



**2<sup>nd</sup> EGAT's King Cup**  
**INTERNATIONAL WEIGHTLIFTING CHAMPIONSHIPS 2019**  
**Non-Qualifying Event for Tokyo 2020**  
**2-6 February 2019, CHIANG MAI, THAILAND**

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**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 2-6 February 2019 at Chiang Mai province, Thailand.

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).

### **ELIGIBILITY**

Athletes born before 2004 (aged 15+ years)

### **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 **2 Dec 2018**

Final Entry Forms must be submitted to the Organizing Committee before **2 Jan 2019**

**SPORT EQUIPMENT** : IWF approved sport equipment will be provided.

### **DOPING CONTROL**

Doping control shall be carried out in accordance with the National Anti-Doping Organization



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### **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. No Entry Fee each delegation member, athlete or official.

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

4. 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.

Team trophies will be awarded to the best six teams respectively for both Men's and Women's competitions in accordance with IWF Team Classification.



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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, 20<sup>th</sup> Floor of Sports Authority Building.  
Ramkhamhaeng Rd., Hua Mark Bangkok Bangkok 10240  
THAILAND  
Tel: (+66) 2170-9461  
Fax: (+66) 2170-9462

Website: [www.tawa.or.th](http://www.tawa.or.th)

Email: [tawa@tawa.or.th](mailto:tawa@tawa.or.th)



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**COMPETITION SCHEDULE AND PROGRAM**

<b>Friday</b>	<b>1 February 2019</b>		
10:00	Verification of Final Entries		
<b>Saturday</b>	<b>2 February 2019</b>		
09:00	Men	55, 61 Kg	Group B
11:00	Women	45, 49 Kg	Group B
13:00	Men	67 Kg	Group B
16:00	Women	45 Kg	Group A
18:00	Men	55 Kg	Group A
<b>Sunday</b>	<b>3 February 2019</b>		
09:00	Women	55 Kg	Group B
11:00	Men	61 Kg	Group A
13:00	Women	49 Kg	Group A
15:00	Men	67 Kg	Group A
17:00	Women	55 Kg	Group A
<b>Monday</b>	<b>4 February 2019</b>		
09:00	Women	59, 64 Kg	Group B
11:00	Men	73, 81 Kg	Group B
13:00	Women	59 Kg	Group A
15:00	Men	73 Kg	Group A
17:00	Women	64 Kg	Group A
19:00	Men	81 Kg	Group A
<b>Tuesday</b>	<b>5 February 2019</b>		
09:00	Women	71 Kg	Group A
11:00	Men	89 Kg	Group A
13:00	Women	76 Kg	Group A
15:00	Men	96 Kg	Group A
17:00	Women	81 Kg	Group A
<b>Wednesday</b>	<b>6 February 2019</b>		
09:00	Men	102 Kg	Group A
11:00	Women	87 Kg	Group A
13:00	Men	109 Kg	Group A
15:00	Women	+87 Kg	Group A
17:00	Men	+109 Kg	Group A
19:00	Closing Ceremony & Banquet		

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 **2 December 2018**.

**THAI AMATEUR WEIGHTLIFTING ASSOCIATION (TAWA)**

•286 , 20<sup>th</sup> Floor Sports Authority of Thailand Building. Ramkhamhaeng Rd., Hua Mark Bangkapi 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.
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
R										
R										
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						
5										
6										

Country: .....

Signature: .....

Date: .....



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**PRELIMINARY ENTRY FORM / Women**

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1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
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R										
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1				Team leader						
2				Doctor						
3				Coach						
4				Therapist						
5										
6										

Country: .....

Signature: .....

Date: .....



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**FINAL ENTRY FORM / Men**

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1										
2										
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5										
6										
7										
8										
9										
10										
R										
R										
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						
5										
6										

Country: .....

Signature: .....

Date: .....





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**FINAL ENTRY FORM / Women**

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1										
2										
3										
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R										
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1				Team leader						
2				doctor						
3				Coach						
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5										
6										

Country: .....

Signature: .....

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**TEAM ACCOMMODATION FORM**

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

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•286, 20<sup>th</sup> Floor, Sports Authority of Thailand Building. Ramkhamhaeng Rd., Hua Mark Bangkokpi  
Bangkok 10240 THAILAND • Tel: +66 2170 9461 • Fax: +66 2170 9462  
• e-mail: tawa@tawa.or.th

Date	Single Room	Double Room
1 FEB 2019		
2 FEB 2019		
3 FEB 2019		
4 FEB 2019		
5 FEB 2019		
6 FEB 2019		
7 FEB 2019		

Country: ..... Signature: .....Date: .....