

CUBAN WEIGHTLIFTING FEDERATION



INVITATION

To the President / Secretary General
of the National Weightlifting Federation/Association, Affiliated to the IWF and
PAWF

Dear Sir, Madam,

On behalf of the Cuban Weightlifting Federation, the Government of Havana, the Institute of Sport, Physical Education and Recreation (INDER) and the Cuban Olympic Committee, we have the great honor of inviting you to the **Junior Pan American Championship, a qualifying event for the II Junior Pan American Games, Asunción 2025 and the XLI International Tournament "Manuel Suárez In Memoriam"**, in the period between March 9 and 15 in Havana, Cuba.

Havana, the Cuban capital, is located in western Cuba and although it is the smallest of all the provinces, its more than two million inhabitants make it the most populated on the entire island. In its 15 municipalities, particularly those of Playa, Plaza de la Revolución, Centro Habana, Habana del Este and La Habana Vieja (a UNESCO World Heritage Site since 1982), the traveler will find countless sites of architectural, cultural and tourist interest.

Visiting Havana is something that can be done throughout the year. Its warm climate most of the year, with temperatures ranging between 20.0 °C and 29.8 °C, is the perfect incentive to explore the city. You can even plan your trips to Havana to attend events such as the famous International Festival of New Latin American Cinema, the Havana International Ballet Festival, the International Book and Literature Fair, as well as world-class congresses and symposiums that take place in the many convention and event spaces in Havana.

We hope to see you soon in this tropical paradise called CUBA!



Dr. C. Jorge Luis Barcelán Santa Cruz
President of the Cuban Weightlifting Federation
President of the Organizing Committee

CUBAN WEIGHTLIFTING FEDERATION



1. DATES AND PLACE

March 9 to 15, 2025, Havana, Cuba

2. COMPETITION AND TRAINING PLACE

Manuel Suárez Fernández Gymnasium
Calle 10 between 100 and 14, Alta Habana, Boyeros, Havana, Cuba

3. ACCOMMODATION

- Hotel Memories Miramar

A minimum stay of 4 (four) nights is required for all participants.

* **NOTE:** Check-in: 13.00 / Check-out: 12.00

4. FINANCIAL CONDITIONS

Accommodation fee (with full board)

Single room 140 USD / per person / per night

Double room 120 USD / per person / per night

Entry fee

Pan American Junior Championships

Athletes: 225 USD per person (incl. 100 USD IWF Special AD Fee)

Delegates and Team Officials: 125 USD per person

International Tournament “Manuel Suárez In Memoriam”

Athletes and delegates 125 USD per person, (athletes not participating in the Junior Pan American Championships will be required to pay a special of USD 100).

Payment

Check-in: All participants (who have not made payment by bank transfer) must make full payment upon arrival in cash (in USD) to the Local Organizing Committee.

All payments must be made in USD and bank charges for transfers or other transactions are the responsibility of the Member Federation.

No accommodation or accreditation will be offered to any member of the delegation until funds have been received in full in the Pan American Federation bank account or paid in cash. Accommodation is not guaranteed until full payment is received.

Penalty policy for cancellations or no-shows:

CUBAN WEIGHTLIFTING FEDERATION



Cancellations made before 15 days will not be penalized, from 15 to 10 days (50 % of the package price), (9 to 5 days) 75 % of the package price and 4 to 0 days (100 % of the package price).

• For cases of unforeseen departures from the country, the full stay will be billed.

Charges for "no-show" at the hotel: If one or more participants of the delegation do not arrive on the date specified in the Accommodation and Transportation Form and have not informed the Local Organizing Committee 15 days prior to arrival, the delegation must pay the Local Organizing Committee, prior to accreditation, the "No-Show" charge per person. The charge is equal to the accommodation rate per person/per day.

If one or more participants are delayed by one or more days, the delegation will be required to pay for all days specified in the submitted Accommodation and Transportation Form.

After submitting the Accommodation and Transportation Form on **11/02/2025**, if you require additional hotel rooms, the LOC will make every effort to accommodate the additional members of your team in the same hotel, however, this cannot be guaranteed.

PAYMENTS BY BANK TRANSFER

Important rules for bank transactions:

A minimum of 50% of the total payment must be transferred before **11/02/2025** to the bank account of the Local Organizing Committee. Please check with your bank and consider the time it takes to process the transfer so that the payment arrives on the deadline date and time.

We kindly ask you to send, 15 (fifteen) days before your arrival, the bank document proving the transfer of funds to cubapesas19@gmail.com to validate your payment with our bank.

