



**African's junior (16<sup>th</sup> men & 11<sup>th</sup> women)  
Youth (2<sup>nd</sup> men & women) weightlifting championships  
Cairo- Egypt -19/26-03- 2010  
The Main Qualification Event for the 2010 YOUTH OLYMPIC GAMES  
Being Held in SINGAPORE**

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## COMPETITION RULES AND REGULATIONS

Competitions will be held in accordance with Handbook 2009 – 2012 and the IWF Manual for the Organizers of World Championships.

As per IWF-WFA Regulations, each participating Federation/Association is entitled to send a full team consisting of 8 Men and 7 women plus coaches and team officials.

## ELIGIBILITY

According to IWF hand Book (2009-2012) Rules “PARTICIPANTS” (1.2.2)

Athletes born between

**Youth** 1<sup>st</sup> January 1993 and 31<sup>st</sup> December 1997 (up to and including seventeen (17) years of age) are eligible to participate **Qualification Event**.

**Junior** 1<sup>st</sup> January 1990 to 31<sup>st</sup> December 1995 up to and including twenty (20) years of age is eligible to participate

## ACCOMMODATIONS

All delegation members participating in the Event will be accommodated in CATARACT Hotels, Resorts 5 Stars “ **CATARACT PYRAMIDS RESORT** “ El Haraneya – Sakkara Road – El Giza – Egypt please, let us know if you have some extra days to stay in order to organize your stay at the same rate.

Address: El Haraneya – Sakkara Road – El Giza – Egypt

Tel: (+2) 0237718060 till 72 / (+2) 010-1770093 till 97

Fax: (+2) 0237718073 / (+2)0237406252

[Cpr.reservation@cataracthotels.com](mailto:Cpr.reservation@cataracthotels.com)

[info@cataracthotels.com](mailto:info@cataracthotels.com)

## VENUES

**Competition Site:** Cataract Pyramids Resort

**Training Site:** Cataract Pyramids Resort

## EVENTS

**MEN:**

Youth : 50kg,56 kg, 62 kg, 69 kg, 77 kg, 85 kg, 94 kg, +94kg.

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

**Women:**

Youth :44kg, 48 kg, 53 kg, 58 kg, 63 kg, 69kg,+69kg.

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



## ENTRIES

Preliminary Entry Forms must be submitted to the Organizing Committee and the WFA before **20 February 2010**

Final Entry Forms must be submitted to the Organizing Committee and the WFA before **07 March 2010**

The Media Accreditation Forms to be submitted to the Organizing Committee and the WFA before **20 February, 2010**

## EQUIPMENTS:-

**BARBELL:** “With IWF License “and to be announced later.

**RESULTS SYSTEM:** Approved by IWF

## DOPING CONTROL

Anti-doping controls will be carried out by the IWF in accordance with the IWF Anti-Doping policy.

## GENDER VERIFICATION

In case of doubt, Female Lifters may be requested to present a valid Official Gender Certificate at the Registration and in the Weigh-in Room.

## FINANCIAL CONDITIONS

1. Participation fee including accommodation and meals are as follows:
    - Double room: U.S. \$60 per person per day.
    - Single room: U.S. \$85 per person per day.
  2. According to Article 23.2 of WFA Constitution Entry Fee of US \$100 us dollars per person (including officials) except for the “**Technical Official**” who are selected to officiate at the competitions and 50\$ us dollars for the (doping control) to be paid at once.
  3. All payment must be settled to the Organizing Committee upon arrival at the Accreditation Center in USD in cash.
  4. The WFA is responsible for the Doping & Trophies, Medals, and Awards ... etc
- NOTE:** All rates include; Accommodation and Meals. All Fees for the team is required on arrival at the Accreditation Centre. To enable us make proper booking for your accommodation, all National Federations/ Associations must submit their Registration Forms for accommodation by **20 Feb 2010**.

## TRANSPORTATION

All teams will be receipt at Cairo International Airport, Cairo, Egypt, upon their arrival and they will be ferried by bus to the Hotel. The participating teams are required to make reservations for their own flights to and from Cairo, OC will provide local transportation between official venues and hotel. Any unexpected matters upon flight reservations will be with assistance with the OC.

