



**WELCOME TO
UZBEKISTAN**



27th Senior Women's and 46th Senior Men's
Asian Weightlifting Championships
Qualification Event for the Games of the XXXI Olympiad in Rio de Janeiro in 2016
21st - 30th April, 2016 Tashkent, Uzbekistan



OFFICIAL INVITATION

To the President/General Secretary
Affiliated National Weightlifting Federation/ Association

Dear Sir/Madam,

On behalf of Uzbekistan Weightlifting Federation and Organizing Committee, we have a great honor to invite you to 27th Senior Women's & 46th Senior Men's Asian Weightlifting Championships (Qualification Event for the Games of the XXXI Olympiad in Rio de Janeiro in 2016) during 21 – 30 April 2016 in Tashkent city, Uzbekistan.

Tashkent is a city of magnificent beauty, sunny and welcoming, the city of harmony of Asian architecture and modern urban planning. Tashkent has such epithets as “The city of Friendship” and “The city of Peace”. The Decree of UNESCO Tashkent celebrated 2200 – year anniversary.

As many of you know, Tashkent hosted many Weightlifting Championships and we are very happy to organize again such a prestigious event in our city. These Asian Weightlifting Championships will gather Asian weightlifting families, as well as a weightlifting event of the highest level in Asia. We will do our best to be a good host, show the hospitality and make it a grand event. We believe success of this event will contribute to the upgrading of its sporting level and to the strengthening of unity and friendship among the people of Asia.

We are looking forward to welcoming you in Tashkent city!

With best regards,

Shakhrillo Makhmudov

First Vice-President of Uzbekistan Weightlifting Federation
Vice-President of Asian Weightlifting Federation
Technical Committee Member of International Weightlifting Federation



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RULES & REGULATIONS

1. DATE AND VENUES

21st - 30th April, 2016

Competition/training site: Competition/training site: “Uzbekistan Sport Center” sport complex. Address:

Accommodation/Hotels:

“HOTEL UZBEKISTAN” IN TASHKENT CITY

Address: 100047, Musakhanova Str. #45, TASHKENT, UZBEKISTAN

Tel: (+998 71) 113-1111, 113-1012, 113-1113

Fax: (+998 71) 113-1122, 113-1120, 113-1090, 1131100

Website: www.hoteluzbekistan.uz

E-mail: reservation@hoteluzbekistan.uz, marketing@hoteluzbekistan.uz

&

“CITY PALACE HOTEL” IN TASHKENT CITY

Address: Amir Temur st., 15, Tashkent

Uzbekistan, 100000

Website: <http://citypalace.uz> Email: info@citypalace.uz

Telephone: +998 71 238 3000

Fax: +998 71 238 3009

Participants must accept the accommodation offered by the Organizing Committee. Those making their own arrangements independently cannot be granted accreditation and Championships-related services.

2. COMPETITION RULES AND REGULATIONS:

The competition will be held in accordance with the latest Constitution and Rules of the AWF Constitution, IWF Constitution and By-Laws and IWF Technical and Competition Rules and Regulations. The 2016 Asian Senior Weightlifting Championships will also be the Qualification Event for Asia of the 2016 Rio de Janeiro Olympic Games. Please use the link below to find the Official Qualification Regulation of the Rio 2016 Olympic Games:

<http://www.iwf.net/wp-content/uploads/downloads/2014/05/2014-05-28-Rio-2016-Qualification-System-FINAL-Weightlifting-EN.pdf>

3. ELIGIBILITY OF PARTICIPATION

Only competitors of the National Weightlifting Federations/Associations affiliated to the AWF are eligible to participate in Asian Championships.

4. EVENT

Men: 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg,+ 105 kg

Women: 48kg, 53kg, 58kg, 63kg, 69kg, 75kg, + 75kg

5. ENTRIES

Preliminary Entry Forms (**with Visa application forms, passport copies & clear photos**) must be submitted to the Organizing Committee and the Asian Weightlifting Federation (AWF) respectively not later than 20th February, 2016.

Final Entry Forms and Accommodation Forms must be submitted to the Organizing Committee and the Asian Weightlifting Federation (AWF) respectively not later than 20th March, 2016.

6. AWARDS

Gold, silver and bronze medals will be awarded to the first three winners in the Snatch, Clean & Jerk and Total Competition in each bodyweight category of Senior's events in both Women's & Men's division.

Certificates of participation will be presented to all participants.

Trophies will be awarded to the best six teams in total respectively for Women and Men's competition in accordance with the IWF Team Classifications.

7. DOPING CONTROL

Doping Control will be conducted in accordance with the IWF Anti-Doping Policy.

8. BARBELL

IWF-approved "Zhangkong" barbells/ sport equipment will be provided.

9. FINANCIAL CONDITIONS:

Participation fee (including food and accommodation costs):

Double room: **US \$ 120** per person per day with three meals.

Single room: **US \$ 140** per person per day with three meals.

Entry fee: **US \$ 170** per person (including IWF Special Anti-Doping Fee)

All payments regarding accommodation must be paid in cash to the Organizing Committee at "Hotel Uzbekistan" in Tashkent, Uzbekistan.

A minimum stay of 4 days is required for all participants.

10. TECHNICAL OFFICIALS

The technical officials will be appointed by AWF and with free board and lodging.

The Competition Speakers, loaders and assistants will be provided by the Organizing Committee.

11. INSURANCE

As required by the IWF Regulations, all participants must be under insurance coverage for travel and accident/injury by their respective Federations/Associations before their departure from their home country.

12. ACCREDITATION

The accreditation of the delegation will take place at the accreditation center in “Hotel Uzbekistan” upon-arrival. In order to prepare the accreditation cards, it is important to send us each participant’s copies of their non-expired passports and original photos of each participant by email to: uzbek_weightlifting@yahoo.com.

Please, send us colorful photos in clear form that is saved into JPEG or JPG file, so we will prepare your ID cards before your arrival.

13. FLAG AND ANTHEM

Each participating team is kindly requested to bring along a CD of their National Anthem and two National Flags (1.2m X 1.8 m). These must be submitted upon arrival to the Organizing Committee.

14. TRANSPORTATION

The Organizing Committee will provide transportation between Tashkent International Airport and Hotel, as well as Hotel and Competition Hall (Training Center). In order to make available transportation from Airport to Hotel and from Hotel to Airport on time, we require you to fill out **Arrival and Departure** information. Otherwise, no one can be responsible for the transportation on time.

15. VISAS

Visa entry to Uzbekistan could be obtained from the Uzbekistan Embassy abroad or at Tashkent International Airport. Uzbekistan Weightlifting Federation will supply visa letters to all federation/association.

It is important to send us each participant’s copies of non-expired passports and photos to issue visa letter.

IMPORTANT NOTE: Visas will be issued for **free of charge – no cost** for participants who send their passport copies not later than 20th March 2016. Organizing Committee will not guarantee visa assistance for late send passport copies.

Copies of non-expired passports, colorful photos and visa forms must be sent to the following email with preliminary entry forms:

uzbek_weightlifting@yahoo.com

After providing passport copies, photos and filled visa forms to Organizing Committee in full, Uzbekistan Weightlifting Federation will provide visa support letter to each federation/association.

16. TEMPERATURE

During April the minimum and maximum temperature average is between 15 °C and 20°C. Average temperature in Tashkent during Championships 17°C.

17. ELECTRICITY

Voltage: 220-240 Volts.

18. ORGANIZING COMMITTEE:

Address: 100003 Tashkent, Olmazor district 15/1, Uzbekistan.

Tel./Fax: (+998 71) 245-55-90

Email: uzbek_weightlifting@yahoo.com

Web: www.uwf.uz

Mobile contact numbers: 00998909001785/ 00998909584440

19. ASIAN WEIGHTLIFTING FEDERATION (AWF)

Address: P.O Box 2473, Doha, Qatar

Phone: (+974) 44943274 / 3076

Email: info@awfederation.com

Web: www.awfederation.com



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ACCOMMODATION FORM

Number of Hotel Rooms

This form must be returned by 20th March 2016

National Weightlifting Feder./Assoc. of _____

| Date | Single Room | Double Room |
|------------------------|-------------|-------------|
| 20 th April | | |
| 21 st April | | |
| 22 nd April | | |
| 23 rd April | | |
| 24 th April | | |
| 25 th April | | |
| 26 th April | | |
| 27 th April | | |
| 28 th April | | |
| 29 th April | | |
| 30 th April | | |
| 01 st May | | |

President or General Secretary _____

Name, Surname: _____ **Date:** _____

Signature: _____

Please, fill in this form and send it by email.

