



**PAN AMERICAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS**  
**PANAMA CITY, APRIL 27 – MAY 1, 2026**



**PANAMANIAN WEIGHTLIFTING FEDERATION**  
**PAN AMERICAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS**  
**APRIL 27 TO MAY 1, 2026**  
**PANAMA CITY, PANAMA**

Panama, December 22, 2025

Dear Sir,  
President / General Secretary  
Federations affiliated with the PAWF

The Panamanian Weightlifting Federation, the Panamanian Olympic Committee, and the Panamanian Sports Institute (PANDEPORTES), on behalf of the Pan American Weightlifting Federation (PAWF), are committed to organizing the Pan American Senior Weightlifting Championships 2026, to be held in Panama City from April 27 to May 1, 2026.

We therefore have the pleasure of inviting the Federations affiliated with the PAWF to participate in this major sporting event, which will take place at the High Performance Center (CAR) in Panama City.

The Organizing Committee will make its best efforts to ensure full compliance with PAWF event organization regulations in order to offer the best possible conditions and leave you with the best impression of the wonderful and diverse country that is Panama.

Please find attached the rules and regulations of the Pan American Senior Weightlifting Championships 2026.

Sincerely,

  
**José Manuel Ochoa**  
**President**



**Ana Lucía Ochoa Mirones**  
**Secretary**



## COMPETITION REGULATIONS

### 1. General Conditions

The competitions of the Pan American Senior Weightlifting Championships 2026 will be conducted 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

Both competitions and training sessions will take place at the High Performance Center (CAR), located in Juan Díaz, Panama City.

The venue will be available starting April 26 at 08:00 a.m.

### 3. Eligibility

Participating athletes must be 15 years of age or older (born in 2011 or earlier).

According to Article 5.5.16 of the IWF Anti-Doping Rules, athlete whereabouts information must be submitted at least three (3) months prior to the event.

ADAMS deadlines are the following: **27 January 2026 (Q1)** and 31 March 2026 (Q2).

If you and/or your athletes experience any difficulty related to the submission of whereabouts information, please inform immediately at [iwf@ita.sport](mailto:iwf@ita.sport).

It is strongly recommended that all participating athletes successfully complete the WADA ADEL online course for athletes prior to competition. The course can be accessed at: <https://adel.wada-ama.org/>

As with the IWF iLiftClean platform, athletes and athlete support personnel (coaches, team doctors) must register on the platform, watch the videos, and successfully complete the final quiz to obtain the certificate. Certificates may be sent to: [weightlifting.education@ita.sport](mailto:weightlifting.education@ita.sport). Any issues during registration should be communicated to WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org).

### 4. Events

The competition categories will be those officially recognized by the IWF Technical and Competition Rules and Regulations (TCRR).



- Women: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg
- Men: 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

## 5. Entries

Athletes must be registered through the online registration system ENTRY-PAWF:

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

Preliminary entries must be submitted no later than **February 27, 2026.**

A maximum of 16 athletes per gender may be registered.

After this date, no additions or changes will be allowed.

Coaches: All coaches from participating member federations must be registered in the IWF's International Coach License (ICL) database.

Final entries must be submitted no later than **March 27, 2026.**

Only athletes registered during the preliminary phase may be confirmed.

The final list may include up to 10 athletes per gender (8 athletes + 2 reserves).

All coaches must be listed on the final entry form.

If a coach is not registered in the ICL database, the IWF will notify the member federation and require it to register the coach without delay or remove the coach from the final entry form.

Final Verification will be conducted online on **April 20, 2026.**

National Federations must declare the number of officials participating per delegation.

The following documents must be completed in the ENTRY-PAWF system by **April 3, 2026:**

- Accommodation and Transportation Form
- Copy of passport and accreditation photos

***Note:*** For any questions or difficulties, please contact: [aepresidencia@copanama.com](mailto:aepresidencia@copanama.com)

## 6. Accommodation

Hotel Las Américas Golden Tower Panama - Marbella Corner, Vasco Núñez de Balboa Avenue, Panama City.



## 7. Financial Conditions

Accommodation rates (full board):

Single room: USD 140 per person per night

Double room: USD 120 per person per night

Hotel check-in: 15:00

Hotel check-out: 12:00

The minimum stay for each delegation member is four (4) nights.

No accommodation will be guaranteed unless full payment is received before **March 27, 2026.**

No-show charges:

If one or more delegation members do not arrive on the date specified in the Accommodation and Transportation Form and the Organizing Committee is not informed before **April 3, 2026.** the delegation will be charged a no-show fee per person, equal to the accommodation rate per day.

If one or more participants arrive one or more days late, the delegation must pay for all days indicated in the submitted form.

Accommodation and transportation information must be submitted no later than **April 3, 2026.** Additional rooms cannot be guaranteed in the same hotel.

## 8. Entry Fee

Pan American Senior Championships Entry Fee:

Athletes: USD 225 per person (including USD 100 IWF Anti-Doping Fee)

Delegates and Team Officials: USD 125 per person

## 9. Payment

PAYMENTS BY BANK TRANSFER ONLY.

