



FEDERACIÓN COLOMBIANA DE LEVANTAMIENTO DE PESAS
SOUTH AMERICAN, IBEROAMERICAN AND OPEN SENIOR
CHAMPIONSHIP SILVER EVENT
QUALIFICATION FOR TOKYO 2020 OLYMPIC GAMES
PALMIRA - VALLE DEL CAUCA COLOMBIA
FROM 08 TO 12 MAY 2019



SOUTHAMERICAN, IBEROAMERICAN AND OPEN SENIOR CHAMPIONSHIP
SILVER EVENT
QUALIFICATION FOR TOKYO 2020 OLYMPIC GAMES
PALMIRA - VALLE DEL CAUCA COLOMBIA
FROM 08 TO 12 MAY 2019

FEDERACION COLOMBIANA DE LEVANTAMIENTO DE PESAS
Carrera 39 9-31 Santiago de Cali. Fedepesacolombia@gmail.com



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OFFICIAL INVITATION

Presidents of the National Federations of Weightlifting of South America and Iberoamerican and other National Federations affiliated to the IWF.

Dear friends, the Colombian Weightlifting Federation, with the endorsement of the IWF, the South American Confederation and the Iberoamerican Federation of this sport, has the honor to invite the National Federations of the South American, Iberoamerican and countries affiliated to the IWF, to participate in the South American Championships of Weightlifting senior category, Iberoamerican Championships senior category and Open Olympic Games Qualification Tokyo 2020; the indicated ones will be celebrated in the city of Palmira, from May 08 to 12, 2019.

Being the host of this important event becomes a challenge for our country, so we hope to have the valuable participation of athletes from your respective countries, to enhance this important regional sports event. Likewise, it is our wish that your stay be pleasant and unforgettable for each one of you.

Finally, here you will find the competition regulations for participation in this sports festival.

Best regards,

WILLIAM PEÑA
President



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COMPETITION RULES

1. General conditions

The competitions will be carried out in accordance with the technical and competition rules & regulations (TCRR) of the International Weightlifting Federation (IWF), under the supervision of the IWF, the South American Confederation and the Iberoamerican Federation of this sport.

Participating athletes must be 15 years of age and over (year of birth 2004 or earlier)

2. Competition place

The event will be held in the Sports Unit of Palmira-Valle, Colombia.

3. Eligibility

Athletes of the National Federations affiliated to the South American, Iberoamerican and IWF.

Bear in mind that an athlete may participate in several events, but, he/she can gain qualification points in one competition only (the one that gives him/her the highest qual. point).

4. Events

The categories to compete are the official ones written in TCRR of the IWF, for the senior category.

Senior

- ✓ Women: 45, 49, 55, 59, 64, 71, 76, 81, 87 y +87 Kg.
- ✓ Men: 55, 61, 67, 73, 81, 89, 96, 102, 109, y +109 Kg.

5. Inscription

The preliminary Inscriptions will be received until March 7, 2019 to the email:
fedepesascolombia@gmail.com
secretario@sudamericanapesas.org

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The final Inscriptions will received until April 7, 2019 to the email:

fedepesascolombia@gmail.com
secretario@sudamericanapesas.org

6. Financial conditions

- The accommodation and meals of the participating delegations will be at the ROOSVELT PLAZA hotel, located in Cali Valle, (Cra. 40 # 6-79)
- Double or triple rooms cost US \$ 80.00 (eighty North American Dollars) per day and per person.
- Single rooms cost US \$ 120.00 (one hundred and twenty North American dollars) per day and per person.
- Minimum stay: four (4) nights.



Transfers must made to the next Bank:
BANCOLOMBIA SAVINGS ACCOUNT 787-289438-14
A NAME OF: Federación Colombiana de Levantamiento de Pesas.
NIT: 890.480.912-1
SWIFT NUMBER: COLOCOB-M
LOCATION: Centro Sur Cali
ADDRESS: Calle 9 # 32ª -16

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7. Registration value

- Athletes participating in one event: US \$ 130.00 (includes \$ US30 anti-doping fee).
- Athletes participating in more than one event: US \$ 50.00 for each event. (Includes anti-doping fee).
- Officials: US \$ 100.00.

8. Accreditations

The accreditations will be made via email: fedepesascolombia@gmail.com

9. Competitions equipment

All the equipment that will be used is ELEIKO.

10. Final Verification

It will take place on May 8 at 3:00 p.m. in one of the rooms of the sports citadel of Palmira Valle. Colombia.

11. ITO Meeting

It will be held on May 8 at 5:00 pm in one of the halls of the headquarters hotel.

12. Doping controls

It will be carried out according to the regulations of the Anti-Doping Policy of the IWF.

13. Awarding Ceremony

- The three (3) best lifters of each Bodyweight category in the male and female will receive prizes in snatch, clean and jerk, and total, with gold, silver and bronze medal. In each of the events.
- To the three (3) best teams in the male and female competitions in all the three events
- Trophy for the best male and female weightlifter in all three events.

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14. ITOs

All participating countries with full team may accredit up to two (2) ITOs with valid international card; and the participant countries with incomplete team may accredit one (1) ITO with valid international card, for all of them the host federation offers the lodging and the meals without cost. From day 07 to day 13 of May date of departure.

15. Local transport

The Organizing Committee will provide internal transportation during the entire event, from its arrival to the departure of the participating delegations.

16. Important Information

Weather forecast for event dates: historical average 30 ° / 21 ° Electric voltage service is 110v. The currency of legal tender is the Colombian peso.

Contacts

Federación Colombiana de Levantamiento de Pesas:
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17. Preliminary program

DATE	ACTIVITY
7 MAY	TEAMS ARRIVING
8 MAY	Final Verification 15H00
	ITOs Meeting 17H00

DATE	CATEGORY	EVENT	Gender	WEIGH-In	Competition
9 MAY	55KG-61KG	TODOS	MAS	12:00	14:00
	45KG	TODOS	FEM	14:00	16:00
	67KG-73KG	TODOS.	MAS	16:00	18:00
	OPENING	17:30			
10 MAY	49KG-55KG	TODOS.	FEM	12:00	14:00
	81KG	TODOS.	MAS	14:00	16:00
	59KG-64KG	TODOS.	FEM	16:00	18:00
	89KG-96KG	TODOS	MAS	12:00	14:00
	71KG		FEM	14:00	16:00
	102KG-109KG		MAS	16:00	18:00
12 MAY	76KG-81KG	TODOS	FEM	10:00	12:00
	+ 109KG		MAS	12:00	14:00
	87KG-+87KG	.	FEM	14:00	16:00
	CLOSING	20:00			