

# FEDERACIÓN CUBANA DE LEVANTAMIENTO DE PESAS



## JUNIOR PAN AMERICAN CHAMPIONSHIPS LA HAVANA, CUBA 23-30 JUNE 2019

### GENERAL CONDITIONS

#### 1. RULES AND REGULATIONS

The competitions will be held in accordance with the IWF Constitution and By-Laws and IWF Technical and Competition Rules and Regulations and will be under the control of the Pan American Federation.

Athletes born on or after 1 January 2004 (aged 15 years) and before 31<sup>st</sup> December are eligible to participate. In accordance with Article 5.6.5 of the IWF Anti-Doping Policy 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 Event in question. An Athlete who does not comply with this provision is not eligible to compete at the IWF Event."

Member Federations who have arrears to the PAWF are not permitted to compete.

Only athletes nominated by their National Federations affiliated to the Pan American Weightlifting Federation are allowed to compete.

In conjunction we will organize the XXXVIII "Manuel Suarez In Memoriam" International Tournament.

#### 2. TRAINING AND COMPETITION VENUES.

The competition and training will be in the Weightlifting Gym "Manuel Suarez Fernandez" in the Training Centre ESFAAR "Cerro Pelado" in the municipality Boyeros, La Havana.

#### 3. DATE OF THE EVENT

From June 23<sup>rd</sup> to 30<sup>th</sup>, 2019

Arrival of the Delegations: 23<sup>rd</sup> June, 2019

Departure of the delegations: 30<sup>th</sup> June 2019

#### 4. EVENTS

The divisions where they will compete are those established by the IWF, according to their bodyweight category:

WOMEN: 45Kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg 81kg, 87kg y +87kg

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

# FEDERACIÓN CUBANA DE LEVANTAMIENTO DE PESAS



## 5. ENTRIES

- The Preliminary Entries will be received by 22<sup>nd</sup> March, 2019.
- The Final Entries will be received by 22<sup>nd</sup> May, 2019.

These can be send to:

- Email: [cubpesa@inder.cu](mailto:cubpesa@inder.cu), [miguel@cubadeportes.cu](mailto:miguel@cubadeportes.cu), [zurama@cubadeportes.cu](mailto:zurama@cubadeportes.cu), [baquero\\_in@cubadeportes.cu](mailto:baquero_in@cubadeportes.cu), [administrador@panamwf.org](mailto:administrador@panamwf.org)

## 6. FINANCIAL CONDITIONS

- Participation Fee (including three meals with one liquid, accommodation and local transportation, basic medical assistance) and by 4 nights minimum:

- The hotels will be:

### **HOTEL COPACABAN-CHATEAU 3\***

- Single room: \$140.00 USD equal to 78.00 CUC, per person / per night
- Double room: \$90.00 USD equal to 120.00 CUC, per person / per night

### **HOTEL VEDADO 3\***

- Single room: \$140.00 USD equal to 78.00 CUC, per person / per night
- Double room: \$90.00 USD equal to 120.00 CUC, per person / per night

The **Check-in** of the hotel is at **15:00**, by this the Organizing Committee is **NOT** responsible of giving rooms before that time. The **Check-out** is at 12:00 and by this the Organizing Committee is NOT responsible of allowing to stay in room after this hour.

## **PAYMENT**

### **Bank transfer:**

The Organizing Committee ask for the 30% of the total amount by room and lodge in order to guarantee a smooth event. The wire transfer must be done 30 days before.

### **Bank data:**

Bank name: Cubadeportes S.A.  
Checking account No.: 0300000002638721  
Swift: BFICCUHH  
Banco BFI, Sucursal Sierra Maestra  
Bank address: Avenida 1ra. esq. o, Miramar, Ciudad Habana, Cuba

**Cash Payment:** The total amount will be paid in cash directly to Cubadeportes S.A., on arrival to the hotel of your delegation through our operation specialist who will be assisting the activity.

# FEDERACIÓN CUBANA DE LEVANTAMIENTO DE PESAS



- To guarantee the Transfer Airport-Hotel-Airport must inform 72 hours before your flight details.
- Send your accommodation sharing form to smooth the check in process.
- If there will be a reduction in your delegation please inform at least 5 days before. If not, a NO SHOW will be covered for one night.

For more information or details, please contact the management of the event and trips in Cubadeportes by email [zurama@cubadeportes.cu](mailto:zurama@cubadeportes.cu), Phone +(537)642-2032

## ENTRY FEE

Athletes US \$ 175.00 Per Person (including Special Anti-Doping Fee)  
Team Officials US \$ 125.00 Per Person

## 7. EQUIPMENT.

The competition equipment will be ELEIKO, which is certified by the International Weightlifting Federation (IWF).

## 8. ACCREDITATIONS

Please send together with the entries one digital photo and the Passport copy of each one of the members of your delegation to prepare accreditations before arrival.

Contact e-mail: [cubpesa@inder.cu](mailto:cubpesa@inder.cu), [miguel@cubadeportes.cu](mailto:miguel@cubadeportes.cu),  
[zurama@cubadeportes.cu](mailto:zurama@cubadeportes.cu), [baquero\\_in@cubadeportes.cu](mailto:baquero_in@cubadeportes.cu)

## 9. FINAL VERIFICATION

Will take place on 24<sup>th</sup> June at 15:00 hours, in one room of the seat hotel.

## 10. TECHNICAL OFFICIALS MEETING

Will take place on 24<sup>th</sup> June at 16:00 hours, in one room of the seat hotel.

