



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

Re: 2026 African Senior (36th Men & 25th Women) Weightlifting Championships.

Dear Sir/Madam,

The Egyptian Weightlifting Federation is very much pleased to invite your National Weightlifting Teams to participate in the 2026 African Senior (36th Men & 25th Women) Weightlifting Championships scheduled to be held on 10-17 May 2026 in Ismailia city, Egypt, located 120 Km from Cairo city.

COMPETITION DATE AND VENUE

2026 African Senior (36th Men & 25th Women) Weightlifting Championships will be held at the Suez Canal Club hall from 10-17 May 2026.

COMPETITION RULES AND REGULATIONS

The competition will be held and organised in accordance with the IWF Technical and Competition Rules & Regulations and the IWF Anti-Doping Rules.

The WFA will appoint the Technical Officials (ITOs), who will be nominated by their National Federations to officiate at the Championships.

These Championships will serve as continental qualification event for the Commonwealth African National Federations for the 2026 Commonwealth Games.

COACHES REGISTRATION

Only coaches from IWF Member Federations who are registered in the IWF International Coach License (ICL) database and hold a **valid IWF Coach License** are eligible to act as coaches during the Championships.

All coaches must be listed on the Final Entry Form. Coaches who are not registered in the ICL database will be required to register without delay or be removed from the Final Entry Form and will not be accredited for the Championships.

If you have any questions about the ICL database registration, kindly contact the IWF at coachinglicence@iwf.sport.

ELIGIBILITY

According to the IWF Technical and Competition Rules & Regulations, **athletes born in 2011 or earlier** are eligible to participate.

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules, athletes' whereabouts must be submitted at least three months prior to the event. **ADAMS whereabouts deadlines for Q1: 12 February 2026 and for Q2: 31 March 2026.**

Any Athlete who does not comply with this provision will not be eligible to compete in the WFA Event.

Should you experience any difficulties in submitting whereabouts information, please contact the ITA immediately on their following email address iwf@ita.sport.

Only IWF Member Federations and their competitors with no outstanding arrears towards the IWF & WFA are eligible to participate.

The passport shall be considered the official document for verifying an athlete's age and eligibility.

A maximum of sixteen (16) men and sixteen (16) women senior competitors may be registered on the Preliminary Entry Forms. However, on the Final Entry Forms, a maximum of eight (8) men and eight (8) women senior competitors, plus up to two (2) reserves per gender, may be entered. During the verification of final entries, each National Federation may register only eight (8) men and eight (8) women senior competitors as final entries, without any reserves.

Changes to bodyweight categories and entry total are permitted at the latest during the verification of final entries.

The maximum team size must be distributed across the bodyweight categories, with a maximum of two (2) athletes per category.

The IWF and WFA will not accept any Preliminary or Final Entries submitted after the stated deadlines.

COMPETITION EVENTS AND CATEGORIES

Men: 60kg, 65kg, 71kg, 79kg, 88kg, 94kg, 110kg, +110kg

Women: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

ENTRY FORMS

Enclosed are the Preliminary and Final entry forms.

The Preliminary Entry Forms should be signed and stamped by the National Federations and submitted to both the Local Organising Committee (EGY) and the WFA respectively no later than **March 12th, 2026**.

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

Member Federations cannot add or change athletes after **March 12th, 2026**.

The Final Entry Forms should be signed and stamped by the National Federations and submitted to both the Local Organising Committee (EGY) and the WFA respectively no later than **April 12th, 2026**.

The Final Entry Form shall include a maximum of eight (8) men and eight (8) women senior competitors, plus maximum of two (2) reserves per gender, selected from those entered on the Preliminary Entries.

Athletes must be registered through the WFA online registration system using the Member Federation's login credentials: <https://enter.wfa.com.ly>.

Note: As the E-Entry Registration System is currently at a preliminary stage of implementation, and in order to ensure that Member Federations become familiar with its use, the submission of both Preliminary and Final Entries is required **via the online system as well as through the official entry forms provided**. In both cases, the respective submission deadlines must be observed.

EQUIPMENT

Sport Equipment: IWF approved sport equipment will be provided.

TIS Result System: Approved by IWF.

DOPING CONTROL

Doping Controls will be carried out by ITA on behalf of IWF through 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 indicated on the Accreditation Card at the Accreditation Centre and will be issued only after full payment of accommodation, entry and Anti-Doping fees.

The Accreditation Form, along with the passport copies and colored photographs of each delegation, should be returned to the LOC and WFA respectively by **April 12th, 2026**.

ACCOMMODATION

The accommodation for all delegations will be at Golden Jewel Ismailia Resort.

Address: H8Q3+68, Al Tamsah, Ismailia 1, Ismailia Governorate, Egypt

Location: 1Km from Ismailia downtown and 120 Km from Cairo

Level: 5 Star Hotel

Tel: +20 11 52287777

Webpage: <https://goldenjewelismalia.com-egypt.com/>.

The National Federations should submit the Accommodation Form, along with the Flight Schedule Form of their participants, to the LOC and the WFA latest by **April 12th, 2026**.

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

Note: Check-in: 14.00 / Check-out: 12.00.

FINANCIAL CONDITIONS

Accommodation Costs:

The hotel will be provided from **09 to 18 May 2026 (one day prior and one day after the official competition days)** with the following normal rates:

- a) **USD 140** full board per person per night for standard single rooms.
- b) **USD 120** full board per person per night for standard twin rooms.
- c) **USD 100** full board per person per night for standard triple rooms.

Each participating National Federation has the right of a maximum of 3 single rooms.

Any extra days will be charged at the hotel's normal rates of the day.

Entry & Anti-Doping Fees paid to the WFA:

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

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

The LOC is responsible to collect the Entry & Anti-Doping Fees from participating teams on behalf of the WFA.

Payment:

Only affiliated National Federations that have paid their IWF and WFA annual subscription fees are eligible to participate in this competition.

50% of the total payment (accommodation & entry & Anti-Doping fees) must be transferred by **April 20th, 2026** to the bank account of Local Organising Committee.

The **balance of the total payment** must be made in cash to the Organisation Committee, preferably in US Dollars, upon arrival at the accreditation center located at Golden Jewel Ismailia Resort.

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

No accommodations or accreditations will be provided to any delegation member until full payment has been received in cash by the local organising committee. **(No accommodation is guaranteed until full payment is received).**

Hotel «NO SHOW» Charges: If one or more delegation members cancel their participation without informing the LOC at least ten (10) days prior to the arrival date **April 30th, 2026**, the delegation shall be required pay to the LOC a «NO SHOW» charge per person, equivalent to the accommodation cost per person per day.

If any participant's arrival is delayed by one or more days, the delegation must pay all the days specified in the accommodation and flight schedule forms previously submitted.

The host National Federation and its Local Organising Committee (LOC) are fully committed to the approved Requirements & Guidelines of WFA Championships.

TRAINING VENUE

Training venue will be at the **Hall of Champion Sara Samir at the Suez Canal Authority Club.**

TRANSPORT

All teams will be received by the LOC upon arrival at Cairo International Airport, and will offer a round-trip shuttle bus service to and from Cairo International Airport (CAI) at a cost of **USD 20 per person**, and buses will also be provided between the competition venue, training venue and hotel for all participants.

Flight Schedule Forms must be sent to the LOC and the WFA respectively latest by **April 12th, 2026**, and must indicate the airline and flight numbers for both the arrival and return of each delegation member.

VISA

According to the conditions of host country, it is mandatory from all participants to contact the respective Egyptian embassies in their home countries in sufficient time to obtain entry visas to Egypt.

Please follow the below link:

<https://cms.iaaf.africa/sites/default/files/2023-10/List%20of%20Egyptian%20Consulates%20and%20Consular%20Sections%20in%20Egyptian%20Embassies%20AFRICA.pdf>.

National Federations that do not have Egyptian embassies in their countries should send passport copies and photographs of their delegations to the LOC no later than **April 01st, 2026** in order to obtain visas upon arrival at Cairo International Airport, at a total cost of **USD 50 per person (USD 25 payable at the airport and USD 25 payable to the Egyptian Weightlifting Federation).**

Note: The National Federations of Ethiopia, Libya and Sudan are required to pay USD 15 at the Airport for the government registration process of their delegations. These Federations should submit the passport copies and photographs of their delegation members to the LOC no later than April 01st, 2026.

South African citizen can obtain an **e-Visa** via the Egypt e-Visa Portal at a cost of **USD 25 per person**.

Please visit the below link:

<https://www.visa2egypt.gov.eg/eVisa/Home?VISTK=CH5U-LIDS-PLM4-UC24-9LZJWB27-W9MP-67GW-Q19I-LH6P-Y6FC-7218-UJRW-EXDJ-064W-LIID>.

YELLOW FEVER CERTIFICATE

Valid yellow fever is a requirement and must be produced at the Airport.

HEALTH INSURANCE

In accordance with the IWF Rules and Regulations, participating National Federations must assume full moral and financial responsibility of their registered/ accredited delegation members with respect to health and wellness, and in the event of accidents or damages not attributable to the LOC.

FLAG AND ANTHEM

Each participating national delegation is kindly requested to bring a CD or flash drive of their national anthem as well as two national flags measuring 100 x 150cm. These Items shall be submitted on arrival at the accreditation center. The national anthem may also be sent as an email attachment.

AWARDS

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

Certificates of participation will be presented to all participants.

Trophies will be awarded to the best three teams in the overall team classification for both men and women, in accordance with IWF Team Classification.

Trophies will also be awarded to the Best Men's Lifter and Best Women's Lifter.

GENERAL INFORMATION

All electrical alternate current (AC) power sources have 220/240 Volts and DC batteries range from 1.5 Volts onwards, types including (AA & AAA, etc). All plug types are readily available.

Temperature:

Daily Highs: Temperatures typically range from **(29°C - 32°C)**, occasionally reaching higher.

Daily Lows: Nighttime temperatures are comfortable, averaging around **(16°C - 19°C)**.

Overall Feeling: The weather is considered very warm to hot.

Currency rate is US\$ **(1 US dollar = 50 Egyptian Pound)**.

BANK DETAILS

Beneficiary Name: Egyptian Weightlifting Federation

Beneficiary Address: Cairo International Stadium, Egypt

Beneficiary Bank: Arab African International Bank

Branch Address: 8 Ibrahim Naguib Street, Garden City / Cairo, Egypt

Account Number: 1009995110010101 (USD)

IBAN: EG450057000501009995110010101

Swift Code: ARAIEGXXXX

We are looking forward to receiving you in Ismailia as our valuable guests

Attached;

- Entry Forms (Preliminary and final)
- Flight Details Form
- Accommodations Form
- Accreditation Form

CONTACT DETAILS

Egyptian Weightlifting Federation (EGY)

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MOHAMED ABDELMAKSOUD

Mohamed Abdelmaksoud

President of Egyptian Weightlifting Federation



TENTATIVE PROGRAM

Sunday 10 May 2026

Arrival and accreditation of delegations

Monday 11 May 2026

10:00	12:00	14:00	17:00
Verification of Final Entries & Technical Officials' Meeting	WFA Committees Meeting	Technical Officials Seminar	WFA EB Meeting

Tuesday 12 May 2026

10:00	12:00	17:00	18:00
Injury Prevention Education Seminar	WFA Congress Meeting	Opening Ceremony	Competition Cat. 48kg & 53kg (Women)

Wednesday 13 May 2026

10:00	13:00	16:00
Competition Cat. 60kg & 65kg (Men)	Competition Cat. 58kg (Women)	Competition Cat. 71kg (Men)

Thursday 14 May 2026

10:00	13:00	16:00
Competition Cat. 63kg (Women)	Competition Cat. 79kg (Men)	Competition Cat. 69kg (Women)

Friday 15 May 2026

10:00	13:00	16:00
Competition Cat. 88kg (Men)	Competition Cat. 77kg (Women)	Competition Cat. 94kg (Men)

Saturday 16 May 2026

10:00	13:00	16:00
Competition Cat. 86kg & +86kg (Women)	Competition Cat. 110kg & +110kg (Men)	Closing Ceremony & Banquet

Sunday 17 May 2026

Departure of Delegations

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