



PAN AMERICAN SENIOR CHAMPIONSHIP  
CALI, JULY 12 TO 18, 2025



**MINISTERIO DEL DEPORTE**



**FEDERACIÓN COLOMBIANA DE LEVANTAMIENTO DE PESAS**  
CAMPEONATO PANAMERICANO MAYORES  
JULIO DEL 12 AL 18 DEL 2025  
CALI VALLE DEL CAUCA



MINISTERIO DEL DEPORTE

Santiago de Cali, February 17, 2025

MESSRS. AND GENTLEMEN:  
President, General Secretary  
FPLP Affiliated Federations.

The Colombian Weightlifting Federation, the Ministry of Sport, the Government of Valle and the Secretary of Sport of Cali, by kind request of the PAN AMERICAN WEIGHTLIFTING FEDERATION, have the commitment to organize the PAN AMERICAN SENIOR CHAMPIONSHIP 2025, which will be held in the city of Cali from July 12 to 18, 2025.

For this reason we would like to invite the Federations Affiliated to the FPLP, to participate in this great sporting event, which will be held at the COLISEO MIGUEL CALERO in the city of Cali.

We will make our best effort to ensure compliance with the FPLP event organization regulations so that you have the best conditions and take with you the best image of the unique and incomparable paradise called COLOMBIA.

You will find attached the rules and regulations of the PAN AMERICAN SENIOR CHAMPIONSHIP 2025.

Sincerely,

WILLIAM PEÑA  
President

JULIO GUTIERREZ  
Secretary

## **COMPETITION RULES**

### **1. General Conditions**

The competitions of the 2025 Pan American Senior Championship will be held in accordance with the rules of the International Weightlifting Federation (IWF) and will be under the control of the Pan American Weightlifting Federation.

### **2. Competition and Training Venue**

The competitions will be staged at the COLISEO MIGUEL CALERO DE CALI. Training will be held at the COLISEO DE LA FEDEPESASCOL and LIGA VALLECAUCANA DE PESAS.

The three scenarios are within the Panamerican Sports Unit of Cali. The training sites will be available from July 11 from 08:00 am.

### **3. Eligibility**

Participating athletes must be 15 years of age or older (Born in 2010 or earlier). In accordance with article 5.5.16 of the IWF Anti-Doping Rules, athletes' whereabouts information must be submitted at least three (3) months prior to the event (by April 13, 2025).

In the event that you and/or your Athletes encounter any difficulties related to whereabouts submissions, please inform [iwf@ita.sport](mailto:iwf@ita.sport) IMMEDIATELY.

This is strongly recommended that all participating Athletes must successfully complete the WADA ADEL for Athletes online course prior to competing.

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

As with the IWF iLiftClean platform, athletes and support staff (coaches, team doctors) must register on the site, watch the videos and successfully complete the questionnaire at the end to receive the certificate. The certificates can be sent to: [weightlifting.education@ita.sport](mailto:weightlifting.education@ita.sport). Should athletes and athlete support personnel (coaches, team physicians, etc.) have any problems with the registration process, please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org).

### **4. Events**

The categories to compete are the official IWF Technical and Competition Rules and Regulations (TCRR).

FEMALE: 48kg, 53kg, 58kg, 63Kg, 69Kg, 77kg, 86kg, +86kg

MALE: 60kg, 65kg, 71kg, 79Kg, 88Kg, 98kg, 110kg, +110kg

Athletes must be registered through the ENTRY-FPLP online registration system.

## **5. Registrations**

<http://dataentry.pesasamerica.org/>

Preliminary entries will be received until May 12, 2025.  
Only a maximum of 16 athletes per gender may register.  
After this date, athletes cannot be added or changed.

Final entries will be received until June 12, 2025.  
Only those athletes who have been registered in the preliminary phase can be confirmed. The final list may include up to 10 (ten) athletes per gender (8 starters + 2 reserves).

The Final Verification will take place on July 5th, 2025 online.

National Federations must declare the number of officials that will participate for each delegation.

The following documents must be completed by June 19, 2025 in the ENTRY-FPLP online registration system:

- Accommodation and Transportation Form.

The transportation form must indicate the airline, flight number and the exact time each participant will arrive and depart. Any changes to the travel schedule must be communicated in advance.

- Copy of passport and photos for accreditation

Note: If you have any questions or difficulties, please contact the OC at [fedepesascolombia@gmail.com](mailto:fedepesascolombia@gmail.com).

## **6. Lodging**

Hotel Torre de Cali Plaza

## **7. Financial Conditions**

Accommodation rate (with full board)

Single room 140 USD / per person / per night

Double room 120 USD / per person / per night

Check in at the hotel will be at 15:00 hours and check out at 12:00 hours.

The minimum stay for each of the members of the participating teams will be four (04) nights.

No accommodation will be guaranteed until full payment has been received by June 9, 2025.

No Show Charge: If one or more participants of the delegation do not arrive on the date specified on the Accommodation and Transportation Form and have not informed the Organizing Committee by June 9, 2025, the delegation shall pay the Local Organizing Committee the "No Show" charge per person.



The charge is equal to the Accommodation Fee per person/day.

If one or more participants are delayed by one or more days, the delegation must pay for all days specified on the submitted Accommodation and Transportation Form.

Lodging and Transportation information recorded through the ENTRY-FPLP must be submitted no later than June 9, 2025, should you require additional hotel rooms, the OC cannot guarantee to accommodate additional members of your team in the same hotel.

