



Information Bulletin

2012 COMMONWEALTH & OCEANIA SENIOR JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS

Including

THE CONTINENTAL OLYMPIC QUALIFICATION EVENT

APIA –SAMOA ,June 4-9 2012

Medals:

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women for the Commonwealth & Oceania Senior, Junior & Youth Championships. The medals will be awarded only for the total. The National anthem will be played only for the Commonwealth Senior & Oceania Senior winners.

Competition Categories:

IWF Categories for Men and Women.

Men: 56,62,69,77,85,94,105, +105 Women: 48,53,58,63,69,75 & +75

Youth boys: 50,56,62,69,77,85,94 & +94 Youth Girls: 44,48,53,58,63,69 & +69

Final Entries

The final entry forms must be returned to the Organizing Committee no later than **May 5th, 2012.**

Currency and Banking Facilities

Samoa has its own currency. \$1.00 Australian dollar is at present approximately Samoan Tala WST\$2.30

. \$1.00 USA dollar is at present approximately Samoan Tala WST\$2.20

. \$1.00 New Zealand dollar is at present approximately Samoan Tala WST\$1.85

Major credit cards are welcomed by most hotels, restaurants, shops, rental car companies, etc.

Banking group includes ANZ, Westpac, and Samoa Bank.

Accommodation

We are trying to minimise the cost for all countries and give them the choice as to where they wish to stay. The Organising Committee will give you the choice of 6 Hotel in Apia, and each country can choose their preference as to which hotel they wish to stay in.

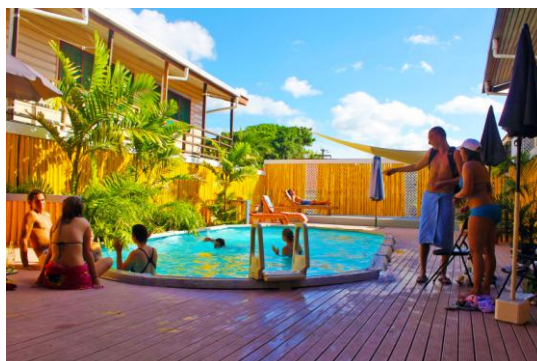
However arrangements must be made by your Federation directly with the Hotels.

Meals

All meals will be at your own cost, at whichever hotel you choose to stay in or you can eat out at your leisure.

There are a number of restaurants in Apia.

HOTEL ELISA



Cost per room in Samoan Tala WST180 (twin) or single same cost. 20 rooms available. This includes continental breakfast.

Hotel Elisa is located on the Apia Beach Road on the way out to the Mulinuu Peninsula. The ocean front location is magnificent with a nice green recreation area in front of the hotel. You are only minutes walk away from Apia City Centre, flea market and fish market. It's hard to find a better location. The contact details are:

- Beach Road Apia, P.O.Box 1233 Apia
- Ph +685-21116 Fax +685 20536
- Email contact@hotelelisa.ws for Bookings

SABRINA LODGE 200 meters from the competition and training hall.



Cost per room in Samoan Tala WST250 (4 per room) 20 rooms available. This includes continental breakfast.

A 5-minute walk from the Complex at Tuanaimato where the weightlifting will be held. Sebrina's Court offers standard accommodation in newly built, tidy, air-conditioned units. The hotel is perfect for travelling sports groups who are mindful of their budget. Units are in two storey concrete blocks, and are 'apartment style' with separate lounge rooms, bedrooms and bathrooms. Units can be air-conditioned or fan cooled. Ten minutes from Apia Township, Sebrina's Court offers warm and welcoming service with a smile!

General Inquiries: Call +685 26940

E-mail: res@polynesianexplorer.com

Mail Address :Polynesian Xplorer Ltd.

Mailifa PO Box 2271

Apia Samoa

Telephone: 685 26940 Facsimile: 685 26941 After Hours: 685 777 9482

SAMOA TRADITIONAL RESORT



Cost per apartment in Samoan Tala WST290 (4 per room) 20 rooms available This includes continental breakfast.

Samoa Tradition Resort is Samoa's newest resort. It is close to Apia - just under 10 minutes drive, and a few minutes from the Competition hall. It has fully self contained, self catering and serviced Apartments to choose from.

Please contact them direct for the best rates. E-mail: book@traditionresort.com or book@holiday-homes.ws

Phone: +685 25699

P.O Box 589 , Apia Samoa

MILLENIA -SAMOA



Cost per room in Samoan Tala WST200 (2 per room) 23 rooms available This includes continental breakfast
Located in Apia with stunning view of the Ocean. Only 5 minutes walk to Apia central.

Hotel Millenia Samoa

PO BOX 214, Apia, Samoa

PH : (685) 28-286 or 28-284 FAX : (685) 28-285 Mobile: (685) 757 0477

Direct Email Bookings Prefer E-mail Reservations : info@hotelmilleniasamoa.com

HOTEL KITANO



Cost per room in Samoan Tala WST365 (2 per room), Single room TalaWST330. 50 rooms available
This includes buffet breakfast.

Hotel Kitano Tusitala, is located in the heart of Apia, overlooking the blue Pacific Ocean. The hotel offers 94 guest rooms with three views to choose from mountain, garden or pool. Rooms are of international standard with air-conditioning, refrigerators, ISD telephones, tea/coffee making facilities, private baths and showers, mini bars, TV and video in-house entertainment, alarm clocks and hairdryers.

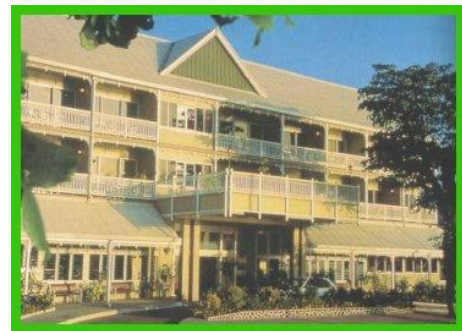
Hotel Kitano Tusitala

P.O.Box 101 Sogi, Apia- Samoa

Phone +685 21122 Fax +685 23652

Tanoa Tusitala hotel website - www.tanoahotels.com

AGGIE GREY'S HOTEL



Cost per room in USD\$180 (2 per room), USD\$160 single room. This includes buffet breakfast.

Aggie's choice of accommodation styles includes 150 rooms, 2 suites with harbour views and 26 island style bungalows.

Aggie Grey's Hotel

P.O.Box 67 Apia- Samoa

Phone +685 22880 Fax +685 23626

E-mail: aggiegreys@aggiegreys.ws

Accreditation

Upon arrival delegations receive their accreditation. There will be no charge for accreditation.

Doping Control

Doping control will be conducted during the competition in accordance with the IWF Anti-Doping policy. This is the only charge the organizing Committee will impose to all athletes (**only competing athletes are to pay USD\$50 each to cover the cost for Doping test.**) This money to be paid in USD dollars or Australian dollars upon arrival, when accreditation is issued.

Barbells/Weights Equipment

ZKC weights and bars will be used on the main stage and warm up area and training.

Training Venue

Training will be located at the Samoa Weightlifting headquarters, Tuanaimato Sports Complex approximately ten minutes away from each of the hotels. Training will be available to all teams prior to the competition on a timetable basis. 25 platforms will be available for training.

Competition Venue

The competition venue is at the Tuanaimato Sports Complex. (The venue where the 2007 World Cup was held), This venue will accommodate approximately 3000 spectators. Nine warm up platforms will be available for the competition. Sauna will also be available at the competition venue.

Transport

Local transport will be provided from the airport to hotels upon the arrival of delegations. And from the hotels to the competition and training venue as well.

International Travel

These are the international airlines which fly to Apia, Samoa.

From Australia – Virgin Blue flies four times per week.

From New Zealand – Air New Zealand has six flights per week

From New Zealand – Virgin Blue flies six times per week to Apia.

From Fiji – Air Pacific flies twice per week

From American Samoa – there are daily flights on Polynesian Airlines (please note there are 3 flights a week from USA to American Samoa. The distance between American Samoa and Samoa is 20 minute flight time)

Health Insurance

As per IWF bylaws, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical services are available at the local hospital, but it is not possible for delegations to purchase health insurance in Samoa. Proof of insurance should be presented at accreditation checkpoints.

Visas

Upon arrival to Samoa you will be given an entry visa at no cost. **Please note that if you travel via New Zealand or Australia you will need to have transit visas for those two countries. If you travel via Fiji, you do not require transit visa.**

Departure Tax

Please note that there is a departure tax of WST\$40.00 tala, per person. This must be paid in Samoan tala at the airport upon your departure and is equivalent to approximately AUD\$18.00 or USD\$19.00.

General Information

Samoa is comprised of two large islands, Upolu and Savaii and eight small islands. Total land area is 2934 sq.km. The islands are volcanic and dominated rugged mountain ranges with a fringe of coral reefs and lagoons which surround the islands.

Population

The population of Samoa is approximately 173,000 people.

Capital

Apia is the capital of Samoa.

Official Languages

Both English and Samoan language is spoken.

Religion

The main religious denominations in Samoa are Congregational, Anglican, Catholic, Methodist, Seventh Day Adventist, Bahai, Latter Day Saints and Jehovah's Witness.

Electricity

Electricity runs on 240 volts.

Climate and Seasons

Samoa enjoys an ideal Pacific Tropical climate. Visitors to Samoa should bring light weight summer clothing. Visitors are requested not to wear bathing suits in Apia town or in the villages, only in hotel swimming pools and beaches. No topless swimming or sunbathing for women is allowed anywhere in Samoa. Please note that it is not acceptable for men to walk in the streets without a t-shirt.

Health

Samoa is free from malaria, yellow fever and major tropical disease that are endemic in some tropical countries.

Emergency Medical and Dental Care

General Hospital is available as well as a private hospital.

For further information please contact

Mr Jerry Wallwork

President Samoa Weightlifting Federation

Chairman Organising Committee

Phone: +685 7702334

Email: jerrywallwork@hotmail.com