- **BANK / BBVA**
- **ACCOUNT NUMBER / 011-094-000200246058-08**
- **SWIFT CODE / BCONPEPL**
- **BENEFICIARY / FEDERACION PANAMERICANA DE LEVANTAMIENTO DE PESAS**
- **LOCATION / CAL. COSME BUENO NRO. 222 URB AGRUP RESIDENCIAL SALAMANCA DE MONTE RICO LIMA – LIMA - ATE**
- **CURRENCY / USD**

CUBAN WEIGHTLIFTING FEDERATION



5. PRE-COMPETITION PROCEDURES / REGISTRATION OF ATHLETES

Athletes must be registered through the PAWF On line Registration System.

<http://dataentry.pesasamerica.org/>

If you have any questions or difficulties, please contact the Cuban Federation at cubapesas19@gmail.com

PRELIMINARY ENTRIES

Preliminary entries must be uploaded to the IWF online entry system no later than **January 11, 2025**.

- The Member Federation must submit the Preliminary Entry (Long List) of a maximum number of athletes:

TWENTY (20) MEN and TWENTY (20) WOMEN

THIS MEANS THAT THE MEMBER FEDERATION CANNOT ADD/CHANGE ATHLETES AFTER JANUARY 11, 2025

- At the same time, for administrative purposes, the Member Federation must declare the estimated number of athletes and team officials who will participate in the 2025 Pan American Junior Championships and XLI International Tournament "Manuel Suárez In Memoriam".

FINAL ENTRIES

The Final List of Athletes must be confirmed in the PAWF Online Entry System no later than **February 11, 2025**.

The Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by **January 11, 2025**):

max. TWELVE ATHLETES (10+2 RESERVES) / GENDER

THE FINAL LIST OF ATHLETES MAY ONLY BE SELECTED FROM THOSE INCLUDED IN THE PRELIMINARY ENTRY.

The following documents must be completed by **February 11, 2025** in the online registration system:

- Accommodation and Transport Form
- Copy of passport and photos for accreditation

If you have any questions or difficulties, please contact the Cuban Federation at cubapesas19@gmail.com

CUBAN WEIGHTLIFTING FEDERATION



Media:

All media participants must be approved in advance. Media requests must be sent via email to cubapesas19@gmail.com

6. VISA

Visitors must possess a valid passport or travel document issued in their name and the appropriate tourist visa. Countries with which Cuba has visa waiver agreements are excluded. Tourist visas must be requested online directly from the Consulate or Embassy of your country.

[eVisa-Cuba \(evisacuba.cu\)](http://eVisa-Cuba (evisacuba.cu))

Once you have obtained the visa, the embassy will send you a code by mail that you must include on the entry form to Cuba, 72 hours before, through the following link.

<https://dviajeros.mitrans.gob.cu/inicio>

Business, journalistic, long-stay or work trips require special visas, so you must go to the Cuban Consulates or Embassies.

If you need help, contact the Organizing Committee at cubapesas19@gmail.com

7. COVID-19 COUNTERMEASURES

Information related to COVID-19 protocols for entering the country can be found at the following [LINK](#)

All personnel must comply with the FPLP COVID-19 protocols and procedures during this competition.

Documentation and all relevant fees will be available soon.

In case there are additional requirements by local government authorities, the local organizing committee, the PAWF medical committee, the PAWF will inform you accordingly.

8. ACCREDITATION

Accreditation will take place in the lobby of the Hotel Memories Miramar.

9. FLAG AND ANTHEM

Each Member Federation is responsible for bringing its own national flag (100x150 cm) and anthem (USB) and handing them over to the Local Organizing Committee during accreditation. The LOC/ PAWF cannot be held responsible for errors related to the flag and anthem.

CUBAN WEIGHTLIFTING FEDERATION



10. TRANSPORTATION

The LOC will provide a shuttle bus from the “José Martí” International Airport for all participants.

The accommodation and transportation form must be provided by **February 11, 2025**.

- The transportation form must indicate the airline, flight number and exact time each delegate will arrive and depart. Any changes to the travel schedule must be communicated in advance.
- A local shuttle bus will be provided for all participants, before they arrive at the venues (accommodation, competition/training venue and any other official program).

11. COMPETITION REGULATIONS

The 2025 Pan American Junior Championships will follow the IWF Technical and Competition Rules and Regulations (TCRR), with the exception of the bodyweight categories, since after the approval of the IWF the event will be held with the new bodyweight categories.

The XLI International Tournament “Manuel Suárez In Memoriam”, will not be an official event on the IWF calendar.

