



## **2013 Asian Cup and Interclub Junior & Senior Weightlifting Championship**

*12<sup>th</sup> Asian Junior Inter-Clubs (Men & Women)-14<sup>th</sup> Asian Senior Inter-Clubs (Men & Women)*



### **1. COMPETITION RULES AND REGULATIONS**

Competition will be have in accordance with the latest Constitution and Rule of the International Weightlifting Federation (IWF)

The 15Kgs/ 20 Kgs rule will apply for entry totals and First attempt of Competitors.

### **2. ELIGIBILITY**

Only National Federations/ Associations affiliated with the Asian Weightlifting Federation are eligible to participate in the event.

#### **(Junior Women and Men Weightlifting Championships)**

Athletes was born between 01 January1993 and 31<sup>st</sup> December 1996.(Aged 17-20 years).

#### **(Senior Women and Men Weightlifting Championships)**

### **3. ACCOMMODATIONS**

All delegation members Participating in the Event will be accommodated in-

HOTEL: Yangakdo International Hotel

ADDRESS: Central District, Pyongyang, DPR Korea

TEL: 00850 2 381 2134

HOTEL: Changwangsan Hotel

ADDRESS: Central District, Pyongyang, DPR Korea

TEL: 00850 2 381 2335

HOTEL: Koryo Hotel

ADDRESS: Central District, Pyongyang, DPR Korea

TEL: 00850 2 381 4397

HOTEL: Potongang Hotel

ADDRESS: Pyongchon District, Pyongyang, DPR Korea

TEL: 00850 2 381 2228

### **4. VENUES**

Competition Site: Pyongyang Indoor Stadium  
Training Site: Pyongyang Indoor Stadium  
Weightlifting Hall in Chongchun Street

## 5. EVENT

### Junior Category

Men - 56Kg, 62Kg, 69Kg, 77Kg, 85Kg, 94Kg, 105Kg, +105Kg

Women- 48Kg, 53Kg, 58Kg, 63Kg, 69Kg, 75Kg, +75Kg

### Senior Category

Men - 56Kg, 62Kg, 69Kg, 77Kg, 85Kg, 94Kg, 105Kg, +105Kg

Women- 48Kg, 53Kg, 58Kg, 63Kg, 69Kg, 75Kg, +75Kg

## 6. ENTRIES

Preliminary Entry Forms must be Submitted to the Organizing Committee and the AWF before 15<sup>th</sup> June 2013.

Final Entry Forms must be Submitted to the Organizing Committee and the AWF before 15<sup>th</sup> July 2013.

The Media Accreditation Forms should be returned to the Organizing Committee 15<sup>th</sup> July 2013.

## 7. BARBELL

IWF approved Competition barbells will be used in both the Competitions.

## 8. DOPING CONTROL

Doping control will be conducted in accordance with the IWF Anti – Doping policy.

## 9. FINALCIAL CONDITIONS.

Accommodation costs:

Double Room type: USD 120 /- per person per day including 3meals daily at the Hotel.  
Single Room type : USD 130 /- per person per day including 3 meals daily at the Hotel.

## 10. ENTRY FEE

### **For Youth and Junior Championships :**

1. Entry Fee **US\$ 120/- per person** for All Team Officials and Athletes.
2. All Athletes have to pay a Special Anti-Doping Fee **US\$ 50/- per athletes** .
3. All Payment must be paid in Euro or US\$ (cash only) Which will be settled by the Organizing Committee upon their arrival at the Accreditation Center.

## 11. TRANSPORTATION

All Teams will be received at D.P.R. Korea International Airport, upon their arrival and they will be ferried by bus or car to the Hotel.

The Organizing Committee will provide local Transportation from the Hotel to the Venue for the Competition and Training according to Schedule which will be announced to teams on Competition of Accreditation Process.

## 12. TECHNICAL OFFICIALS

Technical Officials will be appointed by AWF & their accomodation from the evening of September 10 till the end of championship will be covered by the Organizing Committee.

Technical Officials that appointed by AWF if arrived before start day (arrival) should cover extera day by themselves for accomodation..

## 13. INSURANCE

All Participants would have to be under insurance coverage for the travel and accident/injury by the respective Federations before departure from their home country.

## 14. VISA

(a) Entry VISA into DPR Korea could be obtained from the D.P.R. Korea Embassy in the respective countries by presenting the Official Invitation for the said Championships.

(b) For those countires which have no DPR Korea Embassies, the Organizing Committee will assist participants to get landing visa upon their arrival at Pyongyang airport.

