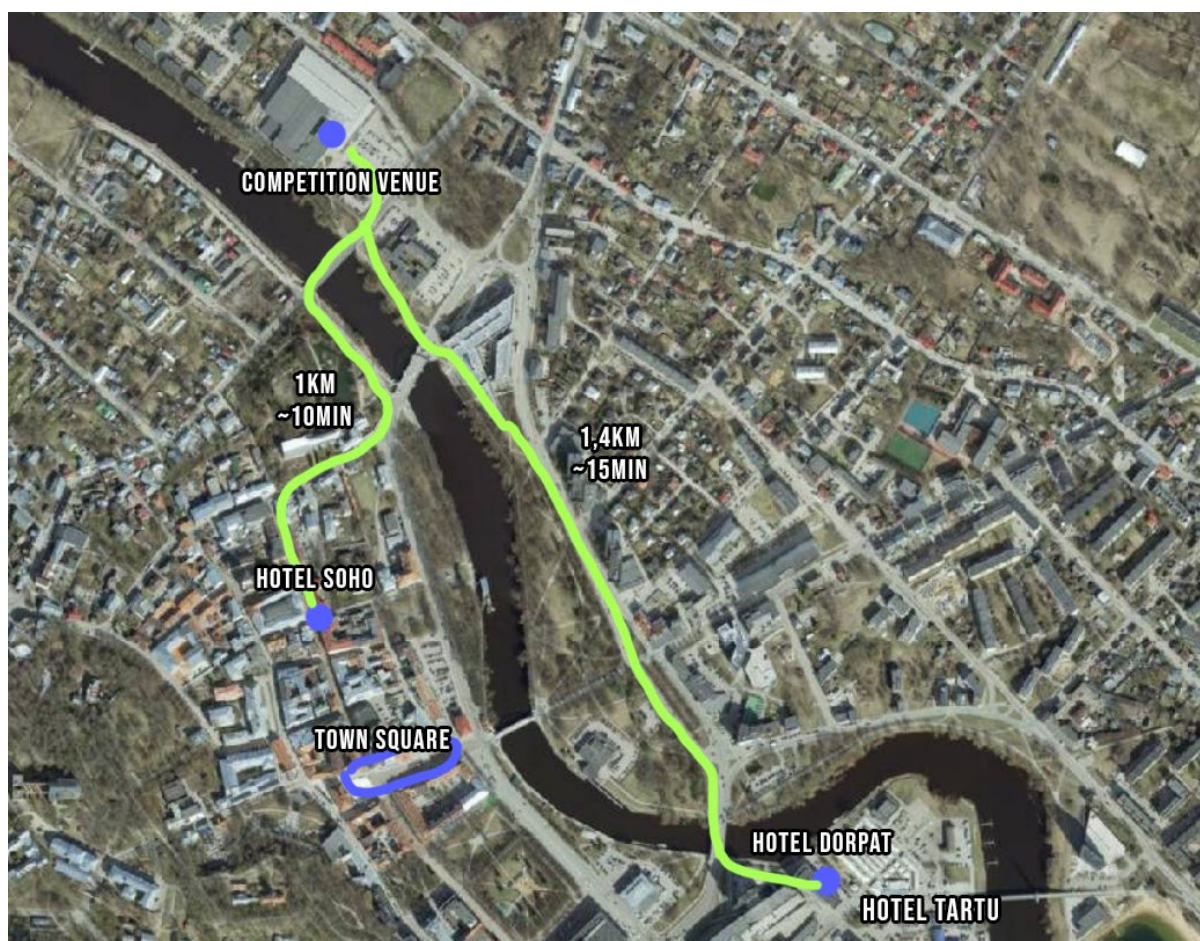
5. ACCOMMODATION

Delegations will be accommodated in three hotels: Hotel [Dorpat](#), Hotel [SOHO](#) and [Tartu Hotel](#). Room types are single, double and triple rooms. Please refer to your separate room allocation form for additional information regarding your stay throughout the competition. If you wish to switch participants in the rooms, feel free to do by letting the hotel know. There is no need to ask for approval from the Organising Committee.

Check in during arrival day: Starting 15:00

Check out: 12:00

Hotels might be subject to earlier check-in or later check-out. Please refer to hotel receptions for additional information.



6. FOOD & BEVERAGE

Breakfast will be served in all of the hotels. Breakfast times for all hotels are:

Monday – Friday: 7:00 – 10:00

Saturday, Sunday: 7:00 – 11:00*

*Breakfast in SOHO hotel on the weekend starts at 7:30.

Lunch and dinner will be served in the competition venue.

Lunch 12:00 – 15:00

Dinner 18:00 – 20:30*

*July 23 due to Opening Ceremony dinner will be available until 21:00.