Uzbekistan Weightlifting Federation (UWF)

Address: 100003

Olmazor district 15/1. Tashkent, Uzbekistan

Tel/Fax: +99871 2455590

Email: uzbek_weightlifting@yahoo.com

Asian Weightlifting Federation (AWF)

Address: P.O Box 2473, Doha, Qatar

Phone: (+974) 44943274 / 3076

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PRELIMINARY ENTRY FORM (SENIOR-Men)

National Weightlifting Federation/Association _____

MEN ATHLETES:

| No. | Bodyweight Category | Lifter's Full Name | Date of Birth | Entry Total |
|-----|---------------------|--------------------|---------------|-------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| R | | | | |
| R | | | | |

OFFICIALS:

| No. | Official's name | | Date of birth | | | Function |
|-----|-----------------|-------|---------------|-------|------|-------------|
| | Family | Given | Day | Month | Year | |
| 1 | | | | | | Team leader |
| 2 | | | | | | Coach |
| 3 | | | | | | Doctor |
| 4 | | | | | | Therapist |
| 5 | | | | | | |

President / General Secretary _____

Signature: _____ Date: _____

MOBILE CONTACT NUMBER: _____

Please, fill in this form and send it by email till 20th February 2016:

Uzbekistan Weightlifting Federation (UWF)
Address: 100003
Olmazor district 15/1. Tashkent, Uzbekistan
Tel/Fax: +99871 2455590
Email: uzbek_weightlifting@yahoo.com

Asian Weightlifting Federation (AWF)
Address: P.O Box 2473, Doha, Qatar
Phone: (+974) 44943274 / 3076
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PRELIMINARY ENTRY FORM (SENIOR-Women)

National Weightlifting Federation/Association _____

WOMEN ATHLETES:

| No. | Bodyweight Category | Lifter's Full Name | Date of Birth | Entry Total |
|-----|---------------------|--------------------|---------------|-------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| R | | | | |
| R | | | | |

OFFICIALS:

| No. | Official's name | | Date of birth | | | Function |
|-----|-----------------|-------|---------------|-------|------|-------------|
| | Family | Given | Day | Month | Year | |
| 1 | | | | | | Team leader |
| 2 | | | | | | Coach |
| 3 | | | | | | Doctor |
| 4 | | | | | | Therapist |
| 5 | | | | | | |

President / General Secretary _____

Signature: _____ Date: _____

MOBILE CONTACT NUMBER: _____

Please, fill in this form and send it by email till 20th February 2016:

Uzbekistan Weightlifting Federation (UWF)
Address: 100003
Olmazor district 15/1. Tashkent, Uzbekistan
Tel/Fax: +99871 2455590
Email: uzbek_weightlifting@yahoo.com

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FINAL ENTRY FORM (SENIOR-Men)

National Weightlifting Federation/Association _____

MEN ATHLETES:

| No. | Bodyweight Category | Lifter's Full Name | Date of Birth | Entry Total |
|-----|---------------------|--------------------|---------------|-------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| R | | | | |
| R | | | | |

OFFICIALS:

| No. | Official's name | | Date of birth | | | Function |
|-----|-----------------|-------|---------------|-------|------|-------------|
| | Family | Given | Day | Month | Year | |
| 1 | | | | | | Team leader |
| 2 | | | | | | Coach |
| 3 | | | | | | Doctor |
| 4 | | | | | | Therapist |
| 5 | | | | | | |

President / General Secretary _____

Signature: _____ Date: _____

MOBILE CONTACT NUMBER: _____

Please, fill in this form and send it by email till 20th March 2016:

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Olmazor district 15/1. Tashkent, Uzbekistan
Tel/Fax: +99871 2455590
Email: uzbek_weightlifting@yahoo.com

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FINAL ENTRY FORM (SENIOR-Women)

National Weightlifting Federation/Association _____

WOMEN ATHLETES:

| No. | Bodyweight Category | Lifter's Full Name | Date of Birth | Entry Total |
|-----|---------------------|--------------------|---------------|-------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| R | | | | |
| R | | | | |

OFFICIALS:

| No. | Official's name | | Date of birth | | | Function |
|-----|-----------------|-------|---------------|-------|------|-------------|
| | Family | Given | Day | Month | Year | |
| 1 | | | | | | Team leader |
| 2 | | | | | | Coach |
| 3 | | | | | | Doctor |
| 4 | | | | | | Therapist |
| 5 | | | | | | |

President / General Secretary _____

Signature: _____ Date: _____

MOBILE CONTACT NUMBER: _____

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MEDIA ACCREDITATION FORM

| No. | Full name | Nationality | Employee | Type of media |
|-----|-----------|-------------|----------|---------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |

President / General Secretary _____

Signature: _____ Date: _____

MOBILE CONTACT NUMBER: _____

Please, fill in this form and send it by email till 20th March 2016:

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Address: 100003

Olmazor district 15/1. Tashkent, Uzbekistan

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Phone: (+974) 44943274 / 3076

Email: info@awfederation.com

Web: www.awfederation.com

ARRIVAL FORM:

| № | FULL NAME | ARRIVAL date, time and flight number DETAILS | | |
|----|-----------|--|------|---|
| | | Flight number | Date | Time (pm / am) please indicate pm or am |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| - | | | | |

Please, fill in this form and send it to the following emails till 20th March 2016:

Email: uzbek_weightlifting@yahoo.com

Email: info@awfederation.com

This form is necessary to organize your transportation to Hotel on time.

