



**JUNIOR PAN-AMERICAN CHAMPIONSHIPS
PAN AMERICAN WEIGHTLIFTING FEDERATION
COLOMBIAN WEIGHTLIFTING FEDERATION**





**PAN AMERICAN WEIGHTLIFTING FEDERATION
FEDERACIÓN COLOMBIANA DE LEVANTAMIENTO DE PESAS
JUNIOR PAN-AMERICAN CHAMPIONSHIPS
CARTAGENA DE INDIAS – COLOMBIA
2 TO 10 MAY 2015**



GENERAL CONDITIONS

1. REGULATIONS AND RULES OF COMPETITION

The 2015 Pan-American Junior Feminine and Masculine Championship will be held under the 2013-2016 Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF) and will be under the control of the Pan American Weightlifting Federation (PFLP).

2. ELIGIBILITY

Athletes born between 1 January 2000 and 31 December 1995 may participate.

3. COMPETITION AND TRAINING VENUE

The Junior Pan-American Championships will be held at the Coliseum Bernardo Caraballo of the City of Cartagena de Indias, trainings will be held in the same arena.

4. DATES OF CHAMPIONSHIP

The Championships will be held from 2 to 10 May 2015.

DELEGATIONS ARRIVAL: SATURDAY 2 MAY 2015.

DELEGATIONS DEPARTURE: SUNDAY MAY 10, 2015.

5. CATEGORIES OF COMPETITION

The bodyweight categories in which athlete compete are those set by the International Federation (IWF), and adopted by the Pan-American Federation (PFLP):

WOMEN ATHLETES: 48Kg, 53Kg, 58Kg, 63kg, 69kg, 75kg and +75kg.

MEN ATHLETES: 56Kg, 62Kg, 69kg, 77kg, 85Kg, 94kg, 105 and +105kg.

6. REGISTRATION

a) Preliminary Entries: The Organizing Committee shall receive the Preliminary Entry form by **14 MARCH 2015**



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b) Final: The Final Entries will be accepted until **11 APRIL 2015**.

Registration forms can be submitted:

a) By mail: Colombian Federation of Weightlifting, Calle 9 No. 36-00
Canchas Panamericanas - Coliseum Weightlifting María Isabel
Urrutia - Cali.

b) By e-mail: fedepesas@hotmail.com - fedepesascolombia@gmail.com

7. FINANCIAL CONDITIONS

Participants have to pay the following expenses at the accreditation:

a) REGISTRATION: OFFICIALS and ATHLETES: US \$ 100 each.

b) ACCOMMODATION AND FOOD - INTERNAL TRANSPORT

SINGLE ROOM: US \$ 80

DOUBLE - TRIPLE ROOM: US \$ 70

The selected Hotel for athletes and officials is the Hotel REGATTA, located at Race 1 No. 5-82, Boca Grande, Cartagena - Colombia.

8. COMPETITION EQUIPMENT

The Junior Pan American Championships 2015 Competition equipment will be supplied by Eleiko, IWF licensed company.

9. FINAL VERIFICATIONS

Final Verifications will take place on Sunday 3 May 2015 from 09:00 am in the conference room of the Hotel Regatta located in Race 1 No. 5-82, Boca Grande.

10. TECHNICAL OFFICIALS MEETING

Technical Officials meeting will take place on Sunday, May 3 at 11:00 am in the conference room of the Hotel Regatta located in Race 1 No. 5-82, Boca Grande.



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11. DOPING CONTROL

The Doping Control will be conducted according to the IWF anti-doping norms.

12. AWARDS

- Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women in the Snatch, Clean & Jerk and Total.
- Trophies will be awarded to the top three teams for Women and Men
- Best lifter trophies will be awarded for Men and Women

13. ANTHEM / FLAG

All participating countries are requested to bring their National Flag and a CD with their National Anthem and must deliver them to the Organizing Committee upon arrival.

14. TECHNICAL OFFICIALS

Technical Officials will be selected by the Pan-American Federation, and are exempt from Accommodation, meals and internal transportation fees.

15. VISAS

If you are a passport holder of one of the countries below, you do not need a visa to enter Colombia.

ARGENTINA
BOLIVIA
CANADA
DOMINICAN REPUBLIC
EL SALVADOR
GUYANA
MEXICO
PARAGUAY
TRINIDAD AND TOBAGO
USA

BARBADOS
BRAZIL
CHILE
ECUADOR
GUATEMALA
HONDURAS
PANAMA
PERU
URUGUAY
VENEZUELA



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COMPETITION PROGRAM

May 02	Saturday	Arrival of Delegations			
May 03	Sunday	9:00AM	Verification of Final Entries		
		11:00AM	Technical Officials Meeting		
May 04	Monday	10:00AM	Pan-American Congress		
		7:30PM	Opening Ceremony		
DATE	DAY	TYPE	CATEGORY	WEIGH IN	COMPETITION
May 05	Tuesday	MEN	56Kg	12:00PM	2:00PM
		WOMEN	48Kg	2:00PM	4:00PM
		MEN	62Kg	4:00PM	6:00PM
May 06	Wednesday	WOMEN	53kg	12:00PM	2:00PM
		MEN	69Kg	2:00PM	4:00PM
		WOMEN	58Kg	4:00PM	6:00PM
May 07	Thursday	MEN	77Kg	12:00PM	2:00PM
		WOMEN	63Kg	2:00PM	4:00PM
		MEN	85Kg	16:00	6:00PM
May 08	Friday	WOMEN	69Kg	12:00PM	2:00PM
		MEN	94Kg	2:00PM	4:00PM
		WOMEN	75Kg	4:00PM	6:00PM
May 09	Saturday	MEN	105Kg	12:00PM	2:00PM
		WOMEN	+75Kg	2:00PM	4:00PM
		MEN	+105Kg	4:00PM	6:00PM
		CLOSING CEREMONY			
May 10	Sunday	Departure of Delegations			

(SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF ATHLETES)