Lunch and dinner will only be served with the show of accreditation cards. Please make sure to inform the participants that **only 1 (one) meal is allowed per sitting**.

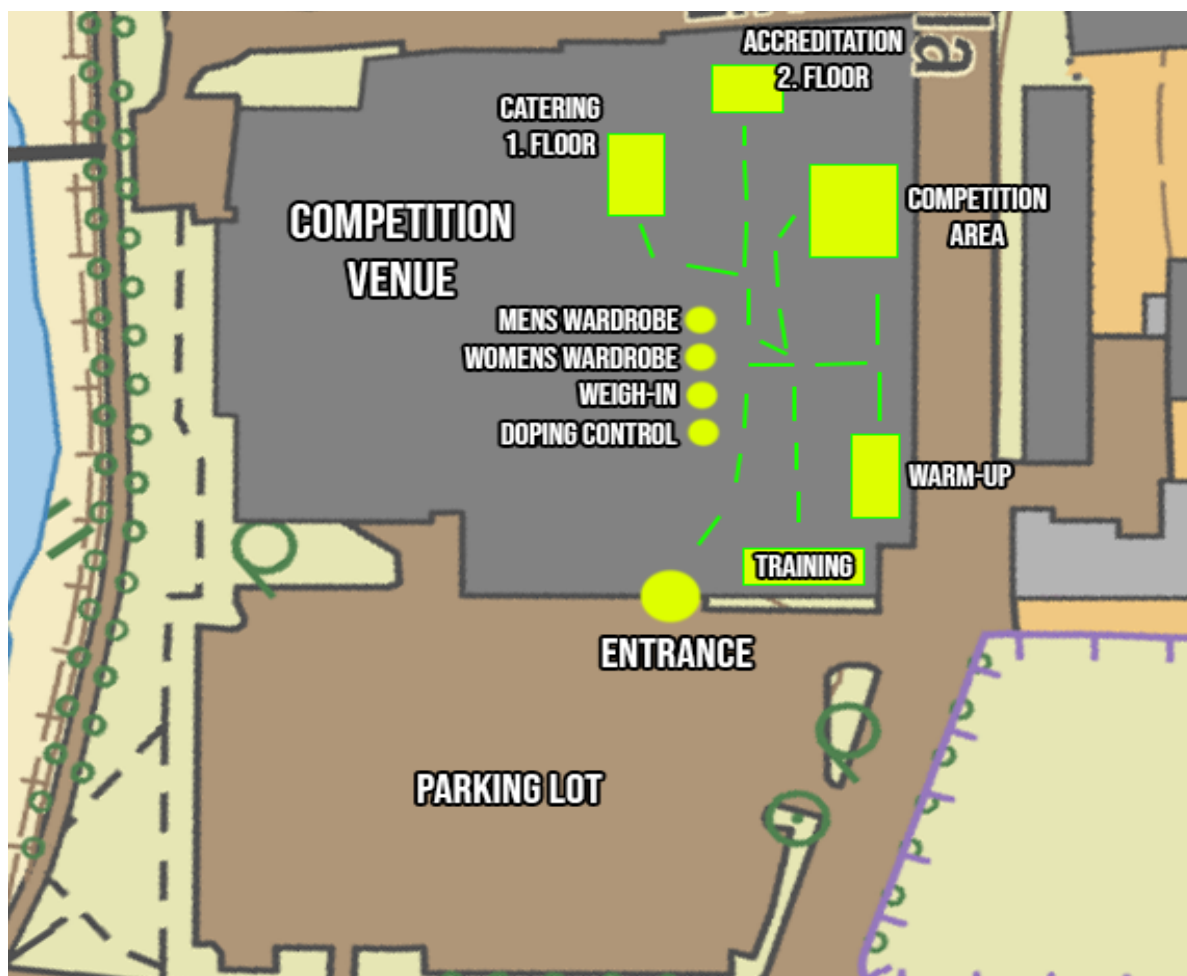
7. DELEGATION SERVICES

7.1 Accreditation

Accreditation centre and Delegation Services desk is located in the competition venue. We expect only the Head of Delegation and/or Head Coach to come to accreditation. Accreditation process is as follows:

Delegation representative

- a) Enters the accreditation office
- b) Gives the participant's passports to the OC, who will sort the Accreditation Cards into each ones' passports and takes them to the Control Committee Staff for conference
- c) Receives full list of participants from the OC
- d) Checks list of participants and makes sure all names and functions are correct as well as weight categories for athletes
- e) Checks arrival and departure dates and times and makes sure everything is correct
- f) OC checks if the participation fee has been paid in full. In the event of invoice not being paid in full, the OC will need a confirmation of payment before handing out the accreditation cards
- g) OC gives the green light about the payment
- h) Proceeds to FISU International Control Committee table
- i) Signs the invoice with the FISU admin fees according to the number of participants (NUSF to pay at the end of the year directly to FISU)
- j) Receives accreditation cards with FISU stickers for approved accreditation



