



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

Re: African Senior (32nd Men & 21st Women) Weightlifting Championships scheduled to be held on 26/10-04/11/2022 in Cairo, Egypt.

Dear Sir/Madam,

The Egyptian Weightlifting Federation is very much pleased to invite your national weightlifting teams to participate in African Senior (32nd Men & 21st Women) weightlifting championships on 26/10-04/11/2022 at Cairo, Egypt.

COMPETITION DATE AND VENUE

African Senior (32nd Men & 21st Women) weightlifting championships will be held in Cairo Stadium, Hall (3) on 26/10-04/11/2022.

COMPETITION RULES AND REGULATIONS

The competition will be held and organized in accordance to the IWF Technical and Competition Rules & Regulations and IWF Anti-Doping Rules.

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 born in 2007 or earlier** have the eligibility to participate.

In accordance with Article 5.6.5 of the **IWF Anti-Doping Rules submission of the athletes' whereabouts must be provided at least two months prior to the event (before 29th August, 2022).**

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

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

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

A maximum of ten (10) men and ten (10) women senior competitors could be registered plus two (2) reserves for each gender may also be entered but during the verification of final entries each country can only register (10) men and (10) women Senior 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

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 should be signed and stamped from the national federations and submitted to both the Organizing Committee (EGY) and WFA respectively no later than **August 26th, 2022.**

Final entry forms should be signed and stamped from the national federations and submitted to both the Organizing Committee (EGY) and WFA respectively no later than **September 26th, 2022.**

Maximum athletes allowed on preliminary and final entry forms 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 Rules.

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 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 Tolip Gardens Hotel.

Address: Suez Road / Cairo, Egypt

Level: 5 Star Hotel

Tel: +20 22 410 2580

Webpage: <http://www.tolipgardens.com>

Email: info@tolipgardens.com

The hotel will be provided from **25 October 2022 to 05 November 2022 (one day prior and one day after the official competition days)** with the following normal rates:

- a) **USD \$ 110** full board per person per night for standard single rooms.
- b) **USD \$ 90** full board per person per night for standard twin rooms.
- c) **USD \$ 80** full board per person per night for standard triple rooms.

Any extra days will be charged at the normal rates of the day.

Accommodation forms shall be sent with the final entries to both the Organizing Committee (EGY) and WFA respectively no later than **September 26th, 2022.**

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 IWF Special Anti-Doping Fee** for **athletes** and **US \$50 WFA Anti-Doping Fee** for **officials**) 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 Tolip Gardens 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 center. To enable us to make proper booking for your accommodation; All teams must submit their registration forms for accommodation by **September 26th, 2022.**

According to the IWF TCRR, the 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.

The Organizing Committee will cover the accommodation and board costs for three nights for the WFA EB Members.

The Organizing Committee will cover the accommodation and board costs for the IWF representatives, WFA Secretariat Members, WFA TIS staff and selected Doping Control Officers (DCOs).

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

Accommodation forms shall state the dates and required rooms, also shall be sent with the final entries to both the Organizing Committee (EGY) and WFA respectively no later than **September 26th, 2022.**

COMPETITION AND TRAINING VENUES

Competition will be at Cairo Stadium, Hall (3) and training venue will be at Tolip Gardens Hotel.

TRANSPORT

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

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

Transportation forms shall be sent with the final entries to both the Organizing Committee (EGY) and WFA respectively no later than **September 26th, 2022,** and shall state which airline and flight number of each delegate will be arriving on, and will be returned.

VISA

All participants should contact the respective embassy in their own country for entry visas to Egypt.

An entry visa will be obtained on arrival at Cairo International Airport for those who do not have Egyptian embassies in their countries and it costs **25 USD** per person.

COVID -19

All participants will be required to produce Covid-19 test certificate at the Airport, taken in the previous 72 hours.

All participants must produce a test certificate 72 hours prior to their return.

The test will be paid **\$ 50** per person to the organizing committee during their arrival.

YELLOW FEVER CERTIFICATE

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

HEALTH INSURANCE

According to IWF Rules, the participating national federations must undertake full moral and financial responsibility of their registered/ accredited delegates regarding 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 center. 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.

TENTATIVE PROGRAM

Wednesday 26 October 2022

Arrival and accreditation of delegations

Thursday 27 October 2022

10:00

Verification of Final Entries

12:00

WFA EB Meeting

17:00

Technical Officials Seminar

Friday 28 October 2022

10:00

Anti-Doping Education Seminar

12:00

WFA Congress Meeting

17:00

Opening Ceremony

Saturday 29 October 2022

11:00

Competition
Cat. 45 Kg (Women)

14:00

Competition
Cat. 55 Kg (Men)

17:00

Competition
Cat. 49 Kg (Women)

Sunday 30 October 2022

11:00

Competition
Cat. 61 Kg (Men)

14:00

Competition
Cat. 55 Kg (Women)

17:00

Competition
Cat. 67 Kg (Men)

Monday 31 October 2022

11:00

Competition
Cat. 59 Kg (Women)

14:00

Competition
Cat. 73 Kg (Men)

17:00

Competition
Cat. 64 Kg (Women)

Tuesday 01 November 2022

11:00

Competition
Cat. 81 Kg (Men)

14:00

Competition
Cat. 71 Kg (Women)

17:00

Competition
Cat. 89 Kg (Men)

Wednesday 02 November 2022

11:00

Competition
Cat. 76 Kg (Women)

14:00

Competition
Cat. 96 Kg (Men)

17:00

Competition
Cat. 81 Kg (Women)

Thursday 03 November 2022

10:00

Competition
Cat. 102 Kg (Men)

12:00

Competition
Cat. 87 Kg & +87 (Women)

15:00

Competition
Cat. 109 Kg & +109 (Men)

19:00

Closing Ceremony & Banquet

Friday 04 November 2022

Departure of Delegations

Please note: This tentative program may subject to be changed after the verification of final entries.

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 Cairo during the Championships is 32°C - 18°C.

Currency rate is US\$ (1 US dollar = 19 Egyptian Pound).

BANK DETAILS

Beneficiary Name: Egyptian Weightlifting Federation

Beneficiary Address: Cairo, Egypt

Beneficiary Bank: Arab African International Bank

Bank Address: Cairo, Egypt

Account Number: 6760

Swift Code: ARAIEG CXGRD

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

Attached;

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

CONTACT DETAILS

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