



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

**Re: African Senior (35<sup>th</sup> Men & 24<sup>th</sup> Women) Weightlifting Championships.**

**Dear Sir/Madam,**

The Mauritius Weightlifting Federation is very much pleased to invite your national weightlifting teams to participate in African Senior (35<sup>th</sup> Men & 24<sup>th</sup> Women) Weightlifting Championships scheduled to be held on 20-28/04/2025 in Cote d'Or, Moka city, Mauritius, 19 km away from the capital, Port Louis.

**COMPETITION DATE AND VENUE**

African Senior (35<sup>th</sup> Men & 24<sup>th</sup> Women) Weightlifting Championships will be held at Cote d'Or Sports Complex, on 22-27/04/2025.

**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 2010 or earlier** have the eligibility to participate.

In accordance with Article 5.5.16 of the **IWF Anti-Doping Rules submission of the athletes' whereabouts must be submitted at least three months prior to the event (before 23<sup>rd</sup> January, 2025).**

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

If any National Federation have problems for submitting the whereabouts information of their athletes, please contact immediately the ITA on their following email address [iwf@ita.sport](mailto:iwf@ita.sport).

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 twenty (20) men and twenty (20) women senior competitors could be registered in the Preliminary Entry Form, but in the Final Entry Form a maximum of ten (10) men and ten (10) women senior competitors 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 (MRI) and WFA respectively no later than **February 23<sup>rd</sup>, 2025**.

Member Federations can't add or change athletes after **February 23<sup>rd</sup>, 2025**.

Member Federation must declare the estimate number of athletes and team officials who will participate in the event.

**Final entry forms** should be signed and stamped from the national federations and submitted to both the Organizing Committee (MRI) and WFA respectively no later than **March 23<sup>rd</sup>, 2025**.

The following documents must be returned along with the final entry forms by **March 23<sup>rd</sup>, 2025** (by mail) to the LOC (MRI) and WFA respectively:

- Accommodation & Transportation forms;
- Passport copies & colored photos for accreditation;

### **EQUIPMENT**

**Sport Equipment:** ZKC equipment.

**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**

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 Le Peninsula Bay Beach Resort & Spa

**Address:** HP48+3V3 Le Peninsula Bay Beach Resort & Spa, Blue Bay

**Location:** Mahebourg

**Level:** 4 Star

**Tel:** +230 631 3677

**E-mail:** [resa@lepeninsulabay.com](mailto:resa@lepeninsulabay.com)

**Webpage:** <https://lepeninsulabay.com>

The national federations/associations should send the confirmation of accommodation form of their participants and their flight details latest **April 06<sup>th</sup>, 2025**.

### **FINANCIAL CONDITIONS**

**Accommodation Costs:**

The hotel will be provided from **19 to 29 April 2025** (one day prior and one day after the official competition days) with the following normal rates:



- a) **USD \$155** full board per person per night for standard single rooms.
  - b) **USD \$130** full board per person per night for standard twin rooms.
  - c) **USD \$120** full board per person per night for standard triple rooms.
- Any extra days will be charged at the hotel normal rates of the day.

**Entry & Anti-Doping Fees:**

**Athletes: USD 200** per person (including **US \$100 IWF Special Anti-Doping Fee**).

**Delegates & Team Officials: USD 100** per person (**Except the officials whom will be appointed to officiate during the competition**).

**Payment:**

Only affiliated national federations/associations that have paid their IWF and WFA annual subscription fees have the right to participate in this competition.

**50%** of the total payment (accommodation & entry & Anti-Doping fees) must be transferred by **March 23<sup>rd</sup>, 2025** to the bank account of Local Organizing Committee.

The **balance of total payment** must be made in cash to the Organization Committee preferably in US Dollars upon Arrival at the accreditation center located at Le Peninsula Bay Beach Resort & Spa.

No accommodations or accreditations will be offered to any delegation member until funds will be received in full payment to the local organizing committee in cash (**No accommodation is guaranteed until full payment is received**).

**In terms of the financial situation with the hotel and the organising federation regarding the late withdrawals of the NFs close to the organisation of the championships after submission of the final entries, the participate NFs must be considering the following conditions:**

- a) Each Member Federation which has submitted the final entries of its team and is unable to participate for any internal reason must inform the Organizing Committee and WFA respectively maximum two weeks' prior to the allocated arrival date of the delegations scheduled on **April 20<sup>th</sup>, 2025**.
- b) **Hotel «NO SHOW» Charges:** Each Member Federation, which did not attend the competition and not send the information of its withdrawals maximum two weeks' (**latest on April 06<sup>th</sup>, 2025**) prior of the allocated arrival date of the delegations, must pay **30%** of the accommodation cost to the Organising Country from the total number of its participants.
- c) Cancellations will not be accepted after **April 06<sup>th</sup>, 2025**
- d) Non-participation close to the organisation of the championships will be accepted only in the event of Force Major such as a war or a natural disaster.
- e) Non-participation without any Force Major will result in stopping of support from WFA for ONE year.
- f) If one or more participants are delayed one or more days, the delegation must pay all the days specified in the accommodation and transportation forms sent previously.

The WFA is responsible for providing the Trophies, Medals and Certificates.

**The WFA is responsible for covering the full accommodation for maximum five nights of some participating athletes according to the following number of participants from each national team:**

**One man or woman athlete** from each national team consisting at least of **5 men and women athletes**.

**Two men or women athletes** from each national team consisting at least of **8 men and women athletes**.

**Three men or women athletes** from each national team consisting at least of **12 or more men and women athletes**.

The WFA is not responsible for cover the accommodation cost of any athlete from the host country.

The Local Organising Committee will cover the accommodation and board costs for the appointed technical officials who will be officiated for the competition.

