



**Pan American Championship
Senior Category,
“Simón Bolívar” Cup
Greater Caracas, Venezuela
Qualifier for the J.O Paris 2024
From February 23 to 29, 2024**



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OFFICIAL INVITATION

Sirs:

Federations Affiliated to the F.P.L.P.

After the successful Pan American Championship Sub 15 and Sub 17 Category, held in Venezuela, The Venezuelan Weightlifting Federation, with the endorsement of the Pan American Weightlifting Federation, has the honor of inviting you to participate in the Pan American Championship Senior Category, “Simón Bolívar” Cup, a qualifying event for the Paris 2024 Olympic Games, to be held in the Sucre Municipality, Miranda State, from February 23 to 29, 2024.

Hosting this important event becomes a challenge for our country, which is why we hope to have the valuable participation of athletes from their respective countries, so that they can enhance this important continental event. Likewise, it is our hope that your stay is pleasant and unforgettable for each of you.

Finally, the competitive regulations of our championship are attached, Welcome to Venezuela

Sincerely,

LUIS SEIJAS
President





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COMPETITION RULES

1. General Conditions

The competitions will be carried out in accordance with the technical regulations and competition rules of the International Weightlifting Federation (IWF), under the supervision of the Pan American Federation of this sport.

2. Place and Dates of Competitions

The event will be held at the José "Papa" Carrillo Gymnasium of the Parque Miranda Sports Complex, from February 23 to 29, 2024

3. Eligibility

Participating athletes must be 15 years old or older (birth year 2009 or earlier) Only IWF Member Federations that are not in arrears with the IWF and FPLP are eligible to participate.

In accordance with Article 5.5.16 of the IWF 2023 Anti-Doping Rules, information on the whereabouts of Athletes must be provided at least three months before the event (before November 24, 2023).

4. Events

The categories to compete are the official ones of the IWF technical and competition rules and regulations (TCRR).

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

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

5. Inscription

Preliminary Registrations will be received until **December 23, 2023**.

Note: up to 20 (twenty) athletes per gender may register. After this date, athletes cannot be added or changed. For administrative reasons, the National Federations must declare the number of Officials who will participate.



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In the following links:

Athletes: <https://forms.gle/jCyfgcDzEptbvsc7>

Technical Staff: <https://forms.gle/Qqp4A6qaQqLog7Lj6>

Final Registrations will be received until **January 23, 2024**.

Note: Only those athletes and officials who have been preliminarily registered may be confirmed. The final list may include up to 12 (twelve) athletes per gender (10 starters + 02 reserves)

The transportation and lodging forms must be sent to the following email address institucionfvlp@gmail.com.

6. Financial Conditions

Lodging and meals for the participating delegations will be at: **Hotel Las Américas, Av. Casanova with Calle Chacaíto, Libertador Municipality, D.C., Venezuela and Hotel Pestana, Urb. Santa Eduvigis, Sucre Municipality, Miranda State, Venezuela**

The accommodation has a cost of US\$ 90.00 (North American dollars) per day and per person in double or triple rooms.

Single rooms have a cost of US\$ 140.00 (North American dollars) per day and per person.

Check in at the hotel will be at 1:00 p.m. and check out at 12:00 p.m.

The stay of each of the members that make up the participating teams will be a minimum of four (04) nights.

Bank transfers must be made to the following Bank:

Dollar Savings Account: **0011-0094-0200246058-08**

In the name of: **PAN AMERICAN WEIGHTLIFTING FEDERATION.**

RUC: **20609472741**

Swift Number: **CBONPEPL**

Bank Address: **CAL. COSME BUENO, NRO 222, URB. AGRUP, RESIDENTIAL SALAMANCA DE MONTERRICO LIMA – PERU**



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7. Registration Fee

- Athletes: US \$225.00 (includes US\$100 special IWF anti-doping fee)
- Officials: US \$125

8. Accreditations

It is requested to send, attached to the registration link, a digital photo (white background, JPG Format, Passport Type) identifying the athlete of your delegation to prepare the accreditations.

