



## **2015 Oceania Senior, Junior & Youth Championships**

### **Information Bulletin**



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March 25th, 2015

# INVITATION FROM THE PRESIDENT OF PNG WEIGHTLIFTING FEDERATION

Dear Friends,

As President of Papua New Guinea Weightlifting Federation and President of the PNG National Olympic Committee, I am delighted to extend to all Oceania member countries an invitation to take part in this year's historical event, the Oceania Senior, Junior and Youth Weightlifting Championships which for the first time will be held in conjunction with the Pacific Games.

Just as important Australia and New Zealand will for the very first time be included in four sports in the Pacific Games.

Sport has become a central feature of the world we live in today. We are extremely pleased to see that the sport of weightlifting in Papua New Guinea is enjoying unprecedented success. Not only winning gold medals at the recent Commonwealth Games but also in the growth of the sport at a national level.

Our sport undoubtedly will be one of the highlights of the Pacific Games and I am pleased to see that 21 countries so far have indicated that they would like to compete in Port Moresby. Unquestionably Port Moresby will see the highest number of competitors and country participation in the history of the Oceania Championships.

To all our international guests, your participation will provide an unprecedented opportunity for the Papua New Guinean population to witness world class performances.

As President of the PNG Weightlifting and the PNGNOC, I am eagerly anticipating some fiercely contested battles and will very much enjoy our Oceania athletes battle it out on the platform.

*Thanks to the President of the IWF, Dr. Tamas Ajan, this year's Pacific Games is also an Individual Olympic Qualification Event for the Rio Olympics for the sport of weightlifting, which will guarantee to bring to our shores the elite lifters of this region.*

To all visitors, athletes, coaches and officials, I wish that your experience here in Papua New Guinea is successful and enjoyable. And may your visit be filled with happy memories from our country.

With my highest regards,

Yours sincerely,

**Sir John Dawanincura**  
President PNG Weightlifting federation  
President PNG National Olympic Committee  
Vice President Commonwealth Weightlifting Fed.



## Clarification of combined Events

- 2015 Oceania Senior, Junior & Youth Championships
- Venue: Port Moresby- Papua New Guinea July 5-8

The 2015 Oceania Weightlifting Championships for Senior, Junior and Youth this year will be held for the first time in Port Moresby –Papua New Guinea in conjunction with the Pacific Games. This will be history making. Weightlifting is one of only four sports which will include Australia and New Zealand as part of the Games.

Weightlifting is also the only sport at the Games which has been given recognition as an individual Olympic Qualification event by the IWF for Rio. For this we must thank Dr. Tamas Ajan the President of the IWF for recognising the status of the Pacific Games.

You will find attached separately to this bulletin the Oceania entries for senior, junior and youth. Please note the closing date.

## Competition Rules and Regulations

The competition will be held in accordance with the IWF Rules & Regulations.

- A lifter who fails to achieve a result in the snatch, **can continue** in the competition as this event is running in conjunction with the Pacific Games. In the Pacific Games competition there are medals for snatch, clean & jerk and total and therefore if a lifter fails in three snatches then that lifter may continue with the clean & jerks.
- All competitors must present a current passport at the weigh-in as per IWF rules.
- Any competitor who fails to weigh-in within the limits of his or her nominated category cannot participate in the competition.
- Also for clarification, according to IWF Rules, 6.6.5 will apply. The total weight of the starting attempts declared and actually taken in the snatch and clean & jerk cannot be less than 15kg below the verified entry total for women and 20kg below the verified entry total for men. The jury will exclude the athlete from the competition if this rule is not adhered to. This rule is commonly referred to as 15/20 kilo rule.

## 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 in the Oceania Championships.
- In the Pacific Games medals will be awarded for the Snatch, the Clean & Jerk and 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 May 20th 2015.**

As per IWF new rules on Anti Doping, **only** Athletes who registered with the IWF in January this year and submitted in ADAMS will be eligible to compete.

This means **any new lifters** whom you wish to enter in the Pacific Games or Oceania Championships, you must submit their whereabouts information **not later than the 4<sup>th</sup> May.** All the **new athlete** registration forms and related questions must be sent to the IWF to [adams@iwfnet.net](mailto:adams@iwfnet.net)

The registration process to **ADD NEW ATHLETE** is the following. To avoid duplication and confusion of data, to add new athlete you have to download and fill in the form and send it by email to the IWF ADAMS e-mail address along with the Athlete's passport copy.