According to the WFA Constitution, the Organising 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 Organising Committee will cover the accommodation and board costs for the IWF representatives, WFA secretariat members, WFA TIS staff and selected Doping Control Officers (DCOs).

The Local Organising Committee is responsible for providing an Ambulance and Generator at the venue.

All teams will be received at Sir Seewoosagur Ramgoolam International Airport upon their arrival and they will be transported by shuttle bus to the official hotel in Mahebourg, and return.

Accommodation forms shall state the dates and required rooms, also shall be sent with the final entries to both the Organizing Committee (MRI) and WFA respectively no later than **March 23<sup>rd</sup>, 2025**.

### **TRAINING VENUE**

Training venue will be at Pointe Jerome.

### **TRANSPORT**

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

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

Transportation forms shall be sent with the final entries to both the Organizing Committee (MRI) and WFA respectively no later than **March 23<sup>rd</sup>, 2025**, and shall state which airline and flight number of each delegate will be arriving on, and will be returned.

### **VISA**

Citizen of most countries, with a few exceptions, do not require a visa for Mauritius or will receive a visa upon arrival. List of countries that require a visa prior to departure can be consulted here:

<https://passport.govmu.org/passport/wp-content/uploads/2021/03/Visa-Requirement-Country-22062022.pdf>

For any required additional information, please use the following link:

[https://passport.govmu.org/passport/?page\\_id=605](https://passport.govmu.org/passport/?page_id=605)

### **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 LOC.

### **FLAG AND ANTHEM**

All participating delegates of each country are kindly requested to bring with them a CD or flash drive 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 by E-mail.

### **AWARDS**

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women in Snatch, Clean and Jerk and 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 the IWF Team Classification.

The WFA will provide trophies for the best men's and women's lifters.

#### **GENERAL INFORMATION**

Cote d'Or is a small city (population of approx 9,500) and located in the region of Moka. As the crow flies, the distance to the regional capital of Moka, Quartier Militaire, is approximately 6.5 km (4.0 mi). The distance from Cote d'Or to the capital of Mauritius, Port Louis, is approximately 10.5 km (6.5 mi) as the crow flies.

All electrical alternate current (AC) power sources have 220/240 Volts and the types of Power Sockets are (C & G).

Average of the temperature in Moka during the Championship days is 22.5°-26.5°C.

Rainfall average in Moka during April is 80 mm.

Currency of Mauritius is Rupee (Rs) (1 USD = approx. Rs.46.50).

Travel time from Airport and Hotel: 10 mins.

Travel time from Hotel to Training Venue 5 mins & Competition Venue: 40 mins.

#### **BANK DETAILS**

**Beneficiary Name:** Mauritius Weightlifting Federation

**Beneficiary Address:** C/o National Weightlifting Centre / Vacoas, Mauritius

**Beneficiary Bank:** Mauritius Commercial Bank

**Branch Address:** Sir William Newton Street, Port Louis. Republic of Mauritius

**Account Number:** 000020112831 (USD)

**IBAN:** MU64MCBL0902000000112831000MUR

**Swift Code:** MCBLMUMU

Looking forward to receiving you as our Valuable Guests, I remain.

Attached;

- Entry forms (Preliminary and final);
- Flight details form;
- Accommodations form.

#### **CONTACT DETAILS**

**Mauritius Weightlifting Federation (MRI)**

**C/o National Weightlifting Centre / Vacoas, Mauritius**

**Yovin Gyadin (President) +23058110274**

**Sheila Gopaloodoo (Sec. Gen.): +23057615326**

**Email: [mauritius.weightlifting@hotmail.com](mailto:mauritius.weightlifting@hotmail.com)**

**Weightlifting Federation of Africa (WFA)**

**Hai Al-Andalus area, Tripoli, Libya**

**Khaled Mehalhel (President): +218913530366**

**Manareddin Eshelli (Sec. Gen.): +218913543635**

**Email: [manareddin.eshelli@wfa.com.ly](mailto:manareddin.eshelli@wfa.com.ly)**



**Mr. Yovin Gyadin**

**President**

**Mauritius Weightlifting Federation**



## TENTATIVE PROGRAM

### Sunday 20 April 2025

Arrival and accreditation of delegations

### Monday 21 April 2025

10:00

WFA EB Meeting

13:00

Verification of Final Entries

17:00

WFA Congress Meeting

### Tuesday 22 April 2025

10:00

WFA Electoral Congress

14:00

Elected WFA EB Meeting

17:00

Technical Officials Seminar

### Wednesday 23 April 2025

10:00

Anti-Doping Education Seminar

16:00

Opening Ceremony

17:00

Competition  
Cat. 45 Kg & Cat. 49 Kg (Women)

### Thursday 24 April 2025

10:00

Competition  
Cat. 55 Kg & Cat. 61 Kg (Men)

13:00

Competition  
Cat. 55 Kg & Cat. 59 Kg (Women)

16:00

Competition  
Cat. 67 Kg & Cat. 73 Kg (Men)

### Friday 25 April 2025

10:00

Competition  
Cat. 64 Kg & Cat. 71 Kg (Women)

13:00

Competition  
Cat. 81 Kg (Men)

16:00

Competition  
Cat. 76 Kg (Women)

### Saturday 26 April 2025

10:00

Competition  
Cat. 89 Kg (Men)

13:00

Competition  
Cat. 81 (Women)

16:00

Competition  
Cat. 96 Kg & Cat. 102 Kg (Men)

### Sunday 27 April 2025

10:00

Competition  
Cat. 87 Kg & +87 Kg (Women)

13:00

Competition  
Cat. 109 Kg & +109 (Men)

18:00

Closing Ceremony & Banquet

### Tuesday 28 April 2025

Departure of Delegations

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