



2023 IWF GRAND PRIX
HAVANA, CUBA

June 8-18, 2023
in PABEXPO Exhibition Complex



INVITATION

To the President/General Secretary
of IWF Affiliated National Weightlifting Federation/Association

Dear Sir/Madam,

On behalf of the Cuban Weightlifting Federation, the Mayor's Office of Havana, the Institute of Sport, Education Physical and Recreation INDER and the Cuban Olympic Committee we have the great honor to invite you to the 2023 IWF Grand Prix I, qualifying event for Paris 2024 Olympic Games, during the period from June 8th to 18th in Havana, Cuba.

Havana, the Cuban capital, is located in the west of Cuba and although it is the smallest of all the provinces, its more than two million inhabitants make it the most populated on the entire island. In its 15 municipalities, particularly those of Playa, Plaza de la Revolution, Centro Habana, Habana del Este and La Habana Vieja (a World Heritage Site by UNESCO since 1982), the traveler will find innumerable sites of architectural, cultural and tourist interest.

Visiting Havana is something that can be done all year round. Its warm climate most of the year, with temperatures ranging between 20.0 °C and 29.8 °C, is the perfect incentive to explore the city. You can even plan your trips to Havana to attend events such as the famous International Festival of New Latin American Cinema, the International Ballet Festival of Havana, the International Book and Literature Fair, as well as world-class congresses and symposiums. that are held in the many spaces for conventions and events in Havana.

We hope to see you soon in this tropical paradise called CUBA!



Dr. C. Jorge Luis Barcelán Santa Cruz
President of the Cuban Weightlifting Federation
Chair of the Organizing Committee



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COMPETITION REGULATIONS



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1. DATES & PLACE

08 – 18 June 2023, Havana, Cuba

2. COMPETITION AND TRAINING VENUE

PABEXPO Exhibition Complex

Street 17 e/ 174 y 190, Siboney, Playa, Havana, Cuba

3. ACCOMMODATION

Accommodation will be at the following hotels:

- **Hotel Melia Cohiba**
- **Hotel Melia Havana**
- **Hotel Grand Aston**

A minimum stay of 4 (four) nights is required for all participants.

In case of exceeding the planned lodging capacities, two (2) more hotels will be available.

*** NOTE: Check-in: 14.00 / Check-out: 12.00**

4. FINANCIAL CONDITIONS

Accommodation Fee (with full board)

Single room	170 EUR / per person / per night
Double & triple room	140 EUR / per person / per night

Entry fee

Athletes:	300 EUR per person (incl. 100 EUR IWF Special AD Fee)
Delegates & Team Officials:	200 EUR per person

Payment

Check-in: All participants (who did not make payment by bank transfer) must make full payment upon arrival in cash (in euros) to the Local Organizing Committee.

All payments must be made in Euro and any bank charges for transfers or other transactions are the responsibility of the Member Federation.

No accommodations or accreditations will be offered to any delegation member until funds have been received in full to the Local Organizing Committee bank account or paid in cash. **No accommodation is guaranteed until full payment is received.**



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Hotel "No-Show" charges: If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form and have not informed the Local Organizing Committee 10 days before the arrival, the delegation must pay to the Local Organizing Committee, previously to the accreditation, the charge of "No-Show" per person. The charge is equal to the Accommodation Fee per person / per day.

If one or more participants are delayed one or more days, the delegation must pay all the days specified in the Accommodation & Transportation Form sent.

After the submission of the Accommodation & Transportation Form on **08/05/2023** should you require any additional hotel rooms, the LOC will try their best to accommodate your additional team members in the same hotel and however, this cannot be guaranteed.

Cancellations will not be accepted after **14/05/2023** and no refunds will be given.

BANK TRANSFER PAYMENTS

Important rules for Bank transactions:

A minimum of 50% of the total payment must be transferred by **08/05/2023** to the Bank Account of Local Organizing Committee. Please ask your bank and consider the time it takes to process the transfer for the payment to arrive by the deadline date and time.

We kindly ask that you send, 15 (fifteen) days before your arrival, the bank document that accredits the funds transfer to iwfgrandprix2023@pesasamerica.org to validate your payment with our bank.