DEPARTURE FORM:

| № | FULL NAME | DEPARTURE date, time and flight number DETAILS | | |
|----|-----------|--|------|---|
| | | Flight number | Date | Time (pm / am) please indicate pm or am |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |
| 15 | | | | |
| - | | | | |

Please, fill in this form and send it to the following emails till 20th March 2016:

Email: uzbek_weightlifting@yahoo.com

Email: info@awfederation.com

This form is necessary to organize your transportation from hotel to Airport on time.



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| Date | Time | Event |
|----------|-------|---|
| 20 April | | Arrival of delegation |
| 21 April | 9:00 | AWF Technical Committee Meeting |
| | 9:00 | AWF Coaching and Research Committee Meeting |
| | 9:00 | AWF Medical Committee Meeting |
| | 15:00 | AWF All Commission Meetings |
| 22 April | 10:00 | AWF Executive Board Meeting |
| | 17:00 | Verification of Final Entry |
| 23 April | 9:00 | Registration of delagation for AWF Congress |
| | 10:00 | AWF Congress |
| | 15:00 | Technical Official Meeting |
| 24 April | 10:00 | Women Category 48kg Group B |
| | 13:00 | Men Category 56kg Group B |
| | 15:00 | Opening Ceremony * |
| | 16:00 | Women Category 48kg Group A * |
| | 19:00 | Men Category 56kg Group A * |
| 25 April | 10:00 | Women Category 53kg Group B |
| | 13:00 | Men Category 62kg Group B |
| | 16:00 | Women Category 53kg Group A * |
| | 19:00 | Men Category 62kg Group A * |
| | 21:00 | Men Category 69kg Group C |
| 26 April | 10:00 | Women Category 58kg Group B |
| | 13:00 | Men Category 69kg Group B |
| | 16:00 | Women Category 58kg Group A * |
| | 19:00 | Men Category 69kg Group A * |
| | 21:00 | Men Category 77kg Group C |
| 27 April | 10:00 | Women Category 63kg Group B |
| | 13:00 | Men Category 77kg Group B |
| | 16:00 | Women Category 63kg Group A * |
| | 19:00 | Men Category 77kg Group A * |
| | 21:00 | Men Category 85kg Group C |
| 28 April | 10:00 | Women Category 69kg Group B |
| | 13:00 | Men Category 85kg Group B |
| | 16:00 | Women Category 69kg Group A * |
| | 19:00 | Men Category 85kg Group A * |
| 29 April | 10:00 | Women Category 75kg +75kg Group B |
| | 13:00 | Men Category 94kg Group B |
| | 16:00 | Women Category 75kg Group A * |
| | 19:00 | Men Category 94kg Group A * |
| | 21:00 | Men Category 105kg, +105kg Group B |
| 30 April | 11:00 | Men Category 105kg Group A * |
| | 14:00 | Women Category +75kg Group A * |
| | 16:00 | Men Category +105kg Group A * |
| 1 May | | Departure of Delegation |

Note Schedule is subject to change according to Verification of Final Entries
* ; Televised

Visa Application Form

1) Personal Information (Names should be written as in the passport)

Surname:

First Name:

Sex:

Date of Birth: Day Month : Year

Place of Birth (city or town):

Country of Birth:

Citizenship:

Passport Type:

Passport Number:

Date of Issue of the passport (Day/Month/Year):

Issued Place of the passport:

Expiration Date of the passport (Day/Month/Year):

1) Marriage information:

Single? yes /no:

Married? yes/no:

If married, Spouse's full name:

2) **Travel Information:**

Planned date of arrival in Uzbekistan:

Planned date of departure from Uzbekistan:

3) **Additional Information:**

Have you visited Uzbekistan before? Yes_____ or No_____

If yes when:

Accompanied Persons (persons travelling together and inserted into applicant's passport):

4) **Work or study and home address:**

Your Occupation:_____ (athlete or coach or doctor or...)

Your Place of work and its full address:

If studying, your place of study and its full address

Tel: Email:

Your residential home Address and Phone number: