



Information Bulletin



2020 COMMONWEALTH SENIOR, JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS (including the 2020 Oceania Championships)

Nauru – April 21- 25 , 2020

The 2020 Commonwealth Weightlifting Championships for Senior, Junior and Youth, which includes also the Oceania Championships will be held in Nauru. This Commonwealth Senior & Junior event will be a SILVER 'Qualification Event for the Tokyo Olympics

Below you will find relevant information regarding the Championships.

Competition Rules and Regulations

The competition will be held in accordance with the IWF Technical and Competition Rules & Regulations (IWF TCRR).

Eligibility

YOUTH: 13 – 17 years of age

JUNIOR: 15 – 20 years of age

SENIOR: 15+ years of age

All age groups are calculated in the athlete's year of birth.

Please note that an athlete may participate in several events, but only earn qualification points in one event – that gives him/her the highest number of points.

With reference to Article 5.6.5 of the IWF Anti-Doping Policy, the Athletes who are not listed in the IWF's Registered Testing Pool and who want to enter an IWF Event shall nevertheless register to the ADAMS system and submit proper whereabouts information at least 2 months before the first day of competition which is 21st April, 2020. The Athletes who do not comply with this provision are not eligible to compete. Only athletes of Member Federations that has no arrears towards the IWF/OWF are eligible to participate.

Medals

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women. The medals will be awarded only for the total.

Competition Categories:

IWF Categories for Men and Women. Senior & Junior: Men: 55, 61, 67, 73, 81, 89, 96, 102, 109, +109Kg
Women: 45, 49, 55, 59, 64, 71, 76, 81, 87 +87kg

For the Youth Championships these are the categories Boys: 49, 55, 61, 67, 73, 81, 89, 96, 102, +102kg
Girls: 40, 45, 49, 55, 59, 64, 71, 76 81, +81Kg

Final Entries

The preliminary entry forms must be returned to the CWF and the Organising Committee no later than **January 20th 2020**

The final entry forms must be returned to the CWF and the Organising Committee no later than **February 20th 2020**

The final list of lifters can be selected only from those lifters included in the preliminary entries previously submitted. Please note that the IWF is very strict with Competition Deadlines. NO more lifters can be added after the 20th February, 2020.

Accreditation

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

Competition Venue

The competition venue will be the new Sports Complex Etangit Karamen.

Training Venue

Training will be available to all teams at the new Sports Complex. The period of training will be from Saturday April 18th to Friday April 24th. Access to the training hall will be from 09:00 – 19:00hrs each day.

Sports Equipment

IWF approved barbells will be used in competition and training.

Technical Officials

In accordance with the IWF TCRR, as this is Qualification Event 2020 Tokyo Olympic Games, the OWF will appoint Category 1 ITO's and Cat.2 from the national federations attending.

Accommodation

All countries will be staying at the Menen Hotel. The cost per night including breakfast, lunch and dinner **per person** is as follows:

Single room AUD\$ 150.00 or USD\$105.00

Twin rooms: AUD\$ 130.00 per person, in USD\$92.00

Triples rooms: AUD\$120.00 per person, in USD\$ 85.00

Methods of payment for accommodation: All payments must be made in **Australian dollars or USD dollars in cash** upon arrival to the Organising Committee at the accreditation centre.

Currency and Banking Facilities

Australian currency is the currency used in Nauru. Bendigo Bank from Australia has an agency in Nauru for cash deposits and withdrawals along with some ATMs for cash withdrawals.

Please note that all restaurants and shops take Australian dollars **cash only**.

International Travel

There is only one Airline company which flies to Nauru. **Please see at the end of this bulletin the airline schedule to Nauru.**

Arrival and departure details should be submitted together with your final entry form, 20th February, 2020.

Air Nauru flies from Brisbane, Australia, from Nadi (Fiji), from Kiribati and from Marshall Islands.

Transport

Transport will be provided from the airport to Menen Hotel upon the arrival of teams. Also transport will be provided from the hotel to the training and competition venue. Travelling time is approximately 7 minutes.

Visas

A visa is required to enter Nauru. **Applications must be submitted at the same time as your final entries**

Health Insurance

As per IWF TCRR, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical and dental services are available through the Nauru General Hospital.

Doping Control

Doping control will be conducted during the competition in accordance with the IWF Anti-Doping policy. Under instruction from the IWF **all athletes competing in the Senior and Junior categories** must pay **USD\$30 each (AUD\$45) Special Anti-Doping. This will go toward the cost of Doping tests. This must be paid in cash upon receiving your team's accreditation. Please note that if any youth lifters are entered in the junior or senior categories then they will be required to pay the anti-doping fee as well.**

Terms and Conditions

- Participants (athletes, team officials, technical officials, media, guests, etc) must acknowledge and fully comply with the IWF constitution and by-laws TCRR and Anti-Doping policy (ADP), and :
- Abide by all reasonable directions given by the Commonwealth Weightlifting Federation (CWF) and the Nauru Organising Committee and Technical Officials (TO's)
- Participate in the Commonwealth Championships at their own risk and take all responsible measures to protect themselves and others from any risk
- Accept full moral and financial responsibility with regards to their health and wellness and in case of accidents and damages
- Be responsible for all properties they bring to the Championships and accept that the CWF or Nauru Organising Committee shall bear no responsibility or liability for any loss or damage of any property.
- Acknowledge and agree that neither the CWF nor the Nauru Organising Committee shall arrange any insurance connected with their participation in the championships.
- Irrevocably release CWF and the Nauru Organising Committee (and their respective members, officers, employees, etc) from liability for any loss, injury or damage that they may suffer in relation to their participation in the championships.
- Guarantee that they participate in the championships with the permission of their parents or guardians if they are minors.

General Information

The total land area is 21 sq.km.

Population

The population of Nauru is approximately 10,000 people. .

Official Languages

English is the official business language in Nauru and widely spoken.

Religion

Christianity is the main religion of Nauru with Protestant and Catholics being the main denominations.

Electricity

Electricity runs on 240V and uses Australia /New Zealand style plugs and power points.

Climate and Seasons

Nauru is a sub-tropical island with temperature averaging between 27 to 35 degrees Celsius all year round.

Health

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

Emergency Medical and Dental Care

The Nauru General Hospital will be the hospital for all emergencies as well as support for the Championships.

Paul Coffa

OWF General Secretary

E-mail: owf@bigpond.com

Tel: +687 467640 or +687 948756 Mobile: +61 457778900

Copies to: Trent Dabwido

Organising Committee

E-mail tdabwido@gmail.com Tel : +61 417611730