

FEDERACIÓN CUBANA DE LEVANTAMIENTO DE PESAS



Havana, Cuba, Monday 28th October 2019

A: Dear Colleagues (Athletes, Coaches, Technical Officers, Directors of the National Weightlifting Federations), to all.

We receive a cordial and fraternal greeting on behalf of the family of Cuban weights and special to all their families.

The Cuban Weightlifting Federation, (CWF) has the pleasure and honor of officially inviting you to the XXXIX "Manuel Suárez In Memoriam" International Tournament (Silver Event) Qualifier to the XXXII Olympic Games In Tokyo, Japan 2020, which will be updated from March 3 to 8, 2020 in the capital of Cuba, Havana.

For this event, each participant must bear the costs of tickets, lodging, food, registration form, and internal transportation during this event.

For this reason, we ask you, very resolutely, to kindly send a copy of your passport on the date indicated in the Event Regulations with the aim of collaborating in the processing of your Visa to come, to our country, Cuba.

Looking forward to your attention and honorable presence at that event, he greets you, with all the admiration and respect,

Sincerely

A handwritten signature in blue ink, appearing to read "Jorge Luis Barcelán Santa Cruz".



Dr. C. Jorge Luis Barcelán Santa Cruz
President of the Cuban Federation of Weightlifting



**XXXIX INTERNATIONAL WEIGHTLIFTING TOURNAMENT
"MANUEL SUÁREZ IN MEMORIAM" CATEGORY
SILVER, CLASSIFICATOR FOR THE
XXXII OLYMPIC GAMES
TOKYO 2020.**

ORGANIZING COMMITTEE

The Cuban Federation of Weightlifting is pleased to invite its Federation to participate in this traditional event which commemorates its XXXIX Anniversary. The same will be done according to the following rules:

1. COMPETITION REGULATIONS AND RULES

The competitions will be carried out in accordance with the Technical and Competition Rules & Regulations (TCRR) of the International Weightlifting Federation (IWF). Participating athletes must be 15 years of age and over (year of birth 2005 or earlier).

With reference to 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 IWF event in question (by **04 January 2020**). An Athlete who does not comply with this provision is not eligible to compete at the IWF Event.

Only athletes accredited by the National Federations affiliated with the International Weightlifting Federation.

2. PLACE OF COMPETITION AND TRAINING

The competitions and training will be in the Weightlifting Gym "Manuel Suárez Fernández" of the ESFAAR "Cerro Pelado".

3. DATE OF THE EVENT

From March 2 to 9, 2020

Arrival of Delegations: March 2, 2020

Departure of the Delegations: March 9, 2020

4. EVENTS

The divisions in which they will compete are those established by the IWF, according to their body weight:

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FEMALE: 45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg y +87kg.
MALE: 55 kg, 61 kg, 67 kg, 73 kg, 81 kg, 89 kg, 96 kg, 102 kg, 109 kg y +109 kg.

5. REGISTRATIONS.

Preliminary registrations will be received until January 3, 2020.

Final registrations will be received until February 3, 2020.

These can be sent by the following contacts e-mail:

- agenciac@cubadeportes.cu
- actdep@inder.cu
- cubpesa@inder.cu
- relacion@inder.cu
- relacion1@inder.cu
- miguel@cubadeportes.cu
- zumara@cubadeportes.cu
- mangeles@cubadeportes.cu
- laritza@cubadeportes.cu

6. FINANCIAL CONDITIONS

The accommodation hotels will be: **COPACABANA**, located on the 1st street of the Playa municipality, which borders the coast of our archipelago and **VILLA BACURANAO**, located in Vía Blanca Km 15 1/2, Bacuranao, Habana del Este municipality, borders the Playa de Bacuranao.

The amount of the following will be cancelled for Airport Assistance, Transfer IN / OUT, Accommodation, Food, Primary Medical Assistance, Program of Activities and Internal Transportation:

COPACABANA****

Double room: \$ 90.00 USD, per PERSON per NIGHT

Single room: \$ 140.00 USD, per PERSON per NIGHT

VILLA BACURANAO***

Double room: \$ 75.00 USD, per PERSON per NIGHT

Single room: \$ 100.00 USD, per PERSON per NIGHT

The entrance to the Hotel is **15:00 hours**, for this reason the Organizing Committee is **NOT** responsible for delivering rooms to those who arrive before this established time. The departure of the hotels is at **12:00 hours**, which is why the Organizing Committee is **NOT** responsible for booking rooms past this time.

1. To guarantee the Airport-Hotel-Airport Transfer you must communicate your flight details at least 72 hours in advance.

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2. In case of not sending the rooming list of the group with not less than 10 days before arrival in the country, hotel reservations will be cancelled automatically.
3. In case of cancellations of not sending the request with not less than 5 days, the group will be charged NO SHOW for the total value of pax for one night.

