



Information Bulletin

2019 COMMONWEALTH & OCEANIA SENIOR JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS

Commonwealth
Senior & Junior
Championships



**SILVER
QUALIFICATION
EVENT**

Including

THE 2019 PACIFIC GAMES

APIA –SAMOA July 9-14, 2019

Oceania
Senior & Junior
Championships



**GOLD
QUALIFICATION
EVENT**

In April, 2018, during the CWF Electoral Congress at the Gold Coast Resort, a decision was made that the 2019 Commonwealth Championships would be held in Apia, Samoa. The event would be held in conjunction with the Oceania Championships and the Pacific Games. This bulletin will give the Commonwealth countries information on the event. Specifically to the Commonwealth nations, please take note of the accommodation details. **Please see below.**

Medals:

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women for the Commonwealth Senior, Junior & Youth Championships & Oceania Senior, Junior & Youth Championships. The medals will be awarded only for the total.

Please note that the National anthem will be played only for the Pacific Games winners & the Commonwealth Championship Seniors.

Medals for Junior and Youth categories will be presented during the 10 minute break between the snatch and clean & jerk. And perhaps also, if necessary in the 10 minutes after the introduction of lifters.

Competition Regulation

The competition will be held in accordance with the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

Competition Categories: IWF Categories for Men and Women

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

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

Youth boys: 49, 55, 61, 67, 73, 81, 89, 96, 102, +102

Youth Girls: 40, 45, 49, 55, 59, 64, 71, 76, 81, +81

Preliminary Entries

The Preliminary entry forms must be returned to the Organizing Committee no later than **April 14th, 2019.**

It is compulsory that Member Federations submit their preliminary entries by the 14th April, 2019, with a maximum number of athletes. Please note that there can be no other lifters added or changed after the 14th April, 2019. All lifters entered on the Preliminary Entry form will be sent the day after to the IWF, in order verify if all athletes are eligible to compete.

Final Entries

The final entries must be returned by the **23rd May and no later.**

Member Federations must select the final list of athletes from the preliminary entry form previously submitted. Again, there can be no lifters added or changed.

Currency and Banking Facilities

Samoa has its own currency. \$1.00 Australian dollar is at present approximately Samoan Tala WST\$2.00
\$1.00 USA dollar is at present approximately Samoan Tala WST\$2.70
\$1.00 New Zealand dollar is at present approximately Samoan Tala WST\$1.85
Major credit cards are welcomed by most hotels, restaurants, shops, rental car companies, etc.
Banking group includes ANZ, Westpac, and Samoa Bank.

Accommodation

We are trying to minimise the cost for all Commonwealth countries and give them the choice as to where they wish to stay. The Organising Committee will give you the choice of 7 Hotels in Apia, and each country can choose their preference as to which hotel they wish to stay in. **Arrangements must be made by your Federation directly with the hotels. You are welcome to search for other additional hotels, but again arrangements must be made by your Federation directly with the hotel.**

Meals

All meals will be at your own cost, at whichever hotel you choose to stay in or you can eat out at your leisure. There are numerous restaurants and cafes in Apia.

TAUMEASINA RESORT



Taumeasina Island Resort is located 5 minutes from the capital city of Samoa, Apia. Enjoy breathtaking views of the Pacific Ocean, and the scenic mountains of Upolu, from every vantage point on the island; truly a 360 degree tropical paradise island. With accommodation options to suit all types of discerning traveller; choose from our beautifully pointed Oceanview Rooms or our fully self contained two and three-bedroom Waterfront Villas. Whilst staying in Samoa at Taumeasina Island Resort your choices are endless. The contact details are:

- Taumeasina Island resort
- Beach road Apia – Samoa
- Phone: +685 61000
- Email: info@taumeasinainislandresortsamoa.com

HOTEL ELISA



Hotel Elisa is located on the Apia Beach Road on the way out to the Mulinuu Peninsula. The ocean front location is magnificent with a nice green recreation area in front of the hotel. You are only minutes walk away from Apia City Centre, flea market and fish market. It's hard to find a better location. The contact details are:

- Beach Road Apia, P.O.Box 1233 Apia

- Ph +685-21116 Fax +685 20536
- Email contact@hotelelisa.ws for bookings

LE MANUMEA RESORT



We built this Samoa hotel because we simply wanted to help people. Helping not only to get a unique Samoa resort experience, also helping to understand what Samoan culture is all about and how to discover our local secrets. We welcome people from all over the world who want to travel to exotic places like Samoa where tourism is the most important income. Le Manumea Resort is located on Cross Island Road in Valima only 5 minutes away from the weightlifting stadium and only 10 minutes away from the capital Apia. You may contact us directly by sending us an

- E-mail: bookings@manumearesort.com
- or call us: +685 27755

MILLENNIA -SAMOA



Located in Apia with stunning view of the Ocean. Only 5 minutes walk to Apia central. Contact details:

- Hotel Millenia Samoa
- PH : (685) 28-286 or 28-284 FAX : (685) 28-285 Mobile: (685) 757 0477
- Direct Email Bookings Prefer E-mail Reservations : info@hotelmillenciasamoa.com

