

BLACK LAKE CUP

Junior, Youth, Elite Women

Zabljak 2021

September 15th – September 20th 2021

Pre-Tournament Camp

September 1st –September 14th 2021



THE BOXING ASSOCIATION OF MONTENEGRO

*Adress:*19 decembar br.5,
81000 Podgorica, MONTENEGRO

Phone:+382 69 010 598

E-mail: bokskisavezmne@gmail.com and g.marija@t-com.me

Website: www. <http://www.bsmne.me/>

President: Alexander Klemenko

INVITATION

1st BLACK LAKE CUP 2021 JUNIOR, YOUTH, ELITE WOMEN International Tournament Category „A“

PROGRAMME and REGISTRATION RULES

Pre- Tournament Camp: **September 1st – September 14th 2021**

Tournament Period: **September 15th – September 20th 2021**

Competition Period: **September 16th – September 19th 2021**

Arrival Date: **September 15th 2021**

Departure Date: **September 20th 2021**

September 15th	Arrivals Technical meeting Official Draw
September 16th -17th	Preliminaries
September 18th	Semi finals
September 19th	Finals
September 20th	Departures

PRELIMINARY AND FINAL ENTRIES BY NUMBER

Registration deadline for Pre-Tournament Camp is on AUGUST 20 2021.

Preliminary entries by number concerning the categories in which each country will take part, as well as the approximate number of Athletes and Officials making up each delegation, must reach the Organizing Committee at the latest three (3) weeks prior to the date for Tournament. Deadline is on SEPTEMBER 1 2021. Final entries shall be submitted to the Organizing Committee at least two (2) weeks before the Tournament.



TEAM COMPOSITION

The Tournament will be held in accordance with AIBA Rules

- in 13 weight categories for junior women: **44-46 kg, 48 kg, 50 kg, 52 kg, 54 kg, 57 kg, 60 kg, 63 kg, 66 kg, 70 kg, 75 kg, 80 kg, +80kg;**
- in 10 weight categories for youth women: **45-48 kg, 51 kg, 54 kg, 57 kg, 60 kg, 64 kg, 69 kg, 75 kg, 81 kg, +81kg;**
- in 10 weight categories for elite women: **45-48 kg, 51 kg, 54 kg, 57 kg, 60 kg, 64 kg, 69 kg, 75 kg, 81 kg, +81kg.**

Bouts will consist of 3 rounds x 2 minutes each with 1 minute break between rounds for junior. Bouts will consist of 3 rounds x 3 minutes each with 1 minute break between rounds for youth and elite. Athletes, (Elite) born in 2002 and older, (Youth) born in 2003-2004, (Junior) born in 2005-2006 may participate in this Tournament.

Team composition will be the following minimum:

- **3 boxers**
- **1 official**
- **1 R/J**

Each boxer should have AIBA Record Book. Also please bring your National Flag and Anthem on a USB or CD.

AWARDS

Winners in each weight category will be awarded with medals, diplomas and special prizes.

Silver and bronze prize winners will be awarded with medals and diplomas.

COVID -19 PROTOCOL

All Team members must have negative PCR test made within 72 hours before arrival in Montenegro.

All Team members have to follow AIBA COVID-19 Protocol during Tournament.

VISA REQUIREMENTS GUIDELINES

Those countries, who need entry visa to Montenegro should contact Montenegro Embassy in their countries beforehand. Also we kindly ask you to send to Boxing Association of Montenegro **COPIES OF PASSPORTS** of all members of delegation and the full list of delegation.

WE KINDLY ASK YOU TO SEND US REQUESTS FOR VISA ASSISTANCE NOT LATER THAN 25th AUGUST 2021!!!



PRICING

The Boxing Association of Montenegro will ensure the following rates during the Tournament:

For Team Delegations:

Hotel accommodation:

- For triple occupancy (3 persons per room - triple beds) **EUR 45 per person**, per day, including 3 meals,
- For double occupancy (2 persons per room - twin beds) **EUR 55 per person**, per day, including 3 meals,
- For single occupancy (1 person per room) **EUR 65 per person**, per day, including 3 meals.

For Extra Officials:

Hotel accommodation:

- For single occupancy (1 person per room) **EUR 80 per person**, per day, including 3 meals.

