



FEDERACIÓN COLOMBIANA DE LEVANTAMIENTO DE PESAS
SOUTH AMERICAN AND IBERO-AMERICAN SENIOR CUP
COLOMBIAN CUP 2020
ON-LINE PLATFORM ZOOM
SEPTEMBER 30TH TO OCTOBER 5TH OF 2020



SOUTH AMERICAN SENIOR CUP
IBERO-AMERICAN SENIOR CUP
COLOMBIAN CUP 2020
ON-LINE VIA ZOOM
SEPTEMBER 30TH TO OCTOBER 5TH OF 2020

FEDERACION COLOMBIANA DE LEVANTAMIENTO DE PESAS
Carrera 39 9-31 Santiago de Cali. Fedepesacolombia@gmail.com



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OFFICIAL INVITATION

To the Presidents of the National Weightlifting Federations of South America and Latin America, and the National Federations affiliated to the IWF.

Dear Friends. The Colombian Federation of Weightlifting, with the endorsement of the IWF, the South American Confederation and the Ibero-American Federation of this sport, has the honor of inviting the National Federations of South America, Latin America and countries affiliated to the IWF, to participate in Senior South American Weightlifting Cup, Senior Ibero-American Cup and COLOMBIAN CUP 2020, ON-LINE VIA ZOOM events.

Being the organizing federation of this important event, becomes a challenge for our nation, for which we hope to count on the valuable participation of the athletes from their respective countries, to enhance this important regional sporting event.

Finally, attached you will find the competition regulations for participation in this sports festival.

Best regards,

WILLIAM PEÑA
President



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COMPETITION RULES

1. General Conditions

Athletes over 15 years of age may participate.

On September 15, the necessary adjustments will be made to the regulation of the competition system.

2. Place and dates of competitions

ONLINE COMPETITIONS. ZOOM PLATFORM from 2nd to 5th of October.

3. Eligibility

Athletes of the National Federations affiliated to the South American Weightlifting Confederation, Ibero-American and IWF.

4. Events

The categories to compete are the official IWF regulations, for the senior category.

SENIOR CATEGORY

Female: 45, 49, 55, 59, 64, 71, 76, 81, 87 and +87 Kg.

Male: 55, 61, 67, 73, 81, 89, 96, 102, 109, and +109 Kg.

5. Registration.

Preliminary Registrations will be received until SEPTEMBER 02, 2020 By email: fedepesacolombia@gmail.com secretario@sudamericanapesas.org

Final Inscriptions will be received until SEPTEMBER 22, 2020 By email: fedepesacolombia@gmail.com secretario@sudamericanapesas.org

6. Financial conditions

PARTICIPATING FEDERATIONS MUST BE IN PEACE AND EXCEPT WITH THE SOUTH AMERICAN AND IBERO-AMERICAN WEIGHTLIFTING CONFEDERATIONS.

7. Registration Fee

TOTAL FREE

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8. Accreditations

Accreditations will be made via email: fedepesascolombia@gmail.com

9. Competition Equipment

The equipment to be used must be a brand endorsed by the IWF.

10. Final Verification

An informational meeting will be held on September 30, 2020 at 10:00 a.m. in Bogotá Colombia. ON-LINE VIA ZOOM

11. Technical officers meeting

It will be held on September 30, 2020 at 12:00 hours in Bogotá Colombia. ON-LINE VIA ZOOM

12. Doping Control

It will be carried out according to IWF regulations.

13. Awards

- The three (3) best lifters in each bodyweight division in the male and female branch will be awarded in snatch, clean and jerk and total, with gold, silver and bronze medals. In each of the events.
- To the three (3) best teams in the male and female branch in the three events
- Trophy for the best male and female weightlifter in the three events.
- THE AWARDS WILL BE GIVEN AT THE FIRST PRESENTIAL EVENT.

14. Technical officers

They will be selected by the Organization.

The payment of the judgment will be made by the FEDEPESAS COLOMBIA, through international money orders.

Contact

Colombian Federation of Weightlifting:
fedepesascolombia@gmail.com



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15. Preliminary program

DATE	ACTIVITY
SEPTEMBER 30TH	START OF ACTIVITIES
SEPTEMBER 30TH	INFORMATIVE MEETING 10H00
	Technical officers meeting 12H00

Date	Division	EVENT	BRANCH	Weighing	Competition
OCTOBER 2 ND	55KG	ALL	MALE	08:00	10:00
	45KG	ALL	FEM	10:00	12:00
	61KG		MALE	12:00	14:00
	49KG	ALL. ALL	FEM	14:00	16:00
	67KG	ALL	MALEC	16:00	18:00
OCTOBER 3 RD	55KG	ALL.	FEM	08:00	10:00
	73KG	ALL.	MALE	10:00	12:00
	59KG-	ALL.	FEM	12:00	14:00
	81KG	ALL	MALE	14:00	16:00
	64KG	ALL	FEM	16:00	18:00
OCTOBER 4 TH	71KG	ALL	FEM	08:00	10:00
	89 KG	ALL	MALE	10:00	12:00
	76 KG	ALL.	FEM	12:00	14:00
	96 KG	ALL	MALE	14:00	16:00

OCTOBER 5 TH	102KG	ALL	FEM	08:00	10:00
	81KG 87KG +87KG	ALL	MALE	10:00	12:00
	109KG +109KG	ALL	FEM	12:00	14:00

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ORGANIZING COMMITTEE

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