



April 1, 2019

**The Hon. President /Gen. Secretary
Africa National Weightlifting Federations/Associations**

Dear Sir/Madam,

**Re: Zone Two Senior Men & Women Africa Olympic Weightlifting qualification Championships,
July 6-12, 2019 Nairobi, Kenya.**

Kenya Amateur Weightlifting Association is very much pleased to invite your National weightlifting team to participate in Zone two silver Olympic weightlifting qualification event for Tokyo 2020 Olympics from July 6, through July 12, 2019 at Nairobi.

Competition Date and Venue:

Zone Two Silver Olympic Africa Weightlifting Championship event will be held in Nairobi Ruaraka Sports Club hall from July 7, through July 11, 2019.

Competition Rules and Regulation:

The competition will be held and organized in accordance to the IWF Technical and Competition rules & regulations, 2018 IWF Calendar Policy and IWF Anti-Doping Policy.

The WFA will appoint the technical officials (ITOs) whom will be nominated by their national Federations/Associations to officiate for the championships.

Eligibility

According to the IWF Technical and Competition rules & regulations, the athletes born in 2004 or earlier have the eligibility to participate.

The passport is considered as the sole official document to prove the age and the eligibility of the Athlete.

Zone two countries include; Burundi, Cameroon, Republic of Congo, Congo Republic Democratic, Ethiopia, Ghana, Equatorial Guinea, Kenya, Nigeria, Rwanda, Somalia and Uganda

Any national weightlifting federation/association from the other zones have the eligibility to participate in this championship.

In accordance with Article 5.6.5 of the IWF Anti- Doping Policy an Athlete who is not listed on the IWF's Registered Testing Pool but wishes to participate in an IWF Event shall provide accurate and complete whereabouts information as set out at Annex I of the International Standard for Testing and Investigations **for a period of at least two months** prior to the IWF Event in question. An Athlete who does not comply with this provision is not eligible to compete at the IWF Event.

Only IWF Member Federations or their competitors that has no arrears towards the IWF & WFA are eligible to participate.

A maximum of ten (10) men and ten (10) women senior competitors could be registered plus two (2) reserves for each gender may also be entered but during the verification of final entries each country can only register (10) men and (10) women senior competitors as a final entry without any reserves.

It is possible to change the bodyweight categories and the entry total latest on the Verification of Final Entries.

The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

The IWF and WFA will not accept any preliminary or final entries after the stated dates.

COMPETITION EVENTS AND CATEGORIES

Men: 55, 61, 67, 73, 81, 89, 96, 102, 109 and +109 Kg

Women: 45, 49, 55, 59, 64, 71, 76, 81, 87 and +87 Kg

ENTRY FORMS

Enclosed are both preliminary and final entry forms. Preliminary entry forms to be submitted to both the Organizing Committee (KAWA) and WFA respectively no later than **May 6, 2019**.

Final entry forms to be submitted to both the Organizing Committee (KAWA) and WFA respectively no later than **June 6, 2019**.

Maximum athletes allowed on preliminary and final entry forms for both senior men and women are 12 competitors for each gender.

EQUIPMENT

Sport Equipment: IWF approved sport equipment will be provided.

TIS Result System: Approved by IWF.

DOPING CONTROL

Doping Control will be conducted during the competition in accordance with the IWF Anti-Doping Policy and will be carried out by the IWF selected DCOs.

ACCREDITATION

The federations/associations must send the colored photos for all the delegates (athletes and officials) with the final entry forms.

Accreditation of the delegations will take place at Hennessis Hotel upon arrival.

Please note that the Accreditation will be valid only for the days registered on the Accreditation Card at the Accreditation Centre and will be issued only after full payment of accommodation, entry and Anti-Doping Fees.

ACCOMMODATION

The accommodation for all delegations will be at Hennessis Hotel

Address: Limuru Rd, Ngara

Nairobi, Kenya

Level: 3 star Hotel

Tel: +254701111844 or +254790349980

Webpage: <http://info@hotelhennessis.com>

The hotel will be provided from July 6-12, 2019 to the end of the competition with the following normal rates:

- a) **USD \$125** full board per person per night for standard single rooms.
- b) **USD \$100** full board per person per night for standard twin rooms.
- c) **USD \$ 90** full board per person per night for standard triple rooms.