(c) If there is any help needed, Please contact the Organizing Committee and send a complete list of names, with passport details.

**(Passport No. Nationality, Date of Birth, Issued date, Expire date: etc...),AND  
Photos by e-mail with Final Entry to Organizing Committee for the Issuence  
on arrival VISA at DPR Korea Airport.**

## 15. FLAG AND ANTHEM

Each Participating team is Kindly requested to bring a CD of their National Anthem and two National Flags 1.2m x 1.8m

These must be submitted upon arrival/ accreditations.

**16. ACCREDITATION**

Please sent the name list and e-photos (P.Size) of your team members to the Organizing Committee by E-Mail Before August 15, 2013 to make for accreditation card.

**Contact e-mail: [prk@star-co.net.kp](mailto:prk@star-co.net.kp)**

**17. AVERAGE TEMPERATURE IN DPR.KOREA :**

Autum comes in Spetember in DPR Korea and the average temperature is from 20~24 °C and humidaity is 60%.

September is very busy with turism in DPR Korea and the participants in this championship are at their disposal to take part in the various local turism program to famous places by their own cost.

**18. ELECTRICITY : 220V- 60Hz**

**19. FURTHER INFORMATION of Organization Committee**

**Address:** Kumsong Dong 2, Mangyongdae District, Pyongyang, DPR Korea. P.O. Box 56

**Tel** : + 850 2 18111 extension 8164

**Fax** : +850 2 381 4403

**E-mail** : [prk@star-co.net.kp](mailto:prk@star-co.net.kp)

**ASIAN WEIGHTLIFTING FEDERATION**

**Tel** : +98 21 77715714 / 77721668

**Fax** : +98 21 77860189

**e-mail** : [awf@a-w-f.net](mailto:awf@a-w-f.net)

**Mobile:** +98 91 21146143

**Website:** [www.a-w-f.net](http://www.a-w-f.net)

Date		Events	Time
Tuesday	10 SEP	Arrival and Registration of Delegates	
Wednesday	11 SEP	Arrival and Registration of Delegates	
		Final Verification of Junior	12:00
		Opening Ceremony	17:00
		Technical Official Meeting	18:00
<b>Junior Championship</b>			
Thursday	12 SEP	Cat. 48, 53kg Junior Women B	10.00–12.00
		Cat. 56, 62 kg Junior Men B	12.30–14.30
		Cat. 48, 53 kg Junior Women A	15.00–17.00
		Cat. 56, 62kg Junior Men A	17.30–19.30
Friday	13 SEP	Cat. 58, 63 kg Junior Women B	10.00–12.00
		Cat. 69, 77, 85kg Junior Men B	12.30–14.30
		Cat. 58, 63 kg Junior Women A	15.00–17.00
		Cat. 69, 77, 85kg Junior Men A	17.30–19.30
Saturday	14 SEP	Cat. 69, 75, +75 kg Junior Women B	10.00–12.00
		Cat. 94, 100, +105kg Junior Men B	12.30–14.30
		Cat. 69, 75, +75 kg Junior Women A	15.00–17.00
		Cat. 94, 100, +105kg Junior Men A	17.30–19.30
		Final Verification of Senior	20:00
<b>Senior Championship</b>			

Sunday	15 SEP	Cat. 48, 53Kg, Senior Women B	10.00-12.00
		Cat. 56, 62Kg, Senior Men B	12.30-14.30
		Cat. 48, 53Kg, Senior Women A	15.00-17.00
		Cat. 56, 62Kg, Senior Men A	17.30-19.30
Monday	16 SEP	Cat. 58, 63, 75Kg, Senior Women B	10.00-12.00
		Cat. 69, 77, 85Kg, Senior Men B	12.30-14.30
		Cat. 58, 63, 75Kg, Senior Women A	15.00-17.00
		Cat. 69, 77, 85Kg, Senior Men A	17.30-19.30
Tuesday	17 SEP	Cat. 69,+75Kg Senior Women B	10.00-12.00
		Cat. 94, 105, +105Kg Senior Men B	12.30-14.30
		Cat. 69,+75Kg Senior Women A	15.00-17.00
		Cat. 94,105, +105Kg Senior Men A	17.30-19.30
		<b>Banquet</b>	20:00
Wednesday	18 SEP	<b>Departure of Delegations</b>	
Thursday	19 SEP	<b>Departure of Delegations</b>	

**Note:** Time Schedule may be changed after the Verification of final Entries.