Accommodations are not guaranteed until full payment is received.

## 8. Registration Fee

Entry fee Pan American Senior Championships  
Athletes: 225 USD per person (incl. 100 USD IWF AD Special Fee)  
Delegates and Team Officials: 125 USD per person.

## 9. Payment

**PAYMENT BY BANK TRANSFER:**

Important rules for bank transactions: a minimum of 50% of the total payment must be transferred by 09/06/2025 to the Local Organizing Committee's bank account.

Please check with your bank and consider the time it takes to process the transfer so that the payment arrives by the due date and time.

We kindly ask you to send, 15 (fifteen) days prior to your arrival, the bank document proving the transfer of funds to [fedepesascolombia@gmail.com](mailto:fedepesascolombia@gmail.com) to validate your payment with our bank.

No cancellations will be accepted after June 09, 2025 and no refunds will be made.

We only accept payments for registration and stay through bank transfer to the following bank:

BANK / BANCOLOMBIA  
ACCOUNT NUMBER / 787-289438-14  
BIC / 890480912-1  
SWIFT CODE / COLOCOB-M or COLOCOBM  
BENEFICIARY / Colombian Weightlifting Federation  
ADDRESS BANK / Avenida Roosevelt # 25-67.  
ADDRESS FEDERATION / CARRERA 39 # 9-31 of Cali  
CITY / Cali

All participants (who have not paid by bank transfer) must make full payment upon arrival in cash (in dollars) to the Local Organizing Committee COLOMBIAN WEIGHTLIFTING FEDERATION.

All payments must be made in dollars and bank transfer and other national bank charges are the responsibility of the participating member federation.

No accommodation or accreditation will be offered to any member of the delegation until the funds have been received in full in the Colombian Weightlifting Federation's bank account or paid in cash upon arrival.

#### **10. Accreditations**

Accreditations will be issued upon arrival at the official hotel, your delegation must be in good standing for registration and lodging, and must present a photo and passport of each member of the delegation at the time of accreditation.

#### **11. Competition Equipment**

The competition equipment of the event will be of the ZKC brand, a brand endorsed by the IWF.

#### **12. Technical Officers Meeting**

It will be held on July 12, 2025 at 18:00.

#### **13. Doping Control**

Doping Control shall be conducted by ITA on behalf of the IWF, by a designated Sample Collection Authority in accordance with the IWF Anti-Doping Rules.

#### **14. Awards**

- Gold, Silver and Bronze medals will be awarded to the athletes who achieve the first, second and third place respectively in the snatch, rebound, and total.
- To the first five male and female teams.
- Trophies will be awarded to the best male and female lifters.

#### **15. Technical Officials**

They will be nominated by the Pan American Weightlifting Federation.

According to current regulations, all participating countries with complete teams may accredit up to 02 (two) referees (male and female) with valid international cards; and participating countries with incomplete teams may accredit up to 01 (one) referee with valid international card, to all of them, the organizing committee offers lodging and meals free of charge.

#### **16. Internal Transportation**

The Organizing Committee will provide transportation from the Alfonso Bonilla Aragón International Airport, in the city of Palmira, to the official Torre Hotel of the event and to the training and competition venue.

#### **17. Insurance**

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

### 18. Important Information

Weather forecast for the dates of the event: low temperatures of 17°C and high temperatures of 23°C, it is very important to stay hydrated.  
The electric voltage service is 110v.  
The legal currency is the Colombian peso.

### 19. Contact Information

Pan American Powerlifting Federation  
José Quiñones - President: +51-994516230

Colombian Weightlifting Federation  
William Peña - President: +57-3005261815  
Andrea Peña - Championship Director: +57-3008346938  
Luz Angela Muñoz - Management Support: +57-3187584108



**20. COMPETITION SCHEDULE (PRELIMINARY)**

JULY 5	SATURDAY	<b>FINAL VERIFICATION (ONLINE)</b>			
JULY 11	FRIDAY	<b>ARRIVAL OF DELEGATIONS</b>			
JULY 12	SATURDAY	10:00	TRAINING FOR COACHES		
		14:00	ANTI-DOPING TRAINING		
		18:00	TECHNICAL OFFICERS MEETING		
				WEIGH-IN	COMPETITION
JULY 13	SUNDAY	MEN	60 KG	12:00	14:00
		<b>INAUGURATION</b>		<b>16:00 HOURS</b>	
		WOMEN	48 KG	15:00	17:00
JULY 14	MONDAY	WOMEN	53 KG	12:00	14:00
		MEN	65 KG	14:00	16:00
		WOMEN	58 KG	16:00	18:00
JULY 15	TUESDAY	MEN	71 KG	12:00	14:00
		WOMEN	63 KG	14:00	16:00
		MEN	79 KG	16:00	18:00
JULY 16	WEDNESDAY	WOMEN	69 KG	12:00	14:00
		MEN	88 KG	14:00	16:00
		WOMEN	77 KG	16:00	18:00
JULY 17	THURSDAY	MEN	98 KG	12:00	14:00
		WOMEN	86 KG	14:00	16:00
		MEN	110 KG	16:00	18:00
JULY 18	FRIDAY	MEN	+110	10:00	12:00
		WOMEN	+86	12:00	14:00
		CLOSING		16:00	
JULY 19	SATURDAY	<b>DEPARTURE OF DELEGATIONS</b>			