12. TERMS AND CONDITIONS OF PARTICIPATION

Accredited participants: athletes, team officials, technical officials (TO), media, guests, etc. must:

- Recognize and fully comply with the IWF and PAWF Constitution and Rules, the IWF TCRR, the IWF Anti-Doping Rules (ADR) and the IWF COVID-19 Protocols;
- Comply with all reasonable instructions given by the PAWF, the Local Organizing Committee (LOC);
- Must accept any prizes or awards given by PAWF and/or the LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Must attend the press conference at the request of PAWF /LOC;
- Must not participate in, support or promote illegal gambling;
- Must be responsible for all property brought to the Event – PAWF and/or the LOC will have no liability for any loss or damage to this property;
- Must irrevocably release PAWF and LOC from liability for any loss, injury or damage they may suffer in connection with their participation in the Event;

CUBAN WEIGHTLIFTING FEDERATION



- Must ensure that they participate in the Event with the permission of their parents or guardians if they are minors;
- Must acknowledge that failure to follow the above terms and conditions may result in penalties;
- Accept that entry is subject to payment of all fees, including payment for entry, anti-doping, accommodation, food and transportation prior to use of any LOC or PAWF facility, or for airport transportation;
- Must acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;
- All participating Federations must assume full moral and financial responsibility for their registered/accredited delegates with respect to their health and well-being, and in the event of accidents or damage not attributable to the LOC.

13. INTERNATIONAL SCIENTIFIC DAY

During the majestic event, as is customary in Cuba, the exhibition and presentation of important scientific works will be held, prepared by athletes, coaches, International Technical Officials, medical personnel, managers and other members of the weightlifting family on the continent.

All those who wish to participate may submit their entries no later than **February 10, 2025** to cubapesas19@gmail.com

14. ELIGIBILITY

Athletes participating in the Pan American Youth Championship must be between 15 and 20 years of age (born between 2005 and 2010). Participants in the XLI International Tournament "Manuel Suárez In Memoriam" must be over 15 years of age (born until 2010).

In accordance with article 5.5.16 of the IWF Anti-Doping Rules, information on the whereabouts of athletes must be submitted at least three (3) months prior to the event (until **December 11, 2024**).

In case you and/or your Athletes encounter any difficulty related to the submission of whereabouts, please report it IMMEDIATELY to iwf@ita.sport

15. WADA ADEL ONLINE COURSE

All participating athletes must successfully complete the WADA ADEL online course for athletes before competing.

The course can be found at the following link: <https://adel.wada-ama.org/>

CUBAN WEIGHTLIFTING FEDERATION



As with the IWF iLiftClean platform, athletes and support staff (coaches, team doctors) will need to register on the site, watch the videos and successfully complete the questionnaire at the end to receive the certificate.

Should athletes and athlete support staff (coaches, team doctors, etc.) have any issues with the registration process, please contact WADA at adel@wada-ama.org

16. EVENT CATEGORIES

MEN: 60kg, 65kg, 71kg, 79kg, 88kg, 98kg, 110kg, +110kg

WOMEN: 48kg, 53kg, 58kg, 63kg, 69kg, 77kg, 86kg, +86kg

17. AWARDS

Gold, Silver and Bronze medals will be awarded in the snatch, clean and jerk and total in each bodyweight category and for each event (Pan American Youth Championship and XLI International Tournament "Manuel Suárez In Memoriam").

Plaques will be awarded to the best male and female athletes, as well as to the most comprehensive athlete and plaques to the six best male and female teams, according to the FPLP Team Ranking, for each event (Pan American Youth Championship and XLI International Tournament "Manuel Suárez In Memoriam").

18. DOPING CONTROL

Doping Control will be carried out by the Sample Collection Authority appointed by ITA on behalf of the PAWF in accordance with the IWF Anti-Doping Rules.

19. SPORTS EQUIPMENT

IWF and PAWF approved ZKC bars will be used during competition and training.

20. TRAINING CAMP

Prior to the event, a Training Camp can be requested at a lower cost than that established for the Pan American Junior Championship. Please find the offers attached.

21. EXTRAORDINARY CONGRESS OF THE FPLP

The Extraordinary Congress of the FPLP will be held on the first floor of the Memories Miramar Hotel, Marinello Room, on **March 10 at 9:00 am**.

CUBAN WEIGHTLIFTING FEDERATION



22. INSURANCE

All participants must enter Cuba with an insurance policy covering possible medical expenses, purchased by their respective Federations before leaving their city of origin.

23. TEMPERATURE

The climate in Cuba is a moderate subtropical climate with two well-differentiated seasons. The dry season is from November to April, which is less humid and somewhat cooler, with average maximum temperatures between 21 and 28 °C and average minimum temperatures between 18 and 24 °C; while in the summer months the average temperature fluctuates around 30 °C, with slightly higher humidity.

