



2022 Asian Weightlifting Championships  
06 - 16 October 2022  
Manama - Kingdom of Bahrain



**INVITATION**



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

Dear Sir/Madam,

On behalf of the Bahrain Weightlifting Federation and Organizing Committee, we are honored to invite you to the 2022 Asian Weightlifting Championships taking place from the 06–16 October in Manama, Kingdom of Bahrain. Manama is a stunning city of magnificent beauty; sunny and welcoming, it is a city of harmonious Arab architecture and modern urban planning. Bahrain has ancient cultural roots, extending into the depths of history for more than five thousand years, known for the civilizations of “Dilmun”, “Tylos” and “Awal”. Bahrain was historically described as “the land of eternity” or “the land of great paradise” due to its fame for its freshwater springs and palm trees.

Manama has hosted many sporting events over the years proving its passion and capacity. We are looking forward to host yet another successful and very prestigious event in our city. In October 2022, The Asian Weightlifting Championships will gather the best of the Asian weightlifting family.

We are looking forward to welcoming you soon!

With best regards,

Eshaq Ebrahim Eshaq

President of Bahrain Weightlifting Federation (BWF)



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**ASIAN WEIGHTLIFTING**  
C H A M P I O N S H I P S  
**MANAMA 2022**

6 - 16 OCTOBER

Contact details:

Asian Weightlifting Federation  
20th Floor Chalearmprakiat Building  
286 Sport Authority of Thailand,  
Ramkhamhaeng Road, Huamark Bangkokkapi,  
Bangkok Thailand 10240  
Phone: (66)21709461 Fax. (66)21709462  
[info@awfederation.com](mailto:info@awfederation.com)  
[awfederation@yahoo.com](mailto:awfederation@yahoo.com)

Bahrain Weightlifting Federation  
Organizing Committee

Tel & WhatsApp: +973 39995136  
Tel & WhatsApp: +973 39960102  
Tel & WhatsApp: +973 37137292  
Address: Building 21, Road 3501, Block 335,  
UM ALHUSSAM – Kingdom of Bahrain  
E-Mail : [Manama2022@bwf.bh](mailto:Manama2022@bwf.bh)  
E-Mail : [info@bwf.bh](mailto:info@bwf.bh)



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# 2022 Asian Weightlifting Championships 06 - 16 October 2022 Manama - Kingdom of



## Regulations

1. Date: 6-16 October 2022, Manama, Kingdom of Bahrain
2. Competition Venue - Bahrain Conference Center at the Crowne Plaza hotel
3. Competition Venue address: Diplomatic Area 317, Manama, Bahrain
4. Training Venue - Golden Tulip hotel, Gilgamesh Hall
5. Training Venue address: Manama city, Building: 5, Road 339, Block 317, Diplomatic Area
6. Accommodation will be at the following hotels:
  - a. Golden Tulip Hotel
  - b. Crowne Plaza Hotel

\* NOTE: A minimum stay of 4 (four) nights is required for all participants.  
Check-in Time: 14.00 / Check-out Time: 12.00 AM





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7. Financial Conditions

7.1 Accommodation Fee

- a. Single room 150 USD / per person / per night
- b. Double room 130 USD / per person / per night

7.2 Entry fee

- a. Athletes 170 USD per person (includes 50 Special Anti-Doping Fee)
- b. Team Officials 120 USD per person
- c. Media 120 USD per person

8. Antigen / PCR Test costs Antigen Test on arrival

- a. All participants are required to take an Antigen Test upon the arrival (free of charge)
- b. Any participants who haven't got the 2nd dose vaccination, must take the 2nd antigen test amid of his/her stay. Such Athletes / Team Officials / Media personnel are required to pay 30 USD (per person) for the second antigen test by cash in hotel to the OC
- c. Those who require the PCR test certificate on departure should pay 30 USD (per person) by cash to OC in hotel.

NOTE: For those who did not receive two doses of the COVID 19 vaccination, must present a negative PCR test certificate upon their arrival to the Kingdom of Bahrain Airport. The OC will submit the updates related to COVID-19 before the arrival to kingdom of Bahrain if needed.

9. Payment

- a. Bank transfers: (in all bank transfer payments, please, a minimum of 50% of the total payment must be transferred by **20/09/2022** to the Bank Account of OC's. If you are paying by wire transfer, please ask your bank and consider the time it takes to process the transfer for the payment to arrive by the deadline date and time
- b. Check-in: All participants must make total payment of participation (entry) fees (in case if they did not pay by bank transfer) upon arrival in US cash dollars to the Asian Weightlifting Federation's Cashier
- c. Hotel "No-Show" charges: If one or more delegation participants do not arrive on the date specified on the Accommodation & Transportation Form and have not informed the OC 10 days before the arrival, the delegation must pay Hotel charges for the Hotels mentioned above, the charge of "No-Show" per person. This charge required by the hotel for keeping the room available for each night and meals ordered. The charge is equal to the Participation Fee per person/ per day. If one or more participants are delayed one or more days, the delegation must pay all the days specified in the Accommodation & Transportation Form sent.

