



**PRESIDENT / GENERAL SECRETARY  
NATIONAL WEIGHTLIFTING FEDERATIONS AFFILIATED TO THE PAWF**

**OFFICIAL INVITATION**

Dear Friends,

The Dominican Weightlifting Federation has the commitment to organize the **XXIX Senior Pan American Weightlifting Championships 2020**, to be held in Santo Domingo, capital city of the Dominican Republic from April 17<sup>th</sup> to 25<sup>th</sup>, 2021.

The Pan American Weightlifting Federation and the Dominican Weightlifting Federation invite to all the affiliated federations to participate in such event, last qualification event to the Olympic Games Tokyo 2020.

The Organization of these Championships is a challenge for the Dominican Republic but we strongly believe that we count on the human and technical resources to give to our Continent a championship worthy of participate.

Please find enclosed the competition calendar with the Rules and Regulations which guide these Championships.

We hope to welcome you with open arms and offer you the most cordial reception to all the weightlifting family of the continent.

With warm and affects,

**Roberto Fulcar**  
Minister of Education  
President of the Organizing Committee



## GENERAL CONDITIONS

### 1. REGULATIONS AND RULES

The competitions will be held in accordance with the IWF Constitution and By-Laws and IWF Technical and Competition Rules and Regulations and will be under the control of the Pan American Federation.

Athletes born on or after 1 January 2006 (aged 15 years) or before are eligible to participate.

In accordance with Article 5.5.16 of the IWF Anti-Doping Policy 2021 whereabouts information of the Athletes shall be submitted at minimum two months prior to the Event (by 19 February).

Member Federations who have arrears to the IWF/PAWF are not permitted to compete.

Only athletes nominated by their National Federations affiliated to the Pan American Weightlifting Federation are allowed to compete.

### 2. TRAINING AND COMPETITION VENUES

The training hall will be in the Handball Pavilion and the competition venue will be in the Weightlifting Pavilion DR. JOSE J. PUELLO, located in the Parque Deportivo del Este, Provincia Santo Domingo.

### 3. DATE OF THE EVENT

From April 17<sup>th</sup> to 25<sup>th</sup>, 2021

Arrival of the delegations April 17<sup>th</sup> 2021

Departure of the delegations April 25<sup>th</sup> 2021

### 4. EVENTS

Medals will be contested in the following IWF bodyweight categories:

WOMEN: 45Kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg y +87kg

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg y +109kg

## 5. ENTRIES

- The Preliminary Entries will be received by February 17<sup>th</sup>, 2021.
- The final entries will be received by March 17<sup>th</sup>, 2021.

**ATHLETES WHO ARE NOT IN THE PRELIMINARY ENTRIES WON'T BE ABLE TO COMPETE**

Entries can be sent to:

- E-mail: [panamdom2020@gmail.com](mailto:panamdom2020@gmail.com) , [dosmilsonrisas@yahoo.com](mailto:dosmilsonrisas@yahoo.com) or [luig45@yahoo.com](mailto:luig45@yahoo.com)

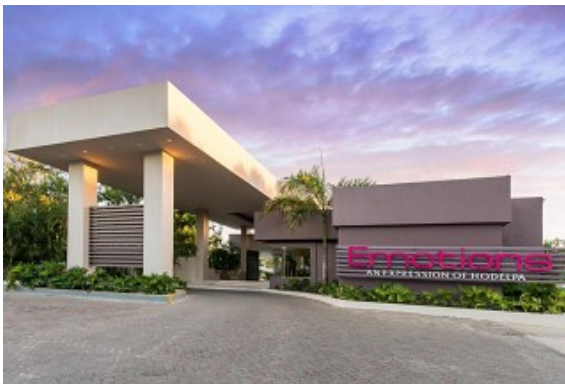
## 6. FINANCIAL CONDITIONS

Participation Fee (including food, accommodation and local transportation) and by 4 nights minimum:

Single room: \$140.00 USD, per person / per night / all included

Double room: \$90.00 USD, per person / per night / all included

The hotel will be ***Emotions By Hodelpa***, Calle principal, Playa Juan Dolio 21000. Teléfono 809-338-9555.



- The Check-in of the hotel is at 15:00, by this, the Organizing Committee is NOT responsible of allowing rooms before that time.
- The Check-out is at 12:00 and by this, the Organizing Committee is NOT responsible of allowing staying in room after this hour.



- **ENTRY FEE**

ATHLETES USD \$ 175.00 PER PERSON (includes 50USD of the special AD of the IWF)

OFFICIALS US \$ 125.00 PER PERSON

- **These costs will be cancelled in cash or by wire transfer.**

BANCO BENEFICIARIO: BANCO POPULAR DOMINICANO

SWIFT: BPDODOSX

IBAN: 57635761

NUMERO DE CUENTA: 769615600

BENEFICIARIO: FEDERACION DOMINICANA DE LEVANTAMIENTO  
DE PESAS

## 7. EQUIPMENT.

ELEIKO IWF certified equipment will be used.