Note: To avoid confusion, in the transfer order to record in the reference or object of the transfer: **"IWF Grand Prix 2023"**

- **BANK / BBVA PERU**
- **LOCATION / Av. República de Panamá 3055, San Isidro, San Isidro 27, Lima, Peru**
- **ACCOUNT NUMBER / 0011-0094-0200252120-07**
- **SWIFT CODE / BCONPEPL**
- **BENEFICIARY / Federación Panamericana de Levantamiento de Pesas**
- **LOCATION / Cal. Cosme Bueno Nro. 222 URB. Agrup Residencial Salamanca de Monterrico Lima – Lima – ATE**
- **CURRENCY / EUR**



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5. PRE-COMPETITION PROCEDURES / ATHLETES' REGISTRATION

Athletes must be registered via the **IWF Online Entry System**:

<https://mf.iwf.sport>

If you have any questions or difficulties, please contact IWF at competition@iwf.sport

PRELIMINARY ENTRIES

The Preliminaries Entries must be uploaded into the IWF Online Entry System by no later than **08 March 2023**.

- Member Federation must submit the Preliminary Entry (Long List) of a maximum number of athletes:

TWENTY (20) MEN and TWENTY (20) WOMEN

**THIS MEANS THAT THE MEMBER FEDERATION CANNOT
ADD / CHANGE ATHLETES AFTER 08 MARCH 2023**

- At the same time for administrative purposes the Member Federation must declare the estimated number of athletes and Team officials who will participate in the 2023 IWF Grand Prix I.

FINAL ENTRIES

The Final List of Athletes must be confirmed in the IWF Online Entry System by no later than **08 May 2023**.

Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by 08 March 2023):

Max. **TWELVE ATHLETES (10+2 RESERVES) / GENDER**

**THE FINAL LIST OF ATHLETES CAN BE SELECTED ONLY FROM THOSE
INCLUDED IN THE PRELIMINARY ENTRY.**

The following documents must be returned by **08 May 2023** (by email):

- Accommodation & Transportation Form
- Passport Copy & Photos for Accreditation

All forms must be sent to the following address: havana2023@iwf.sport



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Media:

All media participants must be approved in advance.

Media applications should be submitted via an online platform, using the link below:

<https://iwf.net/mediareg/>

In case of any question, please contact IWF at

press@iwf.sport & pedro.adrega@iwf.sport

6. VISA

The visitor must have a valid passport or a travel document issued in their name and the corresponding visa or Tourist Card. The countries with which Cuba maintains free visa agreements are exempted. The Tourist Cards can be requested before the Cuban consular representations or the representations of Cuba where there was no embassy. Also, in travel agencies and airlines. They are of two types: for individual tourists or for tourists traveling in a group.

Business trips, journalism, long stays or work, require special visas, so you must go to the Cuban Consulates or Embassies.

<https://visasonline.cubaminrex.cu/en>

If you need any assistance, please contact the Organizing Committee at havana2023@iwf.sport.

7. COVID-19 COUNTERMEASURES

Information related to the COVID-19 protocols for entry into the country can be found under the following [LINK](#).

IWF COVID-19 protocols and procedures must be adhered to by all personnel during this competition.

The documentation and all relevant fees will be available soon.

In case there will be additional requirements by Local Government Authorities, Local Organizing Committee, IWF Medical Committee, the IWF will inform you accordingly.

8. ACCREDITATION

Accreditation will take place in the lobby of the hotel where each delegation will be staying.



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9. FLAG & ANTHEM

Each Member Federation is responsible for bringing its own national flag (100x150 cm) and anthem (USB) and handing them over to the Local Organizing Committee during accreditation. The LOC / IWF cannot be held responsible for errors relating to the flag and anthem.

10. TRANSPORTATION

The OC will provide a shuttle bus from José Martí International Airport for all participants.

Accommodation & Transportation Form must be provided by **08 May 2023**.

- Transportation form shall state which airline, flight number and exact time each delegate will be arriving and departing on. Any change in travel schedule must be communicated in time.
- Local shuttle bus will be provided for all participants to get to the venues (accommodation, competition/training venue and any other official program).

11. COMPETITION REGULATION

The 2023 IWF Grand Prix I will follow the IWF Technical and Competition Rules & Regulations (TCRR).

12. TERMS AND CONDITIONS OF PARTICIPATION

Accredited Participants – athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR) and IWF COVID-19 Protocols;
- Abide by all reasonable directions given by the IWF, the Local Organizing Committee (LOC), TOs;
- Should accept any prize or award given by IWF and/or LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of IWF / LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event – the IWF and/or LOC shall have no responsibility in any loss or damage of this property;
- Should irrevocable release IWF & LOC from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event;
- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors;



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- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed;
- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food and transportation payment prior to use of any LOC or IWF facility, or for airport transfers;
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;
- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the LOC.

13. ELIGIBILITY

Participating athletes must be 15 years of age and over (year of birth 2008 or earlier).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules whereabouts information of the athletes shall be submitted at minimum three (3) months prior to the event (**by 08 March 2023**).