[ADD NEW ATHLETE FORM](#) (docx)

[ADD NEW ATHLETE FORM](#) (pdf)

### **Competition Venue**

The competition venue is the **Sir John Guise Stadium** which has a seating capacity of 3,000.

### **Training Venue .**

The training venue will be held at the Port Moresby National High School. Training will be available to all teams during the period Wednesday July 1st to Wednesday July 8th. Access to the training gym will be from 08:30 – 17.30hrs each day. The training hall will have 25 training platforms plus sauna and scales.

### **Barbells/Weights Equipment**

ZKC weights and bars will be used on the main stage and warm up area and training.

### **Accreditation**

As the Oceania Championships is part of the Pacific Games, delegations will receive their accreditation from the Organising Committee of the Games.

However for Junior and Youth lifters and their officials, the OWF will provide the accreditation unless some of these lifters are entered to compete in the Pacific Games as well in which case the accreditation will come from the Organising Committee of the Games.

### **Accommodation and Meals**

The accommodation will be at the Pacific Games Athletes Village. This includes also senior, junior and youth Oceania lifters and their officials.

The cost per day including breakfast, lunch and dinner **per person is USD\$50.00**

### **Transport**

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

### **International Travel**

You can fly from Australia to Port Moresby from Brisbane, Cairns and Sydney on Qantas/Air Nuigini daily.

Also Virgin Blue flies daily from Australia but please check their timetable.

From New Zealand you can fly to PNG via Australia.

Air Nuigini also flies three times a week to Fiji and Solomon Islands.

### **Visas**

Countries **allowed** to obtain Visas on Arrival

All Pacific countries

All Western European countries

All Americans

New Zealand

**(Australia needs a visa to enter Papua New Guinea - this visa can be obtained in Brisbane, Sydney, Cairns and Canberra)**

### **Departure Tax**

There is no departure tax from Papua New Guinea.

## **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. The Pacific Games Organising Committee will be responsible for this and therefore there will be no fee imposed on athletes.

## **General Information**

### **Population**

Papua New Guinea is one of the most [culturally diverse](#) countries in the world; 848 languages are listed for the country, of which 12 have no known living speakers. Most of the population of over 7 million people live in customary communities, which are as diverse as the languages. It is also one of the most rural, as only 18 per cent of its people live in urban centres.

### **Official Languages**

Most of the population in Papua New Guinea speak English as well as Pidgin.

### **Religion**

Many religions are practised in Papua New Guinea.

### **Currency and Banking Facilities** Papua New Guinea has its own currency – **KINA**.

**Subject to currency fluctuations**, The KINA is at present:

one USD\$1.00 = 2.58 Kina

one AUD\$1.00 = 2.10 Kina

one NZLD\$1.00 = 1.95 Kina

one FIJ\$1.00 = 1.25 Kina

one TALA\$1.00 = 1.04 Kina

one TONGA\$1.00 = 1.25 Kina

All credit cards are welcomed by most hotels, restaurants, shops, rental cars, etc. The banks in PNG are the ANZ and BSP.

### **Electricity**

Electricity runs on 240V.

### **Climate and Seasons**

Papua New Guinea is a tropical climate with a temperature averaging 28 degrees Celsius. Visitors to Papua New Guinea should bring light weight summer clothing.

### **Health**

We strongly recommend that you check with your personal doctor with regards to the health requirements for entering Papua New Guinea.

### **IWF Affiliation Fees**

- **Please note** , if you are not a current financial member of the IWF, you are to pay your annual fees directly to the IWF in Port Moresby during the Pacific Games in cash. The sum per country is USD\$500 for year 2015.
- Please make sure that these funds are paid to the IWF official at the Verification of entry on Friday July 3<sup>rd</sup>. Or if you prefer you are welcome to transfer these funds direct to the IWF account. The account details are as follows:

**Name:** International Weightlifting Federation  
**Bank:** National Saving Bank,  
**Address:** u. 6, 1876 Budapest, Hungary  
**Account Number:** HU06 1176 4056 2482 4019 0000 0000 – OTP  
**Swift Code:** OTPVHUHB

If you choose to transfer the money, do this well before the Pacific Games, so that at the verification of entries your country will be confirmed as a current financial member.

- **Naturally if you have already paid this year's membership, this will not apply to you.**

### **Meeting Dates during the Pacific Games.**

- OWF Executive Board Meeting July 2<sup>nd</sup>
- Verification of Entries & Pacific Games Technical Meeting July 3<sup>rd</sup>
- OWF Annual Congress - July 3<sup>rd</sup>
- OWF Technical Meeting - July 3<sup>rd</sup>
- OWF Anti Doping Seminar July 6<sup>th</sup>
  
- Times and venues for these particular meetings will be advised at a later stage.
  
- **For General Information, the Opening Ceremony of the Pacific Games is on the 4<sup>th</sup> July 2015 with the Closing Ceremony on 18<sup>th</sup> July 2015.**

## Competition timetable

### Friday 3<sup>rd</sup>

Verification of entries - and Technical meeting

Time to be advised

### Sunday 5<sup>th</sup>

Session 1 - 11:00	Weigh in - 09:00 to 10:00	48Kg Women
Session 2 - 13:30	Weigh in - 11:30 to 12:30	56Kg Men
Session 3 - 16:00	Weigh in - 14:00 to 15:00	53Kg Women
Session 4 - 18:30	Weigh in - 16:30 to 17:30	62Kg Men

### Monday 6<sup>th</sup>

Session 5 - 10:00	Weigh in - 08:00 to 09:00	69Kg Men
Session 6 - 12:30	Weigh in - 10:30 to 11:30	58Kg Women
Session 7 - 15:00	Weigh in - 13:00 to 14:00	63kg Women
Session 8 - 17:30	Weigh in - 15:30 to 16:30	77Kg Men

### Tuesday 7<sup>th</sup>

Session 9 - 10:00	Weigh in - 08:00 to 09:00	69kg Women
Session 10 - 12:30	Weigh in - 10:30 to 11:30	85kg Men
Session 11 - 15:00	Weigh in - 13:00 to 14:00	75kg Women
Session 12 - 17:30	Weigh in - 15:30 to 16:30	94Kg Men

### Wednesday 8<sup>th</sup>

Session 13 - 10:00	Weigh in - 08:00 to 09:00	105kg Men
Session 14 - 12:30	Weigh in - 10:30 to 11:30	+75Kg Women
Session 15 - 15:00	Weigh in - 13:00 to 14:00	+105kg Men

- The times of these categories may change slightly depending on the final entries.
- Dates will not change.

## Teams Training Timetable

		Approx. number of lifters training
GROUP 1	Papua New Guinea	35
GROUP 2	New Zealand, Niue	35
GROUP 3	Australia	40
GROUP 4	Samoa, Tonga, Vanuatu, Solomon Islands, N. Marianas	35
GROUP 5	Fiji, Marshall Islands, American Samoa, Tahiti, Tuvalu, Palau	38
GROUP 6	NCL, Kiribati, Nauru , FSM, Wallis & Futuna , Guam, Cook Islands	38

Please Note : The Training Hall shuts at 17:30

### WEDNESDAY July 1

Group 1 08:30  
Group 2 10:00  
Group 3 11:30  
Group 4 13:00  
Group 5 14:30  
Group 6 16:00  
to 17:30

### THURSDAY July 2

Group 6 08:30  
Group 1 10:00  
Group 2 11:30  
Group 3 13:00  
Group 4 14:30  
Group 5 16:00  
to 17:30

### FRIDAY July 3

Group 5 08:30  
Group 6 10:00  
Group 1 11:30  
Group 2 13:00  
Group 3 14:30  
Group 4 16:00  
to 17:30

### SATURDAY July 4

Group 4 08:00  
Group 5 09:00  
Group 6 10:00  
Group 1 11:00  
Group 2 12:00  
Group 3 13:00  
will close at 14:00

### SUNDAY July 5

Group 3 08:30  
Group 4 10:00  
Group 5 11:30  
Group 6 13:00  
Group 1 14:30  
Group 2 16:00  
to 17:30

### MONDAY July 6

Group 2 08:30  
Group 3 10:00  
Group 4 11:30  
Group 5 13:00  
Group 6 14:30  
Group 1 16:00  
to 17:30

### TUESDAY July 7

Group 1 08:30  
Group 2 10:00  
Group 3 11:30  
Group 4 13:00  
Group 5 14:30  
Group 6 16:00  
to 17:30

### WEDNESDAY July 8

training any time

Paul Coffa MBE

OWF General Secretary

E-mail: [owf@bigpond.com](mailto:owf@bigpond.com)

E-mail: [owf@mls.nc](mailto:owf@mls.nc)

+687 467640 or +687 948756 or +61 457778900