## INSURANCE

According to IWF By-Laws 4.2.4. National Associations/Federations, all participants would have to be under insurance coverage for travel and accident by their respective Federations before their arrival to Egypt

## AWARDS

Gold, Silver and Bronze Medals will be awarded for the 1st, 2nd, and 3rd places respectively in the Snatch, Clean & Jerk and total. Trophies will be awarded to the best 3 teams.



## VISA

Visa entry to Egypt could be obtained from the Egypt Embassy in the respective countries by presenting the Official Invitation for the said Championships. If there is any help needed, please contact the Organizing Committee. A complete list of names with passport data and fax number / mailing address should be sent in time to the Organization Committee for the issuance of invitation letters or upon arrival at the airport.

## FLAG AND ANTHEM

Each participating team is kindly requested to bring along a CD of their National Anthem and 2 National Flags 1.2 x 1.8 m. These items must be submitted upon arrival/ accreditation.

## ACCREDITATION

The accreditation of the delegations will take place in the **CATARACT PYRAMIDS RESORT** in Giza upon arrivals Please note that Accreditation will be valid only for the days registered on the Accreditation Card at the Accreditation Centre and will be issued only after Full Payment of participation and Entry Fees.

## SCHEDULE

- ☺ Friday 19<sup>th</sup> March: Teams Arrival
- ☺ Saturday 20<sup>th</sup> March: Tec. Conference\Tec. Official\Opening Ceremony\Seminars\Media Conference.
- ☺ Sunday 21<sup>st</sup> March: Competition start.
- ☺ Monday 22<sup>nd</sup> March: Competition.
- ☺ Tuesday 23<sup>rd</sup> March: Competitions.
- ☺ Wednesday 24<sup>th</sup> March: Competitions.
- ☺ Thursday 25<sup>th</sup> March: Tour/ Closing Ceremony.
- ☺ Friday 26<sup>th</sup> March: Departure.

**AVERAGE TEMPERATURE IN EGYPT:** 18-23°C

**CURRENCY RATE:** 1 US Dollar = 5.50LE Egyptian Pound

**ELECTRICITY:** 220 Volt.

**FURTHER INFORMATION:** Please contact:

### **Egyptian Weightlifting Federation**

Nasr City, Cairo Stadium, National Federation Complex  
P.O. Box: 422/11794 – New Center Ramses  
Cairo – Egypt  
Tel: (+2) 22621476 Fax: (+2) 24031050  
Mobile: (+2)0123642183 – (+2)0122145329  
Email: [Mahmoud.shoukry@Hotmail.com](mailto:Mahmoud.shoukry@Hotmail.com)

### **African weightlifting federation**

Tripoli-sports city  
Tel: (+218) 214780 487  
Mobile: (+218) 913584086 - (+218) 913543635  
Email: [newwfa@hotmail.com](mailto:newwfa@hotmail.com)



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**Friday 19<sup>th</sup> March 2010**

**Team's arrival**

**Saturday 20<sup>th</sup> March 2010**

10:00

Verification of final entries

11:00

Technical conference

14:00

Technical officials meeting

16:00

Seminars you will be informed later

19:00

Opening Ceremony

**Sunday 21<sup>st</sup> March 2010**

10:00

Men 50 kg

12:00

Women 44 kg

14:00

Men 56 kg

16:00

Women 48 kg

18:00

Men 62 kg

**Monday 22<sup>nd</sup> March 2010**

10:00

Women 53 kg

12:00

Men 69 kg

14:00

Women 58 kg

16:00

Men 77 kg

18:00

Women 63 kg

**Tuesday 23<sup>rd</sup> March 2010**

10:00

Men 85 kg

12:00

Women 69 kg

14:00

Men 94 kg

16:00

Women +69 kg

18:00

Men +94 kg

**Wednesday 24<sup>th</sup> March 2010**

10:00

Women 75 kg

12:00

Men 105 kg

14:00

Women +75 kg

16:00

Men +105 kg

**Thursday 25<sup>th</sup> March 2010**

09:00

Tour

18:00

Banquet

**Friday 26<sup>th</sup> March 2010**

**Departure**

**Note:** Time schedule may subject to be changed after the verification of final entries.