



**The Hon. Presidents /General Secretaries
Africa National Weightlifting Federations/Associations**

Re: Africa Youth (12th Men & 11th Women) and Junior (26th Men & 21st Women) Weightlifting Championships scheduled to be held on December 5-11, 2020 in Nairobi, Kenya.

Dear Sir/Madam,

Kenya Amateur Weightlifting Association is very much pleased to invite your national weightlifting teams to participate in Africa (12th Men & 11th Women) and Junior (26th Men & 21st Women) weightlifting championships from December 5, through 11, 2020 at Nairobi.

Competition Date and Venue:

Africa (12th Men & 11th Women) and Junior (26th Men & 21st Women) weightlifting championships will be held in Nairobi Ruaraka Sports Club hall from December 5, through 11, 2020.

Competition Rules and Regulations:

The competition will be held and organized in accordance to the IWF Technical and Competition rules & regulations, 2018 IWF Calendar Policy and IWF Anti-Doping Policy.

The WFA will appoint the technical officials (ITOs) whom will be nominated by their national Federations/Associations to officiate for the championships.

Eligibility

According to the IWF Technical and Competition Rules & Regulations, the athletes have the eligibility to participate as follows:

Youth: 13 – 17 years of age (from 2007 to 2003)

Junior: 15 – 20 years of age (from 2005 to 2000)

The passport is considered as the official document to prove the age and the eligibility of the Athlete.

In accordance with 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 the IWF Event in question and in this case, not later than **05th October 2020**.

An Athlete who does not comply with this provision is not eligible to compete at the IWF Event.

Only IWF Member Federations or their competitors that have no arrears towards the IWF & WFA are eligible to participate.

A maximum of ten (10) men and ten (10) women of both youth and junior competitors could be registered plus two (2) reserves for each gender and age group may also be entered but during the verification of final entries each country can only register (10) men and (10) women competitors as final entry without any reserves.

It is possible to change the bodyweight categories and the entry total latest on the Verification of Final Entries.

The maximum participating team must be spread amongst the bodyweight categories with a maximum of two (2) athletes per category.

The IWF and WFA will not accept any preliminary or final entries after the stated dates.

COMPETITION EVENTS AND CATEGORIES

Youth:

Men: 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg

Women: 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg

Junior:

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

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

ENTRY FORMS

Enclosed are both preliminary and final entry forms. Preliminary entry forms to be submitted to both the organizing committee (KAWA) and WFA respectively no later than **October 5, 2020**.

Final entry forms to be submitted to both the organizing committee (KAWA) and WFA respectively no later than **November 5, 2019**.

Maximum athletes allowed on preliminary and final entry forms for both Youth and Junior men and women are 12 competitors for each gender.

EQUIPMENT

Sport Equipment: IWF approved sport equipment will be provided.

TIS Result System: Approved by IWF.

DOPING CONTROL

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

ACCREDITATION

The federations/associations must send the colored photos for all the delegates (athletes and officials) with the final entry forms.

Accreditation of the Delegations will take place at the Hotel Henesis upon arrival.

Please note that the Accreditation will be valid only for the days registered on the Accreditation Card at the Accreditation Centre and will be issued only after full payment of accommodation, entry and Anti-Doping Fees.

ACCOMMODATION

The accommodation for all delegations will be at Hennessis Hotel

Address: Limuru Rd.

Opp Jamhuri High School

Nairobi, Kenya

Level: 3 star Hotel

Tel: +254701 111 844 or +254 790 349 980

Webpage: <http://hotelhennessis.com/>

The hotel will be provided from 5-11 December 2020 to the end of the competition with the following normal rates:

- a) **USD \$125** full board per person per night for standard single rooms.
- b) **USD \$100** full board per person per night for standard twin rooms.
- c) **USD \$ 90** full board per person per night for standard triple rooms.

FINANCIAL CONDITIONS

Only affiliated national federations/associations that have paid their IWF and WFA Subscription fees have the right to participate in this competition.

Entry Fee of **US \$150** per person (including **US \$50** Anti-Doping Fee) shall be paid to the WFA by each delegation for all their athletes and officials (Except the officials whom will be appointed to officiate during the competition).

All payments must be made in cash to the Organization Committee preferably in US Dollars upon Arrival at the accreditation center located at the Henesis Hotel.