## 11. DOPING CONTROL.

Doping Controls will be carried out by the IWF and PAWF in accordance with the IWF Anti-Doping policy.

## 12. AWARDS

Snatch, Clean & Jerk and Total will be awarded with gold, silver and bronze medals for the First, Second and Third place respectively.

- A trophy will be awarded for the best team in Men and Women
- A trophy will be awarded for the best lifter in Men and Women.
- A special award will be given to the best technical officials in both gender.

# FEDERACIÓN CUBANA DE LEVANTAMIENTO DE PESAS



## 13. NATIONAL ANTHEM / FLAG.

- Please bring your flag (2) and National Anthem and deliver during accreditation.

## 14. TECHNICAL OFFICIALS

- Will be selected by the PAWF who will be exempt of any local payment (Room, board and transportation).
- Those who send full team must comply with the Rules of one ITO men and one ITO woman.

## 15. IMPORTANT INFORMATIONS

The weather in la Havana City according to the historical average for the competition days will be around 30° - 32° Celsius.

The voltage in Guatemala is 110 watts

The local currency is the CUC and the exchange rate will be  $\approx 0.8775 \times 1 \text{ U\$}$ .

On Thursday 23<sup>rd</sup> we will organize the Scientific Conference related to prevention and fight against Doping and will be conducted by experienced coaches and university lecturers. If you want to show Projects or Investigations please send to the emails below before 22<sup>nd</sup> May, 2019.

[cubpesa@inder.cu](mailto:cubpesa@inder.cu), [miguel@cubadeportes.cu](mailto:miguel@cubadeportes.cu),  
[zurama@cubadeportes.cu](mailto:zurama@cubadeportes.cu), [baquero\\_in@cubadeportes.cu](mailto:baquero_in@cubadeportes.cu)

## 16. INSURANCE

All participating member federations must undertake full moral and financial responsibility in of the registered athletes/delegates/personnel with regard to their health and wellness and in case of accidents or damages.

## 17. VISA

To smooth the visa process please send your delegation list 30 days before to Miss Martha Lidia Ruiz Perez, Director of International Affairs of the INDER, to the emails:

[relacion@inder.cu](mailto:relacion@inder.cu) , [relacion@inder.cu](mailto:relacion@inder.cu)

Tel: (537)642-2032

## 18. BAGGAGE AND PACKAGES

Will be in accordance to Cuban General Customs Regulations.

## 19. ORGANIZING COMMITTEE

President: MSc. Roberto León Richard, President of the Cuban NOC

Members: Dr. C. Jorge Luis Barcelán Santa Cruz, Office Tel.: 7.641.3557,  
Private 7.641.7705

## FEDERACIÓN CUBANA DE LEVANTAMIENTO DE PESAS



### PAN AMERICAN WEIGHTLIFTING FEDERATION

- Address: Avenida Estados Unidos No. 2, Parque Deportivo del Este, Pabellón de Halterofilia, Villa Duarte, Provincia Santo Domingo Este, República Dominicana.
- Telephones: 1809.599.2296 / 1.809.599.3032
- President: Mr. Willian Ozuna [wozuna63@hotmail.com](mailto:wozuna63@hotmail.com)
- Contact: Mr. Luigino Matos [luig45@yahoo.com](mailto:luig45@yahoo.com)

### FEDERACION CUBANA DE LEVANTAMIENTO DE PESAS

- Address: Calle C, esquina a 13, Vedado, Municipio Plaza de la Revolución, La Habana, Cuba.
- President: Dr. C. Jorge Luis Barcelán Santa Cruz, [cubpesa@inder.cu](mailto:cubpesa@inder.cu), [jbarcelan@inder.cu](mailto:jbarcelan@inder.cu)
- Contacts: EPG Juan Reynaldo García Acosta, [cubpesa@inder.cu](mailto:cubpesa@inder.cu)  
MSc. Félix Machín Gallo, [machinpesas@inder.cu](mailto:machinpesas@inder.cu)

# FEDERACIÓN CUBANA DE LEVANTAMIENTO DE PESAS



## PRELIMINARY SCHEDULE (subject to changes during Final Verification)

DAY	DATE	ACTIVITY/ TIME		
Sunday	23 June	Arrival of the delegations		
Monday	24 June	Final verification 15:00		
		Technical Officials Meeting: 16:00		
Tuesday	25 June	Opening Ceremony: 10:00		
		<b>BODYWEIGHT CAT.</b>	<b>WEIGH-IN</b>	<b>COMPETITION</b>
		45 kg	9:00	11:00
		55 kg	11:00	13:00
Wednesday	26 June	Scientific Conference 9:00 – 11:00		
		61 kg	12:00	14:00
		55 kg	14:00	16:00
		67 kg	16:00	18:00
Thursday	27 June	59 kg	7:00	9:00
		73 kg	9:00	11:00
		64 kg	11:00	13:00
		81 kg	13:00	15:00
		71 kg	15:00	17:00
Friday	28 June	89 kg	7:00	9:00
		76 kg	9:00	11:00
		96 kg	11:00	13:00
		81 kg	13:00	15:00
		102 kg	15:00	17:00
Saturday	29 June	87 kg	7:00	9:00
		109 kg	9:00	11:00
		+87 kg	11:00	13:00
		+109 kg	13:00	15:00
		Closing Ceremony		
Sunday	30 June	Departure of the delegations		



Dr. C. Jorge Luis Barcelán Santa Cruz  
 Presidente de la Federación Cubana de Levantamiento de Pesas