For reservations should be directed to the phone (53) 7 204 59 28, (53) 7 642-2032, or to the following e-mail:

- agenciac@cubadeportes.cu
- actdep@inder.cu
- miguel@cubadeportes.cu
- zumara@cubadeportes.cu
- mangeles@cubadeportes.cu
- laritza@cubadeportes.cu

Federations that do not benefit from the package offered by CUBADEPORTES. SA, for the event, they will pay an additional \$ 50.00 USD registration fee for each participant.

Credit Card (VISA or MASTER CARD) that do not have funds in North American Banks.

Delegations may wish to conduct training camp at the "Cerro Pelado" High Performance Center, before or after the date of the event.

Registration Fee:

ATHLETES:	\$ 120.00 USD per person plus \$ 30.00 USD for the IWF Special Anti-Doping Fee.
OFFICIALS:	\$ 120.00 USD per person.

7. SPORT EQUIPMENT

The sport equipment to be used will be ELEIKO, which is endorsed by the International Federation (IWF).

8. FINAL VERIFICATION.

It will be held on March 3 at 12:00 hours.

9. TECHNICAL MEETING.

To nominate athletes by Bodyweight Categories will be held on March 3 at 15:00 hours.

10. MEETING OF TECHNICAL OFFICIALS.

It will be held on March 3 at 16:00 hours.

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11. DOPING CONTROL.

Doping control will be carried out as established in the IWF Anti-Doping Policy.

12. AWARD.

Gold, Silver and Bronze medals will be awarded to the first three places in the Start and Delivery modes, as well as the Total, of each body weight category.

The Best Women's and Men's Team will be awarded with (Trophies or Cups).

The Best Female and Male Lifter will be awarded (Trophies or Cups).

All IWF affiliated countries that present the endorsement of their National Federation may participate.

13. HIMNO / FLAG.

We ask the participating countries to please bring their flags and hymns and deliver at the Technical Meeting.

14. TECHNICAL OFFICIALS

The Technical Officials selected for this event will be exempt from the payment of accommodation, food and internal transportation.

15. INSURANCE.

All participating Federations are made morally and financially responsible for their delegations in relation to their health and well-being, and in case of any accident or damage they will not be attributed to the Organizing Committee.

16. VISA.

To request the processing of your Visa you must go to the Consulate of your country or your Tourist card at the time of arrival at the "José Martí" airport, any information communicated to the following emails, firstly to the International Relations Department of INDER:

- relacion@inder.cu
- relacion1@inder.cu
- agenciac@cubadeportes.cu
- actdep@inder.cu
- cubpesa@inder.cu
- miguel@cubadeportes.cu
- zumara@cubadeportes.cu
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- laritza@cubadeportes.cu

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17. SUPERVISION ACTIVITY.

Parallel to the competition will be held for Coaches, Referees, athletes and other participants, a Scientific Conference on general aspects of Sports Training, prevention on the scourge of doping and other topics of interest, which will be taught by qualified Coaches and teachers of the Cuban Federation of Weightlifting, the University of Science of Physical Culture and Sports (UCCFD) "Manuel Fajardo" and the Institute of Sports Medicine (IMD), which all participants can attend the event, which will be done Delivery of a Certificate that proves your participation.

COMPETITION PROGRAM

DATE	DIVISION	SEX	WEIGHT	COMPETENCE	STAGE
4/03/2020	45 kg	F	8:00 AM	10:00 AM	Final
	55 kg	M	10:00 AM	12:00 PM	
	49 kg	F	12:00 PM	2:00 PM	
	61 kg	M	2:00 PM	4:00 PM	
5/03/2020	55 kg	F	8:00 AM	10:00 AM	Final
	67 kg	M	10:00 AM	12:00 PM	
	59 Kg	F	12:00 PM	2:00 PM	
	73 kg	M	2:00 PM	4:00 PM	
	64 kg	F	4:00 PM	6:00 PM	
6/03/2020	SCIENTIFIC DAY		8:30 AM		
6/03/2020	81 kg	M	12:30 PM	2:30 PM	Final
	71 kg	F	2:30 PM	4:30 PM	
	89 kg	M	4:30 PM	6:30 PM	
7/03/2020	76 kg	F	8:00 AM	10:00 AM	Final
	96 kg	M	10:00 AM	12:00 PM	
	81 kg	F	12:00 PM	2:00 PM	
	102 kg	M	2:00 PM	4:00 PM	
	87 kg	F	4:00 PM	6:00 PM	
8/03/2020	109 kg	M	10:00 PM	12:00 PM	Final
	+87 kg	F	12:00 PM	2:00 PM	
	+109 kg	M	2:00 PM	4:00 PM	
9 y 10/03/2020	RETURN OF DELEGATIONS				