Contact details:

Pan American Weightlifting Federation
Avenida General
Salaverry 3810
San Isidro 15076, Perú
Phone:
Email: panamericanadepesas@gmail.com

Cuban Weightlifting Federation
Local Organizing Committee
Address: C. Vedado, Havana
Calle 13 No. 602 ESQ
Phone: +53 7 6374204
Whatsapp: +53 5 8128103, +53 5 8413381, +53 5 8394777
Email: cubapesas19@gmail.com

CUBAN WEIGHTLIFTING FEDERATION



PRELIMINARY CALENDAR

3 March / Monday	Final Verification (Online)				
09 March / Sunday	Arrival of the Delegations				
10 March / Monday	09:00	Congress PAWF Extraordinary			
	14:00	International Scientific Day			
	18:00	Technical Meeting (Teams)			
	19:00	Technical Officers Meeting			
11 March / Tuesday	Weigh-in	Competition	Gender	Division	Group
	09:00	11:00	Male	60	A
	10:20	10:50	Opening Ceremony		
	11:00	13:00	Female	48	A
	13:00	15:00	Male	65	A
	15:00	17:00	Female	53	A
12 March / Wednesday	09:00	11:00	Female	58	A
	11:00	13:00	Male	71	A
	13:00	15:00	Female	63	A
	15:00	17:00	Male	79	A
13 March / Thursday	09:00	11:00	Male	88	A
	11:00	13:00	Female	69	A
	13:00	15:00	Male	98	A
14 March / Friday	09:00	11:00	Female	77	A
	11:00	13:00	Male	110	A
	13:00	15:00	Female	86	A
15 March / Saturday	09:00	11:00	Male	+110	A
	11:00	13:00	Female	+86	A
	13:00	Closing Ceremony			
16 March / Sunday	Departure of the Delegations				

The competition schedule is subject to change after verification of the final registrations.

International Weightlifting Camp, Havana 2025

Enjoy one of the best **Weightlifting** training sessions with the Cuban delegation and its main figures.



From **February 24 to March 8, 2025**, the venue will be the “**Cerro Pelado**” **High Performance Training Center**, convened by the **Cuban Weightlifting Federation** with the sponsorship of **Cubadeportes.S.A.**

Clinics will be held on the preparation of the Cuban team, with experts who managed to bring Cuban weightlifting to what it is today, where you will learn alongside prestigious **trainers, psychologists and doctors** about the preparation system used in our High Performance Center.

Our facility has numerous spaces for the instruction of **elite athletes**. It has materials for exercising in the main disciplines of interest, and is aimed at ensuring that its members are always in the best possible context to be fit and **motivated**.



“WITHOUT A DOUBT AN UNRIVALED OPTION”



OFERTA COMERCIAL

CONTACT US NOW, DON'T MISS OUT, WITH US YOU WILL HAVE A CHAMPIONSHIP EXPERIENCE!!

Our comprehensive package includes:

- ✓ Training sessions with the Cuban national team.
- ✓ Technical advice from national team specialists.
- ✓ Clinics on the preparation of the Cuban team.
- ✓ Confrontation matches.
- ✓ Hydration and Sports Supplementation Package.
- ✓ Accommodation and food.
- ✓ Transfers to and from José Martí International Airport.
- ✓ Primary medical care.

Hoteles

- *Marazul (Ave. Sur y Las Terrazas, Santa María del Mar, Habana del Este, La Habana)*
- *Atlántico (Ave. de Las Terrazas, Santa María del Mar, Habana del Este, La Habana)*

Prices:

Offer for payments before December 20:

- AI: HAB SGL: 75.00 USD
- AI: HAB DBL: 65.00 USD

Offer for payments before January 30:

- AI: HAB SGL: 85.00 USD
- AI: HAB DBL: 75.00 USD

**CUBADEPORTES
S.A.**

Dirección: Ave Norte entre Lazada de Norte II y Lazada de Norte I, Cerro. La Habana,



Transfer Varadero – Havana round trip 50 USD per person

Prices are expressed in USD per person per night, with a minimum stay of 10 nights and a 5% surcharge will be applied to the total amount of the bill for banking services.

CONTACT INFORMATION:

Commercial Address cubadeportes S.A. email:

comercial@cubadeportes.cu

denisel@cubadeportes.cu; Telephone: +53 52698883

enmanuel@cubadeportes.cu; Phone: +53 5279276

yoniel@cubadeportes.cu; Phone: +53 59992181