NOTE: The bank document that accredits the funds transfer must be send 15 (fifteen) days before your arrival to [Manama2022@bwf.bh](mailto:Manama2022@bwf.bh) for the validation.

*National Bank of Bahrain*  
*Account Name: Bahrain Weightlifting Federation.*  
*Account NO: 0099086832*  
*IBAN: BH37NBOB00000099086832*  
*SWIFT Code: NBOBBHBM*



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All payments must be made in US dollars' currency, any bank charges are the responsibility of the **SENDER**. No accommodations or accreditation will be offered to any delegation member until funds have been received in full to the Bahrain Weightlifting Federation bank account or paid in cash. After the submission of the Final Accommodation & Transportation Form on **08<sup>th</sup> September 2022** should you require any additional hotel rooms, the OC will use their best efforts to accommodate your additional team members in the same

hotel, however, this cannot be guaranteed. Cancellations will not be accepted after **10/09/2022** and no refunds will be given.

10. Entry deadlines and pre-competition procedures

- 10.1. Entries should be sent to [Manama2022@bwf.bh](mailto:Manama2022@bwf.bh)
- 10.2. Any questions, please contact AWF Secretariat: [awfederation@yahoo.com](mailto:awfederation@yahoo.com)
- 10.3. **PRELIMINARY ENTRIES ARE OBLIGATORY!**
- 10.4. The Preliminaries Entries must be sent to [Manama2022@bwf.bh](mailto:Manama2022@bwf.bh) by no later than **08<sup>th</sup> August 2022**
- 10.5. Member Federation must send the Preliminary Entry (Long List) of a maximum of **TWENTY (20) MEN and TWENTY (20) WOMEN**

THIS MEANS THAT THE MEMBER FEDERATION **CANNOT** ADD OR CHANGE ATHLETES AFTER THE PRELIMINARY ENTRIES WHICH HAVE TO BE SENT ON OR BEFORE **08<sup>th</sup> August 2022**

- 10.6. For administrative purposes the Member Federation must declare the estimated number of athletes and Team officials who will participate in the 2022 Asian Championships
- 10.7. **FINAL ENTRIES ARE OBLIGATORY!**
- 10.8. **Ten (10) MEN and Ten (10) WOMEN and (2) Reserve** for each  
The Final List of Athletes must be sent to [Manama2022@bwf.bh](mailto:Manama2022@bwf.bh) by **08<sup>th</sup> September 2022**
- 10.9. Member Federation must select the final list of Athletes from the Preliminary Entry (previously submitted by **08<sup>th</sup> August 2022**)

11. All Forms must be sent to [Manama2022@bwf.bh](mailto:Manama2022@bwf.bh)  
Preliminaries no later than **08<sup>th</sup> August 2022** and the Finals no later than **08<sup>th</sup> September 2022** which must include:
  - a. Copies of all Passports (picture page Scan Copy Only)
  - b. Electronic Passport Photos (3cm x 4cm, with white background)

12. Media Accreditation Form to be send to [Manama202@bwf.bh](mailto:Manama202@bwf.bh) by **08<sup>th</sup> September 2022**

13. Visa

**OC CANNOT GUARANTEE THE VISA INVITATION LETTER IF PARTICIPANTS SEND THEIR DOCUMENTS LATER THAN THE DEADLINE. VISA APPLICATION WILL BE PROCESSED IN A MINIMUM OF TWO WEEKS, AFTER WHICH AN INVITATION LETTER WILL BE SENT. PASSPORT EXPIRY DATE MUST BE AFTER 31<sup>ST</sup> MARCH 2023**



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14. Accreditation

The Accreditation will take place at the Hotels. Please make sure to fill the required details including attachments of photos and titles. **THE FORM WILL BE SENT SEPARATELY FROM THIS DOCUMENT.**

15. Anthem

Each Member Federation should bring two (2) national flags sized 120x180cm and the national anthem on CD or USB drive to be submitted upon arrival in accreditation center to the OC.

16. Transportation

- a. The OC will provide shuttle bus from the Bahrain International Airport
- b. Local shuttle bus will be provided for all participants to get to the venues (accommodation, meetings, competition/training venue and any other official program)
- c. On site transportation changes or new requests are not guaranteed to be accommodated

17. Competition Regulation

- c. The 2022 Asian Championships will follow the IWF Technical and Competition Rules & Regulations (TCRR)
- d. Accredited Participants (athletes, team officials, technical officials, media, guests, etc. must:
  - Acknowledge and fully comply with IWF Constitution and By-Laws, TCRR, Anti- Doping Rules (ADR)
  - Abide by all reasonable directions given by the AWF, the OC, TOs
  - Should accept any prize or award given by AWF and /or OC/sponsors, and will attend all special award ceremonies where prizes or awards are presented
  - Should attend Press Conference upon request of AWF/OC
  - Should not participate in, support, or promote illegal betting
  - Should be responsible for all property they bring into the Event – the AWF and/ or OC shall have no responsibility in any loss or damage of this property
  - Should irrevocably release AWF & OC from liability for any loss, injury, or damage that they may suffer in relation to their participation in the Event
  - Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors
  - Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed





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- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food and transportation payment prior to use of any OC or AWF facility, or for airport transfers
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance
- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness, and in the case of accidents or damages not attributable to the OC

18. Eligibility

- a. Athletes born in 2007 or before (aged 15+ years)
- b. In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2021 whereabouts information of the athletes shall be submitted at minimum two (2) months prior to the event (**by 08<sup>th</sup> August 2022**)
- c. In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it **IMMEDIATELY** at [iwf@ita.sport](mailto:iwf@ita.sport)

19. WADA ADEL online courses

- a. It is strongly recommended that athletes participating successfully complete the WADA ADEL online course for Athletes before competing
- b. The course can be found at the following link: <https://adel.wada-ama.org/>
- c. In case Athletes and supported personnel (coaches, team doctors) have any problem with the registration process, please contact WADA at [adel@wada-ama.org](mailto:adel@wada-ama.org) and the IWF at [education@iwfnet.net](mailto:education@iwfnet.net)

20. Event Categories

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg  
WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

21. Awards

- a. Gold, silver, and bronze medals will be awarded in the Snatch, the Clean & Jerk and the Total in each bodyweight category
- b. Team trophies will be awarded to the best male and female athletes, as well as to the best six teams respectively for both Men's and Women's competitions in accordance with IWF Team Classification.

22. Doping Control

Doping Control will be carried out by ITA on behalf of IWF by an appointed sample collection authority in accordance with the IWF Anti-Doping Rules.

23. Barbell

IWF approved ZKC barbells will be used during the competition and training.





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24. Insurance

According to IWF Regulations, all participants must be under coverage for travel and accident / injury / illness (Covid-19) by their respective Federations before their departure from their hometown

25. Temperature & Electricity Information

- a. The average Manama Kingdom of Bahrain temperature during the Championships will be approximately between 26 - 34 degrees on Celsius
- b. Electricity For Bahrain the associated plug type is G, which is the plug that has three rectangular pins in a triangular pattern
- c. Bahrain operates on a 230V supply voltage and 50Hz.

Contact details: Asian Weightlifting Federation 20th Floor Chalearmprakiat Building 286 Sport Authority of Thailand, Ramkhamhaeng Road, Huamark Bangkokapi, Bangkok Thailand 10240 Phone: (66)21709461 Fax. (66)21709462 <a href="mailto:info@awfederation.com">info@awfederation.com</a> <a href="mailto:awfederation@yahoo.com">awfederation@yahoo.com</a>	Bahrain Weightlifting Federation Organizing Committee Tel & WhatsApp: +973 39995136 Tel & WhatsApp: +973 39960102 Tel & WhatsApp: +973 37137292 Address: Building 21, Road 3501, Block 335, UM ALHUSSAM – Kingdom of Bahrain E-Mail : <a href="mailto:Manama2022@bwf.bh">Manama2022@bwf.bh</a> E-Mail : <a href="mailto:info@bwf.bh">info@bwf.bh</a>
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**Preliminary Timetable**

05-10-2022		Delegation arrival	
06-10-2022	10:00	Technical, Medical, Coaching, & Research Committee Meetings	
	14:00	AWF Executive Board Meeting	
	18:00	Final Entries Verification	
	20:00	Anti-Doping seminar	
07-10-2022	08:00	Congress Registration	
	09:00	AWF Congress	
	14:00	Technical Official's Meeting	
	18:00	Opening Ceremony	
08-10-2022	10:00	Woman 45 kg	B
	12:30	Woman 49 kg	B
	15:00	Men 55 kg	B
	17:30	Woman 45 kg	A
	20:00	Woman 49 kg	A
09-10-2022	10:00	Woman 55 kg	B
	12:30	Men 61 kg	B
	15:00	Men 55 kg	A
	17:30	Woman 55 kg	A
	20:00	Men 61 kg	A
10-10-2022	10:00	Woman 59 kg	B
	12:30	Men 67 kg	B
	15:00	Woman 59 kg	A
	17:30	Men 67 kg	A



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11-10-2022	10:00	Woman 64 kg	B
	12:30	Men 73 kg	B
	15:00	Woman 64 kg	A
	17:30	Men 73 kg	A
12-10-2022	10:00	Women 71 kg	B
	12:30	Men 81 kg	B
	17:30	Woman 71 kg	A
	20:00	Men 81 kg	A
13-10-2022	10:00	Woman 76 kg	B
	12:30	Men 89 kg	B
	15:00	Men 96 kg	B
	17:30	Men 89 kg	A
	20:00	Woman 76 kg	A
14-10-2022	10:00	Woman 87 kg	B
	12:30	Men 102 kg	B
	15:00	Woman 81 kg	A
	17:30	Woman 87 kg	A
	20:00	Men 96 kg	A
15-10-2022	10:00	Men 109 kg	B
	12:30	Men 102 kg	A
	15:00	Woman +87 kg	B
	17:30	Men +109 kg	B
16-10-2022	10:00	Men 109 kg	A
	12:30	Woman +87 kg	A
	17:30	Men +109 kg	A
	21:00	Banquette	
17-10-2022	Delegation departure		

**\*\*Please note: Time schedule subject to be changed after the verification of final entries\*\***