All Team Delegations must pay the full room charges for the entire tournament period in **CASH ONLY (EUR)** upon arrival.



COMPETITION VENUE –SPORT CENTER ZABLJAK



The hall is located in a quiet part of Zabljak, on the main road, 10 minutes walk from the city center. It is surrounded by forest on three sides.



The hall is prepared for the training of professional teams that require top concentration and physical condition. At the same time, recreational athletes can also, completely safely and relaxed, spend their time and dedicate themselves to sports. The environment of the hall provides peace and harmony, which helps the general relaxation and development of team spirit.





Multifunctional sports hall with parquet floor and 540 seating places.

Surface area: 1200 m²

- Fully air-conditioned
- High speed internet connection – WiFi access in the competition area.

The venue can be equipped with LCD panels and walls to present results and additional competition information.



TRANSPORTATION

The Boxing Association of Montenegro will provide the safe and on time transportation of all participants within the host city including free transportation between the nearest international entry point to the host city and to all hotels regarding official EUBC regulations.

All delegations, accredited members and participants will be welcomed by a representative of the LOC at one of the two indicated airports Tivat 175 km and Podgorica 130 km.

A. TIVAT AIRPORT

Tivat Airport (175 km away from Zabljak)

Address: Aerodrom Tivat, 85320 Tivat, Montenegro

Airport pick up service will start on the Official Arrival Day. For delegations that arrive earlier or leave after the Official Departure Day, the LOC will arrange airport pick-up service at a reasonable cost. It will be subject to the type of vehicle. All participants will be welcomed by the LOC staff at the exit of your arrival gate at the airport.



B. PODGORICA AIRPORT

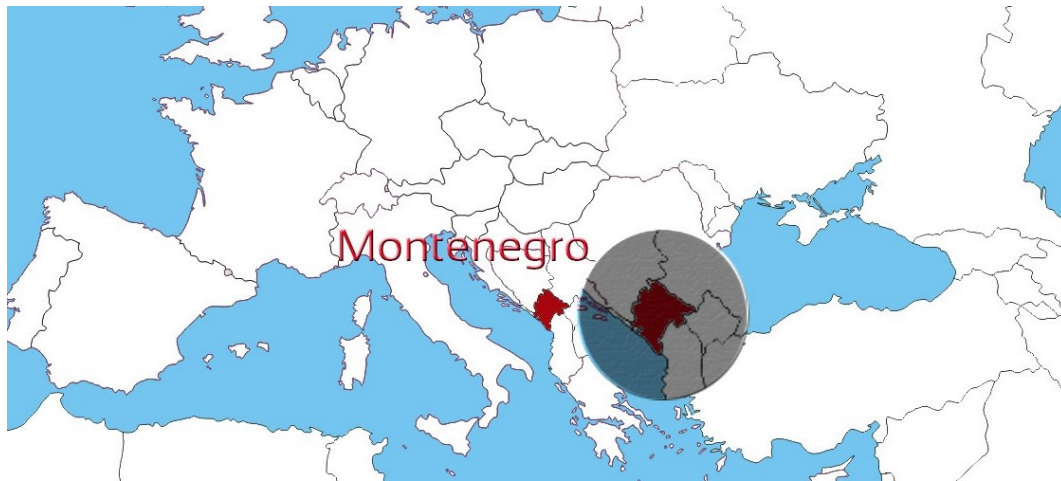
Podgorica Airport (130 km away from Zabljak)

Address: Aerodrom Podgorica, 81000 Podgorica, Montenegro

Airport pick up service will start on the Official Arrival Day. For delegations that arrive earlier or leave after the Official Departure Day, the LOC will arrange airport pick-up service at a reasonable cost. It will be subject to the type of vehicle. All participants will be welcomed by the LOC staff at the exit of your arrival gate at the airport.



MONTENEGRO



Montenegro is a country in Southeast Europe on the Adriatic Sea. It borders Bosnia and Herzegovina to the northwest; Serbia and Kosovo to the east, Albania to the south and Croatia to the west. Montenegro has an area of 13,812 square kilometres and a population of 620,079 (2011 census). Its capital Podgorica is one of the twenty-three municipalities in the country. Cetinje is designated as the Old Royal Capital.

Classified by the World Bank as an upper middle-income country, Montenegro is a member of the UN, NATO, the World Trade Organization, the Organization for Security and Co-operation in Europe, the Council of Europe, and the Central European Free Trade Agreement. It is a founding member of the Union for the Mediterranean.



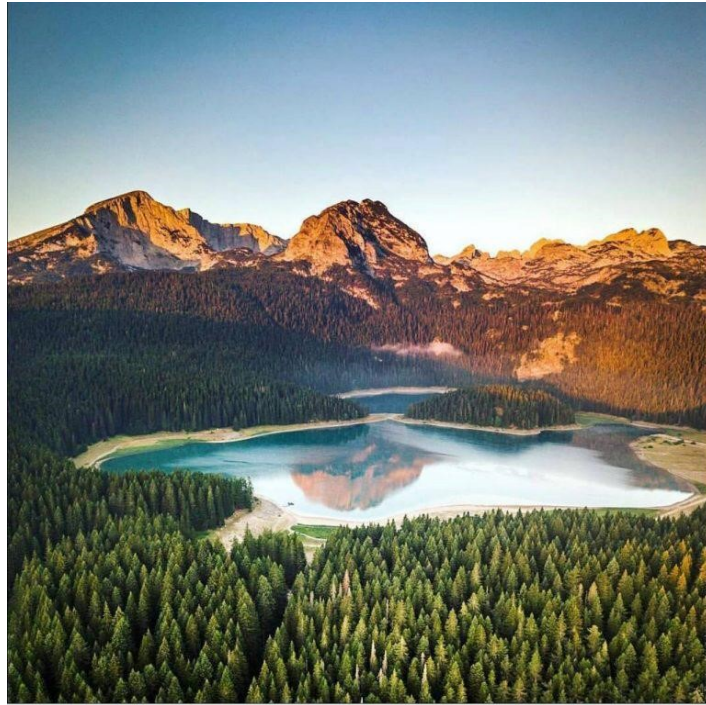
Montenegro is representative country for hosting and organizing sport events. Montenegro's location in the Balkans is with good access by car, air, water or rail. Montenegro is a country with long touristic tradition especially because of the most famous places on the Adriatic sea. The country is with good connection with all major European cities and offers high quality services with good prices.

The Boxing Association of Montenegro is always with development phases, but with major support to sport and organisation of sport events. In November 2020 we successfully organized European Youth Boxing Championship and it will be organized in October 2021 as well. During the last decade every year Federation organized a lot of International Tournaments.

Even if it is a small country, Montenegro is very destined for sport. Ever since the time of Yugoslavia, boxing has a great tradition and numerous results, among which winning medals with the European Championships, World Championships, and participation at the Olympic Games,... One of the main goals of the European Championship organization is to enable the talented young generation to develop properly, as well as popularizing and promoting boxing in the country.



ZABLJAK



Zabljak is a small town in northern Montenegro. Zabljak is the seat of Zabljak Municipality. The town is in the centre of the Durmitor mountain region and with an altitude of 1,456 metres, it is the highest situated Balkan town.

The first Slav name of the place was *Varezina voda* (Варезина вода) possibly because of the strong source of drinkable water nearby, making a settlement possible. Later, the town was renamed *Hanovi* because it was where caravans rested. The modern name dates from 1870, when in a single day the building of a school, church and captain's home began. However, almost all the original buildings were destroyed during the Balkan Wars. All that has remained is the old church of Sv. Preobraženje (Holy Transfiguration), built in 1862 as a monument to a Montenegrin victory in the battle against the Ottoman Empire.