FINANCIAL CONDITIONS

Only affiliated national federations/associations that have paid their IWF and WFA subscription fees have the right to participate in this competition.

- Entry Fee of US \$130 per athlete (including US \$30 Anti-Doping Fee).
- Other participants - US \$100 per person (except the officials whom will be appointed to officiate during the competition).

All payments must be made in cash to the Organization Committee preferably in US Dollars upon Arrival at the accreditation center located at Hennessis Hotel.

The WFA is responsible for providing the Trophies, Medals and Certificates.

Reference to IWF Regulations, a minimum 30% of all fees for the team is required with the final entries. Balance of total payment will be made on arrival at the Accreditation Centre. To enable us make proper booking for your accommodation; All Teams must submit their Registration Forms for accommodation by June 20, 2019.

According to the IWF TCRR, and as this championship is qualification event for the 2020 Tokyo Olympic Games, therefore the WFA will appoint Cat. (1) ITOs from the nomination list of their national federations to be officiated in the championship and the Organizing Committee will cover the accommodation and board costs for the technical officials who will be appointed to officiate for the competition.

The Organizing Committee will cover the accommodation and board costs for the WFA President and General Secretary or one of WFA delegate, one of IWF delegate, the WFA TIS staff members, one of the WFA secretariat and appointed IWF DCOs.

All teams will be received at Jomo Kenyatta International Airport upon their arrival and they will be transported by shuttle bus to the Hotel, and return.

Accommodation and Transportation forms (in the Final Entry form) shall state the date and time of arriving and departure, which airline and flight number of each delegate will be arriving on.

COMPETITION AND TRAINING VENUES

Competition and training venues will be at Ruaraka Sports club 20 minutes drive from the Hotel.

TRANSPORT

Local transportation will be provided from/to Jomo Kenyatta International Airport for all delegations upon their arrival and departure.

Buses will be provided to/from competition and training venue.

VISA

All participants should contact the respective Embassy in their own country for Entry Visas to Kenya.

Entry Visa on arrival is USD 50. For those who require prior visa to Kenya visit the following link one month before to apply online for <http://evisa.go.ke/evisa.html> and send us details to follow up.

YELLOW FEVER CERTIFICATE

Valid yellow fever is a requirement and must be produced at the Airport.

INSURANCE

According to IWF Rules, the participating Federations must undertake full moral and financial responsibility of their registered/ accredited delegates with regard to their health and wellness and in case of accidents or damages not attributable to the OC.

FLAG AND ANTHEM

All participating delegates of each country are kindly requested to bring with them an Audio Cassette or CD of their National Anthem and two National Flags with a size of 100 x 150cm. These Items will be submitted on arrival at the Accreditation Centre. You can also send an attachment of the Anthem's Audio file by E-mail, CD or flash Drive.

AWARDS

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women in Total.

Trophies will be awarded to the best three teams in total respectively for both men's and women's in accordance with IWF Team Classification.

Certificates of participation will be presented to all participants.

GENERAL INFORMATION

All electrical Alternate Current (AC) power sources have 220/240 Volts and DC batteries range From 1.5 Volts onwards, types including (AA & AAA, etc). All plug types are readily available.

Average temperature in Nairobi during the Championships is 22°C - 11°C.

Smoking is prohibited in public areas but only on designated points, kindly take note.

Currency rate is US\$ (1 US dollar = 102 Kenya Shillings).

TENTATIVE PROGRAM

Saturday July 6, 2019: Arrival of delegations

Sunday July 7, 2019: 10.00 am Verification of entries / opening ceremony at 18:00 Hrs

Monday July 8, 2019: Competition from 10.00 am

Tuesday July 9, 2019: Competition from 10.00 am

Wednesday July 10, 2019: Competition

Thursday July 11-2019: Competition and closing ceremony at 18.00 Hrs

Friday July 12-2019: Departure

BANK DETAILS

Kenya Amateur Weightlifting Association

- > Kenya Cooperative Bank
- > A/C USD 02100579201800
- > Swift Code KCOOKENA
- > Branch code 1127

We are looking forward to receiving you in Nairobi as our valuable guests.

Attached;

- Entry Forms (Preliminary and final)
- Flight Details
- Accommodations

CONTACT DETAILS

Kenya Amateur Weightlifting Association

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Pius Ochieng

President of Kenyan Amateur Weightlifting Association