HOTEL TANOA TUSITALA



Hotel Tanoa Tusitala, is located in the heart of Apia, overlooking the blue Pacific Ocean. The hotel offers 94 guest rooms with three views to choose from mountain, garden or pool. Rooms are of international standard with air-conditioning, The contact details are:

- Hotel Tanoa Tusitala

- Phone +685 21122 Fax +685 23652
- Tanoa Tusitala hotel website - www.tanoahotels.com

SHERATON SAMOA AGGIE GREY'S HOTEL



Sheraton Samoa Aggie Grey's Hotel choice of accommodation styles includes 150 rooms, 2 suites with harbour views and 26 island style bungalows. The contact details are:

- Sheraton Samoa Aggie Grey's Hotel
- Phone +685 22880 Fax +685 23626
- E-mail: aggiegreys@aggiegreys.ws

HOTEL INSEL FEHMARN



Free buffet breakfast is included at this hotel, which offers spacious air-conditioned rooms with private balcony and en suite bathroom. The restaurant and bar has an outdoor terrace overlooking the pool. .Guests can enjoy a game of tennis on the floodlit tennis courts, have a swim in the outdoor pool, and relax with a drink at the poolside bar. 24-hour laundry facilities and a convenience store are on site. The contact details are:

- Insel Fehmarn Hotel, Apia -Samoa
- Phone: +685 23301
- Fax: +685 22204
- E-mail: reservation@inselfehmarn.ws

Accreditation

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

Doping Control

Doping control will be conducted during the competition in accordance with the IWF Anti-Doping policy. This is the only charge the organizing Committee will impose to all Oceania Senior and Junior athletes and officials (Gold Level Event) They are to pay USD\$50 each to cover the cost for Doping test. This money to be paid in USD dollars upon arrival, when accreditation is issued.

For Commonwealth Senior and Junior Championships (Silver Level Events) The **30 USD/Athlete** and officials special Anti-Doping Fees collected at the Events shall be paid by the Organising Committee to the IWF and shall be used for Anti-Doping purposes.

Lifters who are competing in the Oceania Championships and they are part of the Commonwealth, they only have to pay USD\$50 for Oceania. (nothing for the Commonwealth)

Eligibility

“With reference to Article 5.6.5 of the IWF Anti-Doping Policy 2018, 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 Events in question. An athlete who does not comply with this provision is not eligible to compete at the IWF Event.”

IMPORTANT NOTE

"Bear in mind that an athlete may participate in several events (Oceania Senior and Junior Ch., Commonwealth Senior and Junior Ch., Pacific Games), but only earn qualification points in one event (the one that gives him/her the highest number of points)."

Barbells/Weights Equipment

All Equipment will be IWF approved equipment.

Training Venue

Training will be located at the Samoa Weightlifting headquarters, Tuanaimato Sports Complex approximately ten minutes away from each of the hotels. Training will be available to all teams prior to the competition on a timetable basis. 30 platforms will be available for training.

Competition Venue

The competition venue is at the Tuanaimato Sports Complex. This venue will accommodate approximately 3000 spectators. Nine warm up platforms will be available for the competition. Sauna will also be available at the competition venue.

Transport

Local transport will be provided from the airport to hotels upon the arrival of delegations. And from the hotels to the competition and training venue as well.

International Travel

These are the international airlines which fly to Apia, Samoa.

From Australia – Virgin Blue and Qantas flies four times per week.

From New Zealand – Air New Zealand every day

From New Zealand – Virgin Blue flies six times per week to Apia.

From Fiji – Air Pacific flies four times per week

From American Samoa – there are daily flights on Polynesian Airlines (please note there are 3 flights a week from USA to American Samoa. The distance between American Samoa and Samoa is 20 minute flight time)

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, but it is not possible for delegations to purchase health insurance in Samoa. Proof of insurance should be presented at accreditation checkpoints.

Visas

Upon arrival to Samoa you will be given an entry visa at no cost. **Please note that if you travel via New Zealand or Australia, certain countries may need to have transit visas, Please check with the relevant immigration authorities in your country. If you travel via Fiji, you do not require transit visa.**

Departure Tax

There is no departure tax in Samoa.

General Information

Samoa is comprised of two large islands, Upolu and Savaii and eight small islands. Total land area is 2934 sq.km. The islands are volcanic and dominated rugged mountain ranges with a fringe of coral reefs and lagoons which surround the islands.

Population

The population of Samoa is approximately 173,000 people.

Capital

Apia is the capital of Samoa.

Official Languages

Both English and Samoan language is spoken.

Religion

The main religious denominations in Samoa are Congregational, Anglican, Catholic, Methodist, Seventh Day Adventist, Bahai, Latter Day Saints and Jehovah's Witness.

Electricity

Electricity runs on 240 volts.

Climate and Seasons

Samoa enjoys an ideal Pacific Tropical climate. Visitors to Samoa should bring light weight summer clothing. Visitors are requested not to wear bathing suits in Apia town or in the villages. Only in hotel swimming pools and beaches. No topless swimming or sunbathing for women is allowed anywhere in Samoa. **Please note that it is not acceptable for men to walk in the streets without a t-shirt.**

Health

Samoa 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.

For further information please contact

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President Samoa Weightlifting Federation

Chairman Organising Committee

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Email: jerrywallwork@hotmail.com