In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at iwf@ita.sport.

14. WADA ADEL ONLINE COURSE

All Athletes participating shall successfully complete the WADA ADeL online course for Athletes before competing.

The course can be found at the following link: <https://adel.wada-ama.org/>

Just as in the case of the IWF iLiftClean platform, Athletes and supported personnel (coaches, team doctors) shall register at the site, watch the videos, and successfully complete the quiz at the end to receive the certificate.

In case Athletes and athlete support personnel (coaches, team doctors, etc.) have any problem with the registration process, please contact WADA at adel@wada-ama.org.

15. EVENT CATEGORIES

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg
WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg



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16. AWARDS

Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category.

Trophies will be awarded to the best male and female athletes, as well as to the top six men's and women's teams, according to the IWF Team Classification.

17. 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.

18. SPORT EQUIPMENT

IWF approved ZKC barbells will be used during the competition and training.

19. INSURANCE

According to IWF Regulations, all participants must be under coverage for travel and accident/injury/illness (COVID-19) by their respective Federations before their departure from their hometown.

20. TEMPERATURE

The climate in Cuba is a moderate subtropical climate with two well differentiated seasons. The dry season is from November to April, which is less humid and somewhat cooler, with average high temperatures between 21 and 28 °C and average low temperatures between 18 and 24 °C; while in the summer months, the average temperature oscillates around 30 °C, with slightly higher humidity.

Contact details:

International Weightlifting Fed.

Maison du Sport International

Av. de Rhodanie 54

Switzerland -1007, Lausanne

Phone: +41 21 601 3227

E-Mail: iwf@iwf.sport
competition@iwf.sport

Local Organizing Committee

Cuban Weightlifting Federation

Address: C. Vedado, La Habana

Calle 13 No. 602 ESQ

Phone: +53 7 333459

E-Mail: havana2023@iwf.sport
cubapesas19@gmail.com



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PRELIMINARY TIMETABLE

06 JUNE / Tuesday	12:00	Verification of Final Entries ONLINE / Further details to follow		
07 JUNE / Wednesday	09:00	Scientific Seminar		
	18:00	Technical Meeting (Teams)		
	19:00	Technical Officials' Meeting		
08 JUNE / Thursday	09:00	Women	49	C
	11:30	Women	45	B
	14:00	Men	55	B
	17:00	OPENING CEREMONY		
	18:00	Men	55	A
	20:30	Women	49	B
09 JUNE / Friday	09:00	Women	55	D
	11:30	Men	61	C
	14:00	Men	61	B
	16:30	Women	45	A
	19:00	Women	49	A
	21:30	Women	55	C
10 JUNE / Saturday	09:00	Men	73	D
	11:30	Men	67	C
	14:00	Women	55	B
	16:30	Women	55	A
	19:00	Men	61	A
	21:30	Men	73	C
11 JUNE / Sunday	09:00	Women	59	D
	11:30	Men	73	B
	14:00	Men	67	B
	16:30	Men	67	A
	19:00	Men	73	A
12 JUNE / Monday	21:30	Women	59	C
	09:00	Men	81	D
	11:30	Women	64	D
	14:00	Men	81	C
	16:30	Women	59	B
	19:00	Women	59	A
	21:30	Women	64	C



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13 JUNE / Tuesday	09:00	Men	89	C
	11:30	Women	64	B
	14:00	Men	81	B
	16:30	Women	64	A
	19:00	Men	81	A
	21:30	Women	71	C
14 JUNE / Wednesday	09:00	Men	96	D
	11:30	Men	89	B
	14:00	Women	71	B
	16:30	Men	89	A
	19:00	Women	71	A
	21:30	Men	96	C
15 JUNE / Thursday	09:00	Women	81	B
	11:30	Women	76	B
	14:00	Men	96	B
	16:30	Men	96	A
	19:00	Women	76	A
16 JUNE / Friday	09:00	Women	87	C
	11:30	Women	87	B
	14:00	Men	102	B
	16:30	Women	81	A
	19:00	Men	102	A
	21:30	Men	109	C
17 JUNE / Saturday	09:00	Women	+87	C
	11:30	Women	+87	B
	14:00	Men	109	B
	16:30	Men	109	A
	19:00	Women	87	A
18 JUNE / Sunday	09:00	Men	+109	C
	11:30	Men	+109	B
	14:00	Women	+87	A
	16:30	Men	+109	A
	20:00	CLOSING CEREMONY		

The competition schedule is subject to change after the verification of final entries.