



## Regulations

### **2017 PACIFIC CUP INTERNATIONAL TOURNAMENT Commonwealth Games Individual Qualification Event Mont Dore –New Caledonia , August 5<sup>th</sup> 2017**

#### Medals

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women. The medals will be awarded only for the total. Best Male and Female lifters trophies will be awarded also.

#### Competition Categories:

IWF Categories for Men and Women. Senior & Junior: Men: 56,62,69,77,85,94,105, +105 Women: 48,53,58,63,69,75,90, +90

#### Final Entries

The final entry forms must be returned to the OWF no later than **July 20<sup>th</sup> 2017**

#### Time Table

First session starting at 11:30am Women 48kg to +90kg. Weigh/in 09:30 to 10:30:am

Second session starts at 14:00 Men 56Kg to 77Kg Weigh/in 12:00 to 13:00

Third session starts at 16:30 Men 85Kg to +105Kg Weigh/in 14:30 to 15:30

#### Accreditation

Upon arrival , delegations will receive their accreditation. There will be no charges for accreditation.

#### Competition Venue

The competition venue is the Oceania Weightlifting Institute in Mont Dore.

#### Equipment

ZKC weights and bars will be used on the. main stage and warm up area and training.

#### Training Venue will be at the Oceania Weightlifting Institute.

Training will be available to all individual lifters during the period Wednesday August 2 to Friday August 4. Access to the training gym will be from 09:30 – 17:00hrs each day.

#### Accommodation and Meals

The accommodation and meals will be at the new building called **Centre International Sport et Expertise (CISE)**. Only 10 minutes away from the competition and training venue.

The cost for all participants and officials will be covered by the OWF for the period of Friday to Sunday August 4,5,6 .

Only twin rooms: and Triples room: will be available. **Individual rooms will be at your own cost at AD\$100per day including meals.**



#### Currency and Banking Facilities

New Caledonia has its own currency – **XPF**. The XPF is at present:

one USD1.00 = 104 xpf

one AUD\$1.00 = 79 xpf

one NZL1.00 = 78 xpf

one FJD\$1.00 = 50xpf

All credit cards are welcomed by most hotels, restaurants, shops, rental cars, etc. All the major banks of France are in New Caledonia, BNP, Paribas, Societe Generale.

## **Travel**

These are the international airlines which fly to Noumea- Arrival and departure details should be submitted together with your entry from.  
From Sydney- Australia – Qantas and Air Calin flies every day  
From Brisbane- Australia – Qantas and Air Calin flies 3 times per week  
From New Zealand –Air New Zealand and Air Calin flies 7 times per week  
From Fiji – Air Calin flies 2 times per week

## **Transport**

Transport will be provided from the airport to CISE upon the arrival of lifters and officials. Also from the hotel to the training and competition venue.

## **Visas**

You do not require to have a visa to enter New Caledonia. (except for Fiji who must apply to the French Embassy in Suva)

## **Departure Tax**

No departure tax from New Caledonia.

## **Health Insurance**

As per IWF bylaws, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical services are available at the local hospital, Proof of insurance should be presented at accreditation checkpoints.

## **Doping Control**

Doping control will be conducted during the competition in accordance with the IWF Anti-Doping policy. The control will be made by the French Anti Doping Authority in New Caledonia.

## **General Information**

New Caledonia is comprised of five islands. Total land area is 19,500 sq.km. The islands are volcanic and dominated by rugged mountain ranges with a fringe of coral reefs and lagoons which surround the islands.

## **Population**

The population of New Caledonia is approximately 280,000 people. New Caledonia is multicultural with Europeans, Asians, Melanesians and Polynesian. Noumea is the capital of New Caledonia.

## **Official Languages**

French is the official language in New Caledonia.

## **Religion**

The main religion in New Caledonia is Catholic

## **Electricity**

Electricity runs on 220V.

## **Climate and Seasons**

New Caledonia is a sub-tropical island. In August the temperature averages 20 to 25 degrees Celsius. Visitors to New Caledonia should bring light weight summer clothing.

## **Health**

New Caledonia is free from malaria, yellow fever and major tropical disease that are endemic in some tropical countries.

## **Emergency Medical and Dental Care**

General Hospital is available as well as a private hospital.

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