



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

OFFICIAL INVITATION

Dear Friends,

The Dominican Weightlifting Federation has the commitment to organize the **Central American and Caribbean Championships**, to be held in Santo Domingo, capital city of the Dominican Republic from April 16th to 23rd, 2023.

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 **Central American and Caribbean Games**.

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 region a championship worthy to participate.

Please find enclosed the Rules and Regulations and competition calendar 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,


Lic. WILLIAN FELIX OZUNA
Presidente



COMPETITION REGULATIONS

1. GENERAL CONDITIONS

The competitions will be held in accordance with the IWF Technical and Competition Rules and Regulations (TCRR) and will be under the control of the Pan American Federation.

2. TRAINING AND COMPETITION VENUES

The training hall 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. ELEGIBILITY

Athletes born in or before 2008 (aged 15 years) are eligible to participate.

Only Member Federations who have no arrears to the IWF/PAWF are permitted to compete.

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules Athletes whereabouts information shall be submitted at minimum three months prior to the Event (by 18 January 2023).

Arrival of the delegations April 16th 2023. Departure of the delegations April 23th 2023

4. EVENTS

The bodyweight will be the officials of the Technical and Competition Rules and Regulations of the IWF:

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 17th, 2023. Up to 20 (twenty) athletes per gender can be submitted. After this date, athletes cannot be added/changed. At the same time, for administrative issues, national Federations must declare the number of Officials that will participate.

The final entries will be received by March 17th, 2023. Only those athletes and officials who had been preliminary registered can be confirmed. The Final List must include up to 12 (twelve) athletes per gender (10 + 2 reserves).

Entries can be sent to:

- E-mail: dosmilsonrisas@yahoo.com or luig45@yahoo.com

6. FINANCIAL CONDITIONS

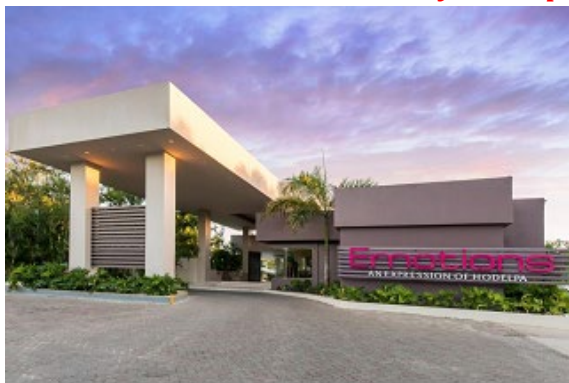
Participation Fee (including food, accommodation and local transportation) and by 4 nights minimum:

Single room: \$150.00 USD, per person / per night / all included

Double room: \$100.00 USD, per person / per night / all included



The hotel will be ***Emotions By Hodelpa***, Calle principal, Playa Juan Dolio



- 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.

7. ENTRY FEE

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

OFFICIALS US \$ 125.00 PER PERSON

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

BANK ACCOUNT FOR TRANSFER

BANCO BENEFICIARIO: BANCO POPULAR DOMINICANO

SWIFT: BPDODOSX

IBAN: 57635761

NUMERO DE CUENTA: 769615600

BENEFICIARIO: FEDERACION DOMINICANA DE LEVANTAMIENTO
DE PESAS

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. The same will be delivered on arrival and after payment.



9. EQUIPMENT.

ELEIKO IWF certified equipment will be used.

10. FINAL VERIFICATION

Will be held on April 17th at 09:00 hours

11. TECHNICAL OFFICIALS MEETING

Will be held on April 17th at 11:00 hours

12. DOPING CONTROL

Doping Control will be carried out by the Sample Collection Authority appointed by ITA on behalf of IWF in accordance with the IWF Anti-Doping Rules.

13. 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.

14. TECHNICAL OFFICIALS

Will be appointed by the Pan American Weightlifting Federation and according to current regulation, all participating countries with full team may accredit up to 2 (two) Referees with valid international card, one (1) ITO man and one (1) ITO woman; and the participating countries with non-full teams may accredit up to 1 (one) Referee with valid international card. To all of them, the Organizing Committee will cover full accommodation at no cost from April 16 to 23 2023.

15. INTERNAL TRANSPORTATION

The Organizing Committee will provide internal transportation from Las Americas International Airport and Higueral Airport from arrival and to departure to those airports.

16. 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 DOP56.90 x U\$1.

17. 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.



18. 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

19. CONTACT DATA

Federación Dominicana de Levantamiento de Pesas: fedompesa@gmail.com

President of the Pan American Federation: Ing. José Quiñones, Tel. +51 99 451-6230

President of DOM NF: Lic. Willian Ozuna, Tel. 1-809-707-8592

Competition Director: Prof. Maritza Ortiz, 1-849-343-6413



CALENDARIO PRELIMINAR/ PRELIMINARY CALENDAR

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

FECHA / DATE	ACTIVIDAD / HORA		ACTIVITY / TIME
Domingo 16 / Sunday 16	Llegada de Delegaciones		Delegations Arrival
Lunes 17 / Monday 17	Verificación Final 09:00		Final Verification 09:00
	Reunión Oficiales Técnicos 11:00 / Technical Officials Meeting 11:00		
	Inauguración 17:00 / Opening Ceremony 17:00		
	CATEGORIA CATEGORY	PESAJE / WEIGH- IN	COMPETENCIA / COMPETITION
Martes 18 / Tuesday 18	M 55	10:00	12:00
	W 45 / 49	12:30	14:30
	M 61	15:00	17:00
Miércoles 19 / Wednesday 19	W 55 / 59	10:00	12:00
	M 67	12:30	14:30
	M 73	15:00	17:00
Jueves 20 / Thursday 20	W 64	10:00	12:00
	M 81	12:00	14:00
	W 71	14:00	16:00
Viernes 21 / Friday 21	M 89	10:00	12:00
	M 96 / 102	12:30	14:30
	W 76	15:00	17:00
Sábado 22 / Saturday 22	M 109 / +109	9:00	11:00
	W 81	7:00	9:00
	W 87 / +87	12:30	14:30
Domingo 23 / Sunday 23	SALIDA DELEGACIONES / DELEGATIONS DEPARTURE		