

## INVITATION

### Presidents of the Weightlifting Federations of America

Dear friends, Mexican Weightlifting Federation has the honor of inviting the National Federations that are members of the Pan American Weightlifting Federation to participate in the Youth Pan American Championship. Which will be held from August 16 to 23, 2021 in the city of Monterrey, Nuevo León, Mexico.

We appreciate your participation and be sure that Mexico awaits you with open arms to be the host you deserve.

SINCERELY  
"HONOR AND SPORTS SPIRIT"



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Dr. Rosalio Antonio Alvarado Del Ángel  
President of Mexican Weightlifting Federation

## 1. REGULATIONS AND RULES OF COMPETITION

The competitions of the Youth Pan American Championship will be held in accordance with the Constitution and Rules of the (IWF), under the supervision of the Pan American Weightlifting Federation.

Athletes born: 2004-2008

They are eligible to participate.

According to Article 5.5.16 of the IWF 2021 Anti-Doping Rules, information on the Athletes' whereabouts must be provided at least two months before the event (before June 18, 2021).

Member Federations that have debts with the IWF / FPLP will not be allowed to compete.

Only athletes accredited by the National Federations affiliated with the Pan American Weightlifting Federation may participate.

## 2. PLACE OF COMPETITION AND TRAINING

Weightlifting Gym of "CARE Parque Niños Héroes"

Av. Manuel L. Barragan s/n Col. Regina Monterrey, Nuevo León, Mexico 64400

### Training

Multipurpose area of the "CARE Parque Niños Héroes"

## 3. DATE OF THE EVENT: August 16 to 23, 2021

Arrival of the Delegations: August 16, 2021

Departure of the Delegations: August 23, 2021

## 4. EVENTS

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



## FEDERACIÓN MEXICANA DE LEVANTAMIENTO DE PESAS A.C.



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

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

### 5. REGISTRATION

Preliminary registrations will be received until June 16, 2021, through the following link:

<https://forms.gle/zVE8ZUSpXGe4CkM58>

Final registrations will be received until July 16, 2021, through the following link:

<https://forms.gle/K9frpiU2DabqQXoB6>

Athletes who do not appear in the preliminary entries will not be able to compete

Entries will be sent to:

Federation: [drchaliofmlp@hotmail.com](mailto:drchaliofmlp@hotmail.com)

Organizing committee: [elsiete7@hotmail.com](mailto:elsiete7@hotmail.com)

### 6. FINANCIAL CONDITIONS

It will be reserved for accommodation, food and internal transport, for a minimum of four (4) nights, the amount of:

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

single room, USD \$ 140.00 per person / night all inclusive.

Accommodation will be at the Hotel: Wyndham Garden Monterrey Norte

Av. Universidad 501, Colonia Roble, San Nicolás de los Garzas, Mexico, 66450

### INTERNAL TRANSPORTATION:

The Organizing Committee will provide internal transportation throughout the event to all participating delegations from arrival at the airport to departure.



## FEDERACIÓN MEXICANA DE LEVANTAMIENTO DE PESAS A.C.



### REGISTRATION COST:

Athletes: USD \$ 125.00 per person

Officers: USD \$ 125.00 per person

COVID19 Test Cost, USD \$ 80.00 per person

Antigen test application upon arrival at the hotel and PCR application for departure flight.

These costs will be paid in cash or by bank transfer.

### BANK ACCOUNT FOR TRANSFER

Name: Federacion Mexicana de Levantamiento de Pesas A.C.

Address: Avenida Rio Churubusco, Puerta 9. Exejido de la Magdalena Mixhuca, Delegacion Iztacalco, Distrito federal, Mexico.

Bank name: Scotiabank Inverlat

Bank address: Boulevard Puerto Aereo 151, Colonia Federal. Delegacion Venustiano Carranza, Codigo Postal 15700, Mexico D.F.

