



MEDIA ADVISORY

Tokyo 2020 and the Japan Weightlifting Association to Hold “READY STEADY TOKYO – Weightlifting” Test Event

Dear members of the media,

We are pleased to inform you that Tokyo 2020 and the Japan Weightlifting Association will hold a weightlifting test event entitled “READY STEADY TOKYO – Weightlifting” at Tokyo International Forum on 6–7 July 2019.

You are cordially invited to the following media opportunities:

Overview

Title: READY STEADY TOKYO – Weightlifting
 Organiser: Tokyo 2020 and the Japan Weightlifting Association
 Date: Saturday 6 July to Sunday 7 July 2019
 Venue: Tokyo International Forum (address: Marunouchi 3-5-1, Chiyoda-ku, Tokyo)
 Note: Interpretation will be provided

If you wish to attend, please submit your application via the following link no later than **17:00 JST on 28 June**: <https://tokyo2020-extranet.secure.force.com/media/?ih=4hp1r3Jb8U2>

1. Competition Schedule

	Start time	Group	Total no. of athletes
July 6 Saturday	09:30	Women’s 45, 49, 55kg	10
	12:00	Men’s 55, 61, 67kg	9
	14:30	Women’s 59, 64kg	8
	17:00	Women’s 71, 76, 81kg	7
	19:30	Men’s 73kg, 81kg	10
July 7 Sunday	09:30	Men’s 89kg, 96kg, 102kg	4
	11:15	Men’s 109kg	9
	14:00	Men’s +109kg	7
	16:00	Women’s 87, +87kg	10

Event: Snatch, Clean and Jerk

The Worldwide Olympic Partners

Tokyo 2020 Olympic Gold Partners

TOKYO 2020

Style: Based on International Weightlifting Federation 2019 Technical and Competition Rules and Regulations

Participants: 74 from 10 countries (TBC)
Participating athletes will be announced later

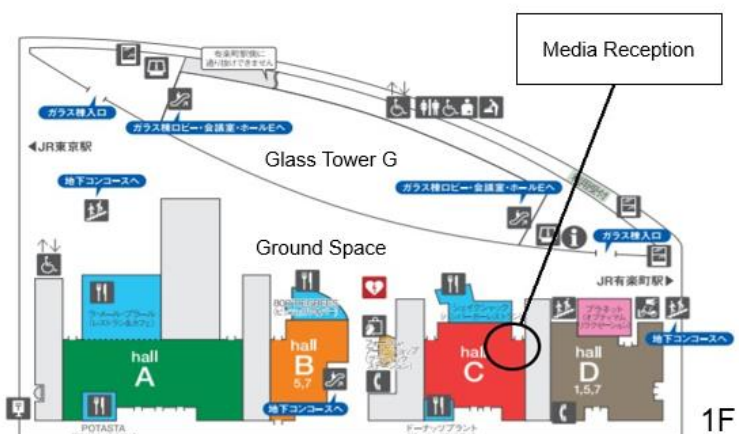
Official website: Will be available from the beginning of July.

2. Event Report

For Competition

Date: Saturday 6 July: 09:30 – approx 21:30
Sunday 7 July: 09:30 – approx 18:00

Media Reception: 08:00 until the end of each day's events (see below)



© Tokyo International Forum

Press room: G4, Tokyo International Forum

Filming area: Press area, filming area and mixed zone

We will provide a plan showing the filming area and press room on the day

For Athletes

Venue: Mixed zone

All athletes will pass through the mixed zone after their events. You may interview athletes as they pass through the mixed zone, although depending on the competition schedule there may not be sufficient time to conduct interviews.

3. Notes

- advance registration is required; if you do not register in advance, you may be refused entry
- audio source plugs and camera platform will not be available
- no parking at the venue will be provided; please use public parking facilities
- please refrain from interviewing or filming outside of the permitted areas
- there will be no spectators at these events; only athletes' family members, sport federation officials and the companies athletes belong to will be present and watching the events; please refrain from interviewing or filming them
- please refrain from individually interviewing or filming the event officials
- singlets and accreditations will be handed out at the reception; please complete your registration and bring a business card each day

Tokyo 2020 Vision

Sport has the power to change the world and our future. The Tokyo 1964 Games completely transformed Japan. The Tokyo 2020 Games, as the most innovative in history, will bring positive reform to the world by building on three core concepts:

"Striving for your personal best (Achieving Personal Best)"

"Accepting one another (Unity in Diversity)"

"Passing on Legacy for the future (Connecting to Tomorrow)"

- please return your singlets when you leave each day; please hand back your accreditation on your last day

For more information: [Tokyo 2020 Online Press Room](#), ID: *media* password: *tokyo2020media*

International Communications

Email : pressoffice@tokyo2020.jp

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