After Zabljak was established as a town, stores and cafés were opened. As such, in the 1880s Zabljak became a market town, leading it to become administrative center of the region. In the period shortly before World War II, Zabljak was a small town with typical mountain architecture. Its unique nature was already drawing the attention of tourists from the Kingdom of Yugoslavia, and also from abroad, especially Italy

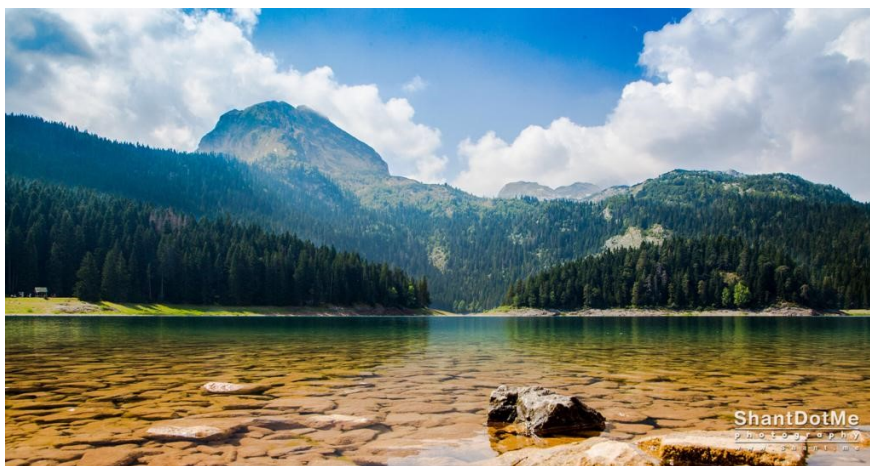


(because of close ties between Montenegro and Italy). During World War II, Zabljak was burnt right to its foundations. After the war, Zabljak rebuilt itself and became Montenegro's main center for mountain tourism and winter sports.



Zabljak is the administrative centre of the Zabljak municipality, which has a population of 4,204. The town of Zabljak itself has a population of 1,937, and there are no other bigger settlements in the region.

Zabljak is centre of Montenegro's mountain tourism. The entire area of Durmitor mountain is protected as a national park, and offers great possibilities for both winter and summer mountain tourism. Among the main tourist attractions of Durmitor are 18 glacier lakes; the biggest and closest to Zabljak being Crno jezero, literally "Black Lake". Durmitor's slopes are also becoming increasingly popular among snowboarders.





Climate

Zabljak has a humid continental climate (Köppen climate classification: *Dfb*) with mild summers and cold winters. Precipitation is very high year round.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	17.7 (63.9)	18.8 (65.8)	17.8 (64.0)	22.5 (72.5)	28.3 (82.9)	30.2 (86.4)	31.2 (88.2)	32.4 (90.3)	29.3 (84.7)	24.6 (76.3)	23.6 (74.5)	16.7 (62.1)	32.4 (90.3)
Average high °C (°F)	0.3 (32.5)	0.9 (33.6)	3.7 (38.7)	7.8 (46.0)	13.4 (56.1)	16.8 (62.2)	19.5 (67.1)	19.6 (67.3)	16.3 (61.3)	11.5 (52.7)	6.1 (43.0)	1.9 (35.4)	9.8 (49.7)
Daily mean °C (°F)	-4.5 (23.9)	-3.8 (25.2)	-1.0 (30.2)	3.0 (37.4)	8.4 (47.1)	11.9 (53.4)	13.9 (57.0)	13.5 (56.3)	10.1 (50.2)	5.6 (42.1)	1.2 (34.2)	-2.6 (27.3)	4.6 (40.4)
Average low °C (°F)	-8.8 (16.2)	-7.9 (17.8)	-5.2 (22.6)	-1.2 (29.8)	3.2 (37.8)	6.6 (43.9)	8.1 (46.6)	7.9 (46.2)	5.2 (41.4)	1.4 (34.5)	-2.6 (27.3)	-6.5 (20.3)	0.0 (32.0)
Record low °C (°F)	-26.4 (-15.5)	-26.3 (-15.3)	-25.3 (-13.5)	-14.6 (5.7)	-10.0 (14.0)	-4.0 (24.8)	0.4 (32.7)	0.1 (32.2)	-5.4 (22.3)	-11.3 (11.7)	-19.4 (-2.9)	-21.7 (-7.1)	-26.4 (-15.5)



FOOD

Montenegro's traditional cuisine comes in many delicious flavours. It ranges from garlicky seafood on the coast to hearty mountain fare designed to keep hard-working farmers going. Every region has its specialities.



