



EGAT's Cup
INTERNATIONAL WEIGHTLIFTING CHAMPIONSHIPS 2019
Qualification Event for Tokyo 2020
7-10 February 2019, CHIANG MAI, THAILAND

To: President of National Weightlifting Federation

Dear Friends,

Thai Amateur Weightlifting Association (TAWA) has taken much pleasure to invite you to EGAT's Cup (International Weightlifting Championships 2019) being held during 7-10 February 2019 at Chiang Mai province, Thailand.

The International Weightlifting Federation (IWF) has accorded TAWA the honor to organize this event as IWF qualification event for Tokyo Olympic Games 2020.

Chiang Mai is the largest city in northern Thailand. It was a former capital of the Kingdom of Lan Na, which later became kingdom of Chiang Mai. The city sits astride the Ping River, a major tributary of the Chao Phraya River. This city has many tourist attractions and it is the well-known city for all the tourists around the world.

On behalf of TAWA and EGAT. I wish to express my sincere appreciation to all of you who participate. We are looking forward to hear from you soon.

Best regards,

Mrs.Boossaba Yodbangtoey
President of Thai Amateur Weightlifting Association



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COMPETITION RULES AND REGULATIONS

Competitions will be held in accordance with the latest IWF Technical & Competition Rules and Regulations (IWF TCRR)

EGAT's cup 2019 will be a qualification event for Tokyo 2020.

ELIGIBILITY

Athletes born before 2004 (aged 15+ years)

“With reference to Article 5.6.5 of the IWF Anti-Doping Policy 2018, an Athlete who is not listed on the IWF's Registered Testing Pool but wishes to participate in an IWF Event shall provide accurate and complete whereabouts information as set out at Annex I of the International Standard for Testing and Investigations for a period of at least two months prior to the IWF Events in question. An athlete who does not comply with this provision is not eligible to compete at the IWF Event.”

ACCOMMODATIONS

Green Lake Resort

230 MOO 2 CHOLPRATHAN RD. CHANG PUEK
Chiang Mai, Thailand
Tel: (+66) 053-112888
<http://www.greenlakechiangmai.com/>
E-mail: triratna33@hotmail.com

VENUES

Competition Site : Chiang Mai International Exhibition and Convention Centre

Training Site : Chiang Mai International Exhibition and Convention Centre

EVENTS

Men : 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

Women : 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

ENTRIES

Preliminary Form must be submitted to the Organizing Committee before **7 Dec 2018**

Final Entry Forms must be submitted to the Organizing Committee before **7 Jan 2019**

SPORT EQUIPMENT : IWF approved sport equipment will be provided.



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DOPING CONTROL

Doping control shall be carried out in accordance with the IWF Anti-Doping Policy.

FINANCIAL CONDITIONS

1. Participation fee including accommodation and meals are as follows:

- Double room type: US\$ 70 per person per day
- Single room type: US\$ 100 per person per day

2. Anti-Doping Fee: US\$50 of delegation member, athlete or official.

3. No Entry Fee each delegation member, athlete or official.

4. All payment must be settled to the Organizing Committee upon arrival at the Accreditation Center in USD in cash.

5. A minimum stay of 3 (three) days is required for all participants.

TRANSPORTATION

All teams will be received at Chiang Mai International Airport upon their arrival. OC will provide local transportation between official venues and hotel.

INSURANCE

All participants would **have to be under insurance coverage for travel and accident by their respective Federations** before their departure.

VISA

Visa entry to Thailand could be obtained from the Thai 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. There are 28 countries can apply VISA on arrival to Thailand please check this website; <http://www.mfa.go.th/main/en/services/123/15393-Visa-on-Arrival.html>. If you would like to request Exemption VISA please send a complete list of names with passport data, itinerary schedule (flight booking) and fax number/ mailing address should be sent in time to the Organization Committee for the issuance of invitation letters, the process will take at least 20 days.

FLAG AND ANTHEM

Each participating team is kindly requested to bring along a CD of their National Anthem and two National Flags 1.0 x1.5 m.

These must be submitted upon arrival/accreditation.

AWARD

Gold, silver, and bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category.



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ACCREDITATION

The accreditation of the delegations will take place in the Green Lake Resort upon arrivals.

AVERAGE TEMPERATURE in CHIANG MAI : 16-33°C

Chiang Mai Province: located in the North part of Thailand and has its own international airport. Covered with the mountain in high terrain.

ELECTRICITY: 220 Volt

FURTHER INFORMATION

Please contact THAI AMATEUR WEIGHTLIFTING ASSOCIATION (TAWA)
286, 20th Floor of Sports Authority Building.
Ramkhamhaeng Rd., Hua Mark Bangkokkapi Bangkok 10240
THAILAND
Tel: (+66) 2170-9461
Fax: (+66) 2170-9462

Website: www.tawa.or.th
Email: tawa@tawa.or.th



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PRELIMINARY COMPETITION SCHEDULE AND PROGRAM

Tuesday 5 February 2019
Arrival
19:00 Verification of Final Entries

Wednesday 6 February 2019
18:00 Technical Officials' Meeting

Thursday 7 February 2019
10:00 Men 55 Kg, 61 Kg
12:30 Women 45 Kg, 49 Kg
15:00 Men 67 Kg
17:00 Women 55 Kg

Friday 8 February 2019
10:00 Women 59 Kg
12:00 Men 73 Kg
14:00 Women 64 Kg
16:00 Men 81 Kg
18:00 Women 71 Kg

Saturday 9 February 2019
10:00 Men 89 Kg
12:00 Women 76 Kg
14:00 Men 96 Kg
16:00 Women 81 Kg
18:00 Men 102 Kg

Sunday 10 February 2019
10:00 Men 109 Kg
12:30 Women 87 Kg, +87 Kg
15:00 Men +109 Kg
17:00 Closing Ceremony

Monday 11 February 2019
Departure

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



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PRELIMINARY ENTRY FORM / **MEN**

The Preliminary Entry Form must be submitted to the Organizing Committee prior to **7 December 2018.**

THAI AMATEUR WEIGHTLIFTING ASSOCIATION (TAWA)

•286 , 20th Floor Sports Authority of Thailand Building. Ramkhamhaeng Rd., Hua Mark Bangkok Bangkok 10240 THAILAND • Tel: +66 2170 9461 • Fax: +66 2170 9462

• e-mail: tawa@tawa.or.th

| No. | Bodyweight Category | Names of Athletes | Date of Birth | Entry Total | Arrival date | Arrival time Flight No. | Departure Date | Departure time, Flight No. | Passport No. | Visa No. |
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| No. | Name of Officials | Date of Birth | Position | Arrival Date | Arrival time Flight No. | Departure Date | Departure time, Flight No. | Passport No. | Visa No. | |
| 1 | | | Team leader | | | | | | | |
| 2 | | | Doctor | | | | | | | |
| 3 | | | Coach | | | | | | | |
| 4 | | | Therapist | | | | | | | |
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Country:

Signature:

Date:



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PRELIMINARY ENTRY FORM / Women

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FINAL ENTRY FORM / Men

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Country:

Signature:

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TEAM ACCOMMODATION FORM

The Accommodation Form must be submitted to the Organizing Committee prior to
7 January 2019.

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| Date | Single Room | Double Room |
|-------------|-------------|-------------|
| 5 FEB 2019 | | |
| 6 FEB 2019 | | |
| 7 FEB 2019 | | |
| 8 FEB 2019 | | |
| 9 FEB 2019 | | |
| 10 FEB 2019 | | |
| 11 FEB 2019 | | |

Country: Signature: Date: