



Information Bulletin

2014 OCEANIA & SOUTH PACIFIC SENIOR, JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS (Continental Olympic Youth Qualification Event)

Mont Dore- New Caledonia 25 – 31, 2014

The 2014 Oceania & South Pacific Weightlifting Championships for Senior, Junior and Youth this year will be held at the Oceania Weightlifting Institute in Mont Dore, New Caledonia. This event is also an Olympic Youth Qualification event. 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.

Medals

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women. The medals will be awarded only for the total.

Competition Categories:

IWF Categories for Men and Women. Senior & Junior: Men: 56,62,69,77,85,94,105, +105 Women: 48,53,58,63,69,75, +75
For the Youth Championships these are the categories Boys: 50,56,62,69,77,85,94, 94+ Girls: 44,48,53,58,63,69,69+

Final Entries

The final entry forms must be returned to the OWF no later than **April 15th 2014**

Accreditation

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

Competition Venue

The competition venue is the Oceania Weightlifting Institute in Mont Dore.

Training Venue will be at the Oceania Weightlifting Institute.

Training will be available to all teams during the period Sunday 25 May to Friday the 30th May. Access to the training gym will be from 08:30 – 19:00hrs each day.

Accommodation and Meals

The accommodation will be at the brand new building called **Centre International Sport et Expertise (CISE)**. Only 10 minutes away from the competition and training venue. (this new building will be officially opened during the championships)

The cost per night including breakfast, lunch and dinner per person is as follows:

Twin rooms: XPF 7000 per person, Triples rooms: XPF 6800 per person, Quadruple room. XPF 6600 per person.

There are only two dormitory style rooms with 12 beds per room. The cost XPF 6300 per person.



Please note: There are only rooms at this facility for approximately 120 people. Rooms will be allocated to those countries book and pay first. If you wish to stay at this facility then please contact the OWF office and we will give you the bank details of the CTOS for you to transfer the funds. If you choose to pay in cash, then all payments must be made in XPF.

Once the facility is booked to capacity then those countries who missed out will need to book rooms at different hotels. Also meals will be your arrangements as well.

Currency and Banking Facilities

New Caledonia has its own currency – **XPF**. The XPF is at present:

one USD1.00 = 87.3 xpf

one AUD\$1.00 = 78.5xpf

one NZL1.00 = 72.5 xpf

one FJD\$1.00 = 46.7xpf

one PNG Kina = 34.2 xpf

one Solomon dollar = 12 xpf

one Tongan dollar = 46.5xpf

one Samoan tala = 37xpf

All credit cards are welcomed by most hotels, restaurants, shops, rental cars, etc. All the major banks of France are in New Caledonia, BNP, Paribas, Societe Generale.

International Travel

These are the international airlines which fly to Noumea- Arrival and departure details should be submitted together with your entry from.

From Sydney- Australia – Qantas and Air Calin flies every day

From Brisbane- Australia – Qantas and Air Calin flies 3 times per week

From New Zealand –Air New Zealand and Air Calin flies 5 times per week

From Fiji – Air Calin flies 2 times per week

From Wallis – Air Calin flies 2 times per week

From Tahiti Air Calin flies once per week.

Air France flies to Noumea every day from Paris.

From Osaka Air Calin/Air France flies 3 times per week

From Seoul Air Calin/Air France flies 2 times per week

Transport

Transport will be provided from the airport to hotels upon the arrival of teams. Also from the hotel to the training and competition venue.

Visas

You do not require to have a visa to enter New Caledonia. (except for Fiji who must apply to the French Embassy in Suva)

Departure Tax

No departure tax from New Caledonia.

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, 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 or AUD\$55 each to cover the cost for Doping test. This must be paid in cash upon arrival at the accreditation desk.***)

General Information

New Caledonia is comprised of five islands. Total land area is 19,500 sq.km. The islands are volcanic and dominated by rugged mountain ranges with a fringe of coral reefs and lagoons which surround the islands.

Population

The population of New Caledonia is approximately 280,000 people. New Caledonia is multicultural with Europeans, Asians, Melanesians and Polynesian. Noumea is the capital of New Caledonia.

Official Languages

French is the official language in New Caledonia.

Religion

The main religion in New Caledonia is Catholic .

Electricity

Electricity runs on 220V.

Climate and Seasons

New Caledonia is a sub-tropical island. In May the temperature averages 25 to 30 degrees Celsius. Visitors to New Caledonia should bring light weight summer clothing.

Health

New Caledonia is free from malaria, yellow fever 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.

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