The credentials will be delivered at the Hotel Pestana at the time of payment of the registration and accommodation, and the passports of each member of the delegation must be presented at the time of accreditation.

9. Competition Team

The competition equipment of the event will be of the ZKC brand approved by the IWF.

10. Final Verification Meeting

It will take place on February 23, 2024 at the **Hotel Pestana at 18:00h.**

11. Meeting of Technical Officials

It will take place on February 23, 2024, at the Pestana Hotel at 19:00h.

12. Doping Control

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

13. Award

The three (3) best lifters of each division in the male and female branch will be awarded in snatch, jerk and total, with gold, silver and bronze medals.

The five (05) best teams in the men's and women's branches will be awarded.

Trophy for the best male and female weightlifter.



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14. Technical Officials

They will be nominated by the Pan American Weightlifting Federation. According to current regulations, all participating countries with the full team may accredit up to 02 (two) referees with a valid international card; and participating countries with incomplete teams may accredit up to 1 (one) referee with a valid international card; to all of them, the organizing committee offers lodging and food at no cost. The arrival of the Referees will be on February 23 and the departure on February 29, 2024.

15. Internal Transportation

The Organizing Committee will provide transportation from the “Simón Bolívar” International Airport, in the City of La Guaira, to the Pestana Hotel in the State of Miranda, both upon arrival and departure of the participating delegations.

16. Safe

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

17. Visa

El Comité Organizador se encargará de realizar la tramitación de su Visa, si lo necesitan.

Por lo cual deberán solicitar y enviar los requisitos por el siguiente correo: inscripcionesfvlp@gmail.com

18. Informaciones Importantes

Weather forecast for the dates of the event: low temperatures of 20°C and high temperatures of 27°C, it is very important to drink plenty of water and stay cool. The electrical voltage service is 110v. The legal tender is the Bolívar.



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19. Contact Information

Venezuelan Weightlifting Federation: inscripcionesfvlp@gmail.com y
fedepesasvenezuela@gmail.com

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JOSE QUIÑONES, PRESIDENT OF THE PAN AMERICAN FEDERATION +51 994516230

HENRY CLARO, DIRECTOR OF THE CHAMPIONSHIP +58 4129536835



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20. Preliminary Program

DATE	DAY	GENDER	CATEGORY	VENEZUELAN TIME	
				WEIGHING	COMPETENCE
February 23	FRIDAY	FINAL VERIFICATION MEETING		18:00h	
		TECHNICAL MEETING		19:00h	
February 24	SATURDAY	FEMENINO	45 KGS A	10:00	12:00
		MASCULINO	55 KGS A	13:00	15:00
OPENING					18:00
February 25	SUNDAY	FEMENINO	49 KGS A	09:00	11:00
		MASCULINO	61 KGS A	11:30	13:30
		FEMENINO	55 KGS A	13:30	15:30
		MASCULINO	67 KGS A	15:30	17:30
February 26	MONDAY	FEMENINO	59 KGS A	09:00	11:00
		MASCULINO	73 KGS A	11:30	13:30
		FEMENINO	64 KGS A	13:30	15:30
		MASCULINO	81 KGS A	15:30	17:30
February 27	TUESDAY	FEMENINO	71 KGS A	09:00	11:00
		MASCULINO	89 KGS A	11:30	13:30
		FEMENINO	76 KGS A	13:30	15:30
		MASCULINO	96 KGS A	15:30	17:30
February 28	WEDNESDAY	FEMENINO	81 KGS A	09:00	11:00
		MASCULINO	102 KGS A	11:30	13:30
		FEMENINO	87 KGS A, +87 KGS A	13:30	15:30
		MASCULINO	109 KGS A, +109 KGS A	15:30	17:30
CLOSURE AND AWARDS					20:00
February 29	DEPARTURE OF THE DELEGATIONS				

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