## 8. ACCREDITATIONS

Please send passport copies with the digital photos of all the members of your delegation so you can have your ID on arrival.

## 9. DOPING CONTROL

Doping Controls will be carried out by ITA on behalf of IWF by an appointed sample collection authority in accordance with IWF Anti-Doping Policy.

## 10. AWARDS

- Snatch, Clean & Jerk and Total will be awarded with gold, silver and bronze medals for the first, second and third place respectively.
- A trophy will be awarded for the best team in Men and Women
- A trophy will be awarded for the best lifter in Men and Women.

## 11. NATIONAL ANTHEM / FLAG

- Please bring your national anthem in an USB memory and flags and deliver during the accreditation process.

## 12. TECHNICAL OFFICIALS

- Will be selected by the PAWF (and approved by the IWF). They will be exempt of any local payment (Room, board and local transportation).

Those who send full team must comply with the Rules of one (1) ITO man and 1 ITO woman.



### 13. IMPORTANT INFORMATIONS

The weather in Juan Dolio and Santo Domingo during the competition days will be around 26° 31° Celsius.

The electricity is 110 watts

The local currency is Dominican Peso. The Exchange rate will be around DOP58.90 xU\$1

### 14. INSURANCE

All participating member federations must undertake full moral and financial responsibility in of the registered athletes/delegates/personnel with regard to their health and wellness and in case of accidents or damages.

### 15. VISA

- We kindly ask you to start the visa process in case you need it. Otherwise you must pay for a tourist card on arrival (in the airport) which cost is U\$10.00.

Any information needed please refer to [luig45@yahoo.com](mailto:luig45@yahoo.com)

### 16. COMMITTEES MEETING

Will be held on April 17<sup>th</sup> at 17:00 hours

### 17. EXECUTIVE BOARD MEETING

Will be held on April 17<sup>th</sup> at 19:00 hours

### 18. FINAL VERIFICATION

Will be held on April 18<sup>th</sup> at 09:00 hours

### 19. TECHNICAL OFFICIALS MEETING

Will be held on April 18<sup>th</sup> at 10:00 hours

### 20. ANTI-DOPING SEMINAR

Will be held on April 19<sup>th</sup> at 10:00 hours

### 21. ORGANIZING COMMITTEE

President: Mr. Roberto Fulcar

Member: Mr. Willian Ozuna, Tel. 1.809.707.8592

### 22. PAN AMERICAN WEIGHTLIFTING FEDERATION

Address: Av. Salaverry 3810 San Isidro Lima, Perú.

Phone: +51 994 516 230

President: José Quiñones

Secretary General: William Peña

## CALENDARIO PRELIMINAR/ PRELIMINARY CALENDAR

**Sujeto a cambios en la Verificación final / Subject to Final Verification**

FECHA / DATE	ACTIVIDAD / HORA		ACTIVITY / TIME
Viernes 17 / Friday 17	Llegada de Delegaciones / Arrival Delegations		
	Reuniones Comités 17:00	Committees Meetings 17:00	
	Reunión Comité Ejecutivo 19:00	Executive Board Meeting 19:00	
Sábado 18 / Saturday 18	Verificación Final / Final Verification 8:00		
	Reunión Oficiales Técnicos 9:00	Technical Officials Meeting 9:00	
	Taller Anti-Dopaje, para Atletas, Entrenadores y Oficiales Técnicos / Workshop for Athletes, Coaches and Technical Officials 10:00		
	CATEGORIA CATEGORY	PESAJE WEIGH-IN	COMPETENCIA COMPETITION
Domingo 19 / Sunday 19	M61B	13:00	15:00
	W49B	15:00	17:00
Lunes 20 / Monday 20	M55A	7:00	9:00
	W45A	9:15	11:15
	M61A	11:30	13:30
	<b>INAUGURACION 16:00</b>		
	W49A	15:00	17:00
Martes 21 / Tuesday 21	M73B	6:30	8:30
	W64B	8:30	10:30
	W55A	10:30	12:30
	M67A	13:00	15:00
	W59A	15:30	17:30
	M81B	17:30	19:30
Miércoles 22 / Wednesday 22	W76B	6:00	8:00
	M73A	8:00	10:00
	W64A	10:00	12:00
	M81A	12:30	14:30
	M96B	15:00	17:00
	W71A	17:30	19:30
Jueves 23 / Thursday 23	M89A	6:00	8:00
	W76A	8:00	10:00
	M96A	10:00	12:00
	M102A	12:30	14:30
	W81A	15:00	17:00
	M109A	17:30	19:30
Viernes 24 / Friday 24	M+109A	7:00	9:00
	W87A	9:30	11:30
	W+87A	12:00	14:00
Sábado 25 / Saturday 25	Salida Delegaciones / Delegation Departure		