7.2 Sports information

- 7.2.1 Training is available throughout the competition week in the competition venue. Training hall is available from 09:00 – 20:00 every day.
- 7.2.2 Warm-up area is only available for competitors who are competing on the same day.
- 7.2.3 Updated sports schedule can be found on event official [website](#). Please note that the victory ceremony times are subject to small change. We kindly ask for all athletes to be ready for victory ceremony right after their respective weight category competition has finished.
- 7.2.4 Scales will be available at hotels Dorpat and SOHO for weighing as well as in the competition venue. Official weigh-in will take place in the competition venue.

7.3 Communication

Throughout the event urgent information and changes will be communicated through Head of Delegation WhatsApp group. Please expect more information on this during the General Technical Meeting. We kindly ask you to download WhatsApp beforehand. The official communication will be sent out in the Bulletin at the end of the day.

8. PROTOCOL, CEREMONIES & CULTURAL ACTIVITIES

8.1 Opening Ceremony

The Opening Ceremony will take place on July 23rd starting at 19:00. All delegations are asked to gather in front of the competition venue starting 18:30. At 19:00 the march with all delegations will start to Car-Free Avenue (about 10 minute walk). The organising committee will provide all delegations with the placards of countries. Country representatives are kindly asked to bring different symbolics of their country. Please note that **no flags whatsoever** are allowed at the Opening Ceremony. All participants should wear their respective delegation uniforms. The Opening Ceremony consists of:

- a) Welcoming speeches
- b) Anthems and raising of flags
- c) Athlete and technical official oaths
- d) Cultural activity

Please keep in mind that the athletes finishing their competition before the gathering of Opening Ceremony should prepare in advance. Total length of the Opening Ceremony is approximately 1 hour.

8.2 Victory Ceremonies

During victory ceremonies all medallists should wear their respective country uniforms (as worn during opening ceremony). Flags of all kinds or other symbolic is not allowed.

Medals are awarded to: weight category three best athletes; three best athletes for respective disciplines (squat, bench press, deadlift).

Trophies are awarded to: best lifter (men, women, men's team, women's team). Team trophies are calculated by countries.

Participation diplomas will be awarded to all participants. Diplomas of Honour will be received by Top 8 athletes for each event. Diplomas will not be handed during medal ceremonies. Diplomas will be handed to the Head of Delegation or an appointed representative of the delegation.

8.3 Closing Ceremony

Closing Ceremony will take place on July 27 starting at 19:00 at the Car-Free Avenue and consists of:

- a) Thanking speeches
- b) Anthems, lowering and handing over the flags
- c) Cultural activity

After the ceremony all participants are expected to [Newton Cafe](#) for a closing gathering. Please keep in mind that dinner is provided during the day of closing ceremony and the closing gathering does not include dinner.

8.4 Cultural Activities

- 8.4.1 On **July 25 at 19:00** athlete's jeopardy evening will take place in Genialistid club (Magasini 5, 51005 Tartu). Jeopardy evening consists participants competing in teams to answer trivia questions.
- 8.4.2 Specific cultural activities guide has been made for all participants. Please expect a scanable QR code found in hotels and competition venue to gain access to the recommended activities selected by the organising committee. Please keep in mind that these activities are not organised by the OC and might include additional costs.

8.5 Receptions

8.5.1 Tartu City welcome reception (Raekoja plats 1a, 51003 Tartu)

July 23 at 18:00 two representatives (HoD and accompanying person) are welcome to the City of Tartu reception. Social program consists of welcoming speeches gift exchange (if desired). Expect snacks and drinks. Dresscode: Formal.

9. MEDICAL

9.1 First Aid

First aid will be available during competition hours in the competition venue throughout the competition.

9.2 Doping Control

All participants must be ready for doping control during the competition.

9.3 Emergency Medical Assistance

Emergency Medical Service in Estonia is reached with the number 112.

10. CONTACTS

Competition Venue (Ujula 4, 51008 Tartu)

Hotel Dorpat (Soola 6, 51013 Tartu)

Hotel Tartu (Soola 3, 51013 Tartu)

Hotel SOHO (Rüütli 9, 51007 Tartu)

Newton Cafe (Sadama 1. 51004 Tartu)

OC Representative: +37256866880

Delegation Services: info@wucpowerlifting2024.com

Transportation: +3725189137; andreasoldvee@gmail.com

[Event Map](#)