Njegusi Prosciutto

Njegusi village is the home of Montenegrin prosciutto. Every day tourists and locals alike take the drive up the Serpentine Road with 25 hairpin turns to get their fix of Njegusi prosciutto in Njegusi village. The climate and altitude combine to create the perfect conditions for making prosciutto here. Whole pig hind legs are packed in salt for three weeks, then they're hung to dry for three more weeks.



The final touch is four months of smoking, during which the fire has to be constantly burning and tended to. The prized result is sliced thinly and served with local cheese or cooked with cabbage.

Flummery pies (Kačamak)



Flummery pies (Kačamak) is a hearty, traditional staple from Montenegro's mountain regions. It's made by cooking cornmeal with potatoes and adding kajmak, a type of cream cheese, and serving it with soured milk. This is mountain comfort food at its best! Durmitorians often have gruel (cicvara) on their table as well. Flummery and gruel are two similar dishes with a base of corn flour. In both cases corn flour is

cooked together with cheese and skorup (served with potatoes), but gruel is much stronger and more greasy, because a substantially larger quantity of skorup is added to it. Just like pies, flummery and gruel are served with sour milk.

Pies



Pies are made from homemade crust, cheese and skorup, but they can be also made from spinach, meat and potatoes. Trying a pie on Durmitor is a must!



Skorup



As far as dairy products are concerned, a traditional product from this area is called “skorup” which can be made of sheep or cow’s milk. The one made from sheep’s milk is white, whereas the other is yellowish in colour. Sheep skorup is more expensive than cow skorup. You might be prompted to call this type of meal a “cholesterol bomb”.

Cheese



Milk is processed into white cheese (fresh or old), into “prljo” cheese (fat-free, salty cheese, produced from boiled milk from which skorup has been removed), into sour milk and “grušavina”, boiled, salted, sheep milk, which is produced in August. In addition to white fatty cheese and prljo cheese, in some shops you can find white “soft” (meki sir) cheese, produced in a special way, which has a layer structure and is very tasty. Ripe, hard and dry types of cheese are not traditional in this area.

Rastan with dry sheep meat

This is also one of specialties of Durmitor.



Most requested dish is Lamb under sac



Ispod saca is the Balkans’ version of a good Sunday roast. Meat, usually veal, lamb or goat, is slow-roasted with potatoes, carrots, onions, maybe a tomato and a pinch of paprika under a metal dome covered with coals.

The finger-licking result is fall-off-the-bone tender meat and succulent vegetables. This is a must-try in Montenegro and it’s the perfect end to a day of rafting in the Tara Canyon.





Montenegrin Lamb in Milk



Montenegrin lamb in milk is a traditional dish that's only found in northern Montenegro. The lamb is slowly stewed in milk with potatoes, carrots, fennel, rosemary, garlic, parsley and seasoning.

Traditionally, this dish is made in a *sac* over coals and the meat comes out beautifully tender.

Durmitor produce lamb. Local grass makes it very delicious, so you should on no account be afraid of being served lamb with a strong smell, which is typical of low lands and marsh areas. Lamb is roasted (jagnjeće pečenje), cooked (kuvana jagnjetina), cooked by steaming (jagnjetina na pari), cooked in a stew (dinstana jagnjetina), or roasted under the bell (jagnjetina ispod sača), which means in earthenware, covered all over with hot ashes. The process of roasting “ispod sača” can be seen in the roasting house.

In addition to lamb, potatoes prepared in the same way are served. Fried lamb liver is also a real specialty, whereas for starters you should order homemade lamb broth. Veal is prepared in almost the same way as lamb. Roast veal, cooked veal, veal under the bell, veal broth etc. Besides these dishes, grilled veal and veal scallops are also tasty. The veal served here is still not available in the western countries or the EU, since the ban on slaughtering young calves has not been implemented yet (we are aware that what we have said sounds rather...cruel, but still, such are the facts). One of the dishes frequently recommended as a typical Durmitor dish is Durmitor-style-steak. It is a rolled, usually pork scallop, stuffed with ham and skorup.



In most restaurants you will be served with homemade bread, often served hot. However, if you wish to buy bread or pastry, outside restaurants, in bakeries or stores, you will not find that type of homemade bread. There are different bread types baked in different bakeries.