The WFA is responsible for providing the Trophies, Medals and Certificates.

Reference to IWF Regulations, a minimum **30%** of all fees for the team is required with the final entries. Balance of total payment will be made on arrival at the Accreditation Centre. To enable us make proper booking for your accommodation; All Teams must submit their Registration Forms for accommodation by **November 05, 2020**.

According to the IWF TCRR, WFA will appoint Cat. (1) & Cat. (2) ITOs from the nomination list of their national federations to officiate in the championships and the Organizing Committee will cover the accommodation and board costs for the technical officials who will be appointed to officiate for the competition.

According to the WFA Constitution, the Organizing Committee will cover the flight tickets, accommodation and board costs for the WFA President and General Secretary or one of WFA delegate.

The Organizing Committee will cover the accommodation and board costs for one of IWF delegate.

The Organizing Committee will cover the accommodation and board costs for the WFA TIS staff members, one of the WFA secretariat and appointed IWF DCOs.

All teams will be received at Jomo Kenyatta International Airport upon their arrival and they will be transported by shuttle bus to the Hotel, and return.

Accommodation and Transportation forms (in the Final Entry form) shall state the date and time of arriving and departure, which airline and flight number of each delegate will be arriving on.

COMPETITION AND TRAINING VENUES

Competition and training venues will be at Ruaraka Sports club 20 minutes drive from the Hotel.

TRANSPORT

Local transportation will be provided from/to Jomo Kenyatta International Airport for all delegations upon their arrival and departure.

Buses will be provided to/from competition and training venue.

VISA

All participants should contact the respective Embassy in their own country for Entry Visas to Kenya.

Entry Visa on arrival is **USD 50**. For those who require prior visa to Kenya visit the following link one month before to apply online for <http://evisa.go.ke/evisa.html> and send us details to follow up.

COVID -19

All participants will be required to produce Corona test certificate at the Airport, taken in the previous 72 hours.

YELLOW FEVER CERTIFICATE

Valid yellow fever is a requirement and must be produced at the Airport.

HEALTH INSURANCE

According to IWF Rules, the participating Federations must undertake full moral and financial responsibility of their registered/ accredited delegates with regard to their health and wellness and in case of accidents or damages not attributable to the OC.

FLAG AND ANTHEM

All participating delegates of each country are kindly requested to bring with them an Audio Cassette or CD of their National Anthem and two National Flags with a size of 100 x 150cm. These Items will be submitted on arrival at the Accreditation Centre. You can also send an attachment of the Anthem's Audio file by E-mail, CD or flash Drive.

AWARDS

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women in the Snatch, the Clean and Jerk and the Total.

Certificates of participation will be presented to all participants.

Trophies will be awarded to the best three teams in total respectively for both men's and women's in accordance with IWF Team Classification.

The WFA will provide the trophies for best men's and women's lifters for both age groups.

GENERAL INFORMATION

All electrical Alternate Current (AC) power sources have 220/240 Volts and DC batteries range From 1.5 Volts onwards, types including (AA & AAA, etc). All plug types are readily available.

Average temperature in Nairobi during the Championships is 26°C - 14°C.

Smoking is prohibited in public areas but only on designated points, kindly take note.

Currency rate is US\$ (1 US dollar = 102 Kenya Shillings).

TENTATIVE PROGRAM

Saturday Dec 5, 2020: Arrival of delegations

Sunday Dec 6, 2020: 09.00 am Verification of entries

Monday Dec 7, 2020: Opening ceremony 10.00 Competition from 12.00 am

Tuesday Dec 8, 2020: Competition from 10.00 am

Wednesday Dec 9, 2020: Competition from 10.00 am

Thursday Dec 10, 2020: Competition from 10.00 am and closing ceremony at night

Friday Dec 11, 2020 Departure

BANK DETAILS

Kenya Amateur Weightlifting Association

> Kenya Cooperative Bank

> A/C USD 02100579201800

> Swift Code KCOOKENA

> Branch code 1127

We are looking forward to receiving you in Nairobi as our valuable guests

Attached;

- Entry Forms (Preliminary and final)
- Flight Details
- Accommodations

CONTACT DETAILS

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Pius Ochieng

President of Kenyan Amateur Weightlifting Association

Pius Ochieng
KAWA President

