



2013 COMMONWEALTH SENIOR, JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS

PENANG- MALAYSIA, NOVEMBER 24-30, 2013

Information Bulletin

The 2013 Commonwealth Senior, Junior and Youth Championships this year will be held in the city of Penang, Malaysia. Below you will find relevant information regarding the Championships.

Competition Rules and Regulations

The competition will be held in accordance with the IWF Rules & Regulations.

Competition Categories:

IWF Categories for Men and Women.

Men: 56,62,69,77,85,94,105, +105 **Women:** 48,53,58,63,69,75, +75

Final Entries

The final entry forms must be returned to the Organizing Committee no later than **October 10th 2013**.

Accreditation

Upon arrival, delegations will receive their accreditation. There will be no charges for accreditation.

Barbells/Weights Equipment

ZKC equipment will be used at this event.



Competition and training Venue

The competition and training venue is the Youth and Sport Complex at Batu Uban, Penang.



The Youth and Sport Complex at Batu Uban, Penang.



The Mascot

Training Venue

Training will be available to all teams prior to the competition on a timetable basis.

Preliminary Program:

23 November	Arrival of athletes
24 November	CWF Congress and Verification of Final Entries
24 November	Opening Ceremony and Welcome Dinner
25 November	Master World Cup Championships
26 November	<i>Commonwealth Championships</i>
27 November	Master World Cup Championships
28 November	<i>Commonwealth Championships</i>
29 November	Master World Cup Championships
30 November	<i>Commonwealth Championships</i>
30 November	Closing banquet and presentation of awards

Accommodation

Accommodation will be at the Vistana International Hotel in Penang. Conveniently located in the commercial centre of Penang, The hotel offers easy access to Bayan Lepas, Georgetown, Penang International Airport and Malaysia's mainland peninsular.

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



The Vistana Hotel, The official hotel for this year's Commonwealth Championships

Participation Fee

- Single room: 130 USD per person per day
- Double room: 100 USD per person per day
- Triple room: 85 USD per person per day
- Service apartments (5 persons) 80USD per person per day
- This cost includes full-board (Breakfast 7:00 to 10:00, lunch 12:00 to 15:00, dinner 19:00 to 22:30)

Please note that accommodation shall be paid in full upon arrival at the organising committee accreditation desk.



The Vistana Hotel-Penang, the headquarters of this year's Penang Weightlifting Festival

Transport

Local transport will be provided free of charge from the airport to hotel upon the arrival of delegations. The Organizing Committee will provide also free shuttle service between the Hotel and the competition / training venue.

Legal Points of Entry to Penang

The main gateway to Penang is Penang International airport.

Awards / Prize Money:

Gold, Silver and Bronze medals will be awarded for the Total for each bodyweight category for both Women's and Men's. Trophies will be awarded to the winning teams only (first place for Senior, Junior & Youth for men and women. Also best lifter trophies will be awarded to Senior, Junior and Youth for both men and women.

Travelling Documents and Visas

Travelling to Malaysia is very easy. Most Commonwealth countries do not require visa to enter Malaysia. However we strongly suggest that you contact your nearest Malaysian Embassy/Consulate to confirm whether you require a visa.

Departure Tax

Please note that there is no departure tax in Malaysia .

Health Insurance

As per IWF bylaws, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical services are available at the local hospital, but it is not possible for delegations to purchase health insurance in Penang. Proof of insurance should be presented at accreditation checkpoints.

Doping Control

Doping control will be conducted during the competition in accordance with the IWF Anti-Doping policy. This is the only charge the organizing Committee will impose to all athletes (**only competing athletes are to pay USD\$50 each to cover the cost for Doping test.**)

General Information

Malaysia is situated latitude 1°38'-7°...& Longitude 100°22'-103°75' Total land area is 329750 sq.km. The country is dominated by rugged mountain ranges with a fringe of coral reefs and lagoons which surround the islands.

Population

The population of Malaysia is approximately 25.6 million people. Malaysia is a multicultural society with Indian, Europeans, Asian, and other communities.

Capital

Kuala Lumpur is the capital of Malaysia

Penang is the host city.

Situated...Latitude 5°8'-5°35'...& Longitude 100°8'-100°32', Population of Penang is 1.5 million Land Area 1046km²

Currency and Banking Facilities

Malaysia has its own currency – **RM**. One (1) RM is at present approximately USD 30cents. All credit cards are welcomed by all hotels, restaurants, shops, rental cars, etc.

Time

Malaysia time is 8hr ahead of Greenwich Mean Time.

Official Languages

Malay is the official language in Malaysia. Other spoken languages are English, Mandarin, Tamil

Religion

The main religious denominations in Malaysia is Islam. Others are Christianity, Buddhism, Hinduism & Sikh

Electricity

Electricity supply in Malaysia runs on 220V.

Climate and Seasons

Malaysia is a –tropical region. There is humidity 70%-80%. and the temperature averages day 28 to 30 degrees Celsius and night 22 to 24 degrees Celsius. Visitors to Malaysia should bring light weight summer clothing.

Health

Malaysia is free from malaria and major tropical disease that are endemic in some tropical countries.

Emergency Medical and Dental Care

General Hospital is available as well as a private hospital.

Telephones

Direct dial phone service is available between Malaysia and all countries of the world. International calls may be placed from any private or public phone.

Historical Information:

On the 7th July, 2007, George Town's – Penang rich living heritage, culture and history was officially recognised when the World Heritage Committee in Quebec City, Canada, officially inscribed the city as a UNESCO World Heritage Site. Jointly listed with Melaka, George Town was acknowledged as having developed over 500 years of trading and cultural exchanges between East and West in the Straits of Malacca. The influences of Asia and Europe have endowed the town with a specific multicultural heritage that is both tangible and intangible. Featuring residential and commercial buildings, George Town represents the British era from the end of the 18th century

The Organising Committee will run daily sightseeing tours during the Championships for all delegations at no charge.

President Organising Committee

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Welcome to Penang



PENANG WEIGHTLIFTING FESTIVAL - November 24-30, 2013