IBAN or Banl account: 00 103 125 718

CLABE: 044 18000 103 125 7189

Swift: MBCMXMM

For questions about deposits, you can contact Evelyn Castillo García [elsiete7@hotmail.com](mailto:elsiete7@hotmail.com) cell phone: +52 444 165 1348

### 7. COMPETITION EQUIPMENT

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

## 8. ACCREDITATIONS

Please send along with your entries the digital photo in .JPG format with the name of the participant and passport of each of the members of your delegation, to prepare them before your arrival.

## 9. DOPING CONTROL

Doping control will be carried out by the ITA on behalf of the IWF for appointment of a sampling authority in accordance with the IWF Anti-Doping Rules.

## 10. AWARDS

The three modalities (Snatch, Clean and Jerk and Total) will be awarded with Gold, Silver and Bronze medals for the First, Second and Third places respectively.

The Best Male and Female Team will be awarded with a Trophy.

The Best Male and Female Lifter will be awarded with a Trophy.

## 11. HYMN / FLAG.

Please bring your flags and hymns and return at the time of accreditation.

## 12. TECHNICAL OFFICIALS

All participating countries with a full team may accredit up to two (2) Referees with a valid international card; and the participating countries with incomplete teams will be able to accredit one (1) referee with a valid international card, to all of them the headquarters offers accommodation and meals at no cost. From August 16 to 23, 2021, departure date

## 13. IMPORTANT INFORMATION:

Monterrey temperature: 37 ° c to 21 ° c

Monterrey altitude: 540 m.



## FEDERACIÓN MEXICANA DE LEVANTAMIENTO DE PESAS A.C.



Electricity: 120 volt.

Currency: Mexican Peso

### 14. INSURANCE:

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

### 15. VISA:

We ask you to process your Visa at the Consulate of your Country, if necessary.

### 16. MEETING OF THE EXECUTIVE COMMITTEE:

August 17, at 7:00 p.m., Venue of the Hotel

### 17. FINAL VERIFICATION:

August 17, 2021 at 11:00 am, Hotel venue room

### 18. MEETING OF TECHNICAL OFFICIALS:

August 17, 2021 at 5:00 p.m., Hotel venue room

### 19. ORGANIZING COMMITTEE:

Mexican Weightlifting Federation

Dr. Rosalio Antonio Alvarado del Ángel

drchaliofmlp@hotmail.com Cell: +52 444 803 6771

**20. COMPETITION PROGRAM:**

DATE	SCHEDULE	EVENT			
16/08/2021		ARRIVAL OF DELEGATIONS			
17/08/2021	11:00	FINAL VERIFICATION MEETING			
	17:00	TECHNICAL OFFICIAL MEETING			
DATE	WEIGHIN	COMPETITION	BW. CAT.	GROUP	GENDER
18/08/2021	10:00	12:00	40 y 45	A	Female
	12:00	14:00	49	A	Male
	14:00	Opening			
	15:00	17:00	49	A	Female
DATE	WEIGHIN	COMPETITION	BW. CAT.	GROUP	GENDER
19/08/2021	08:00	10:00	55	A	Male
	10:00	12:00	55	A	Female
	12:00	14:00	61	A	Male
	14:00	16:00	59	A	Female
DATE	WEIGHIN	COMPETITION	BW. CAT.	GROUP	GENDER
20/08/2021	08:00	10:00	67	A	Male
	10:00	12:00	64	A	Female
	12:00	14:00	73	A	Male
	14:00	16:00	71	A	Female
DATE	WEIGHIN	COMPETITION	BW. CAT.	GROUP	GENDER
21/08/2021	08:00	10:00	81	A	Male
	10:00	12:00	76	A	Female
	12:00	14:00	89	A	Male
	14:00	16:00	81 y >81	A	Female
DATE	WEIGHIN	COMPETITION	BW. CAT.	GROUP	GENDER
22/08/2021	10:00	12:00	96 y 102	A	Male
	12:00	14:00	>102	A	Male
23/08/2021		DEPARTURE OF DELEGATIONS			

The competition program is subject to changes according to the number of participants and other related considerations.