Important banking rules:

The total amount corresponding to the entry fees must be transferred to the Pan American





Weightlifting Federation (PAWF), and the total amount corresponding to the stay (accommodation, meals, and transportation) must be transferred to the Panamanian Olympic Committee (COP) no later than **April 10, 2026**.

Please consult with your bank and take into account the processing time required for the transfer to ensure that the payment is received by the established deadline.

It is mandatory that each affiliated National Federation send proof of the bank transfer fifteen (15) days prior to arrival to the following email address: [aepresidencia@copanama.com](mailto:aepresidencia@copanama.com), in order to validate the payment with our bank.

No cancellations will be accepted after **April 3, 2026**, and no refunds will be issued.

Payments for entry fees and stay will only be accepted via bank transfer to the following bank:

<b>Entry Fees</b> Pan-American Weightlifting Federation (PAWF)	<b>Accommodation, Meals and Transportation</b> Panamanian Olympic Committee (COP)
<b>Intermediary Bank</b> Bank of America, N.A. Swift: BOFAUS3M ABA: 026009593  <b>Beneficiary Bank</b> Multibank Inc. Account number: 10012581475 SWIFT: MCTBPAPA  Name: Federación Panamericana De Levantamiento De Pesas Address: Llanos De Curundú, Calle Diana Moran 2060, Panamá	<b>Intermediary Bank</b> JP MORGAN CHASE BANK, N.A. SWIFT: CHASUS33 ABA 021000021  <b>Beneficiary Bank</b> Banco Nacional de Panamá Account number: 0011-688-611 SWIFT: NAPAPAPA  <b>Final Beneficiary</b> Comité Olímpico de Panamá Account number: 10000266380

Any National Federation that, due to legal restrictions, is unable to make payment via bank transfer must make the full payment in cash directly to the Pan American Weightlifting Federation.

All payments must be made in United States Dollars (USD). Any bank transfer charges are the responsibility of the participating member federation (approximately USD 40.00).



No accommodation or accreditation will be provided to any member of the delegation until the funds have been received in full in the corresponding bank accounts or have been paid in cash upon arrival (if applicable).

## **10. Accreditations**

Accreditations will be issued upon arrival at the official hotel, once all entry and accommodation payments have been settled.

## **11. Competition Equipment**

The official competition equipment will be ELEIKO, an IWF-approved brand.

## **12. Technical Officials Meeting**

To be held on April 26, 2026, at 18:00.

## **13. Doping Control**

Testing Authority: ITA on behalf of the IWF.

Sample Collection Authority: ONAD-PAN – National Anti-Doping Organization of Panama.

## **14. Awards**

Gold, Silver, and Bronze medals will be awarded for Snatch, Clean & Jerk, and Total.

Team awards will be presented to the top five teams in both men's and women's categories.

Trophies will be awarded to the best male and female lifters.

## **15. Technical Officials**

Nominated by the Pan American Weightlifting Federation.

Full teams may accredit up to two international referees (one male, one female).

Incomplete teams may accredit one international referee.

Accommodation and meals will be provided free of charge.

## **16. Internal Transportation**

Transportation will be provided from Tocumen International Airport to the official hotel,



training venue, and competition venue.

### **17. Insurance**

All participating federations are morally and financially responsible for the health and welfare of their delegations.

### **18. Important Information**

Expected weather: temperatures between 23°C and 25°C.

Electrical voltage: 110V.

Currency: US Dollar.

### **19. Contact Information**

Pan American Weightlifting Federation

José Quiñones – President: +51 994 516 230

Panamanian Weightlifting Federation

José Ochoa – President: +507 6890 9976

Panamanian Olympic Committee

Kristel Vega – Executive Assistant: +507 6399 8912





## 20. Preliminary Competition Schedule

apr-20	MONDAY	<b>FINAL VERIFICATION (ONLINE)</b>			
abr-25	SATURDAY	<b>ARRIVAL OF DELEGATIONS</b>			
abr-26	SUNDAY	18:00	<b>TECHNICAL OFFICIALS MEETING</b>		
				<b>WEIGH-IN</b>	<b>COMPETITION</b>
apr -27	MONDAY	WOMEN	48 KG	10:00	12:00
		MEN	60 KG	12:00	14:00
		WOMEN	53 KG	14:00	16:00
		MEN	65 KG	16:00	18:00
apr -28	TUESDAY	WOMEN	58 KG	10:00	12:00
		MEN	71 KG	12:00	14:00
		WOMEN	63 KG	14:00	16:00
		MEN	79 KG	16:00	18:00
apr -29	WEDNESDAY	WOMEN	69 KG	10:00	12:00
		MEN	88 KG	12:00	14:00
		WOMEN	77 KG	14:00	16:00
		MEN	94 KG	16:00	18:00
apr -30	THURSDAY	WOMEN	86 KG	10:00	12:00
		MEN	110 KG	12:00	14:00
		MEN	+110 KG	14:00	16:00
		WOMEN	+86 KG	16:00	18:00
may-01	FRIDAY	<b>DEPARTURE OF DELEGATIONS</b>			

**THE SCHEDULE IS SUBJECT TO CHANGES DEPENDING ON THE NUMBER OF ATHLETES REGISTERED AFTER THE FINAL ENTRY DEADLINE**