



## African Senior (31<sup>st</sup> M & 20<sup>th</sup> W) Weightlifting Championships 24<sup>th</sup> – 31<sup>st</sup> May 2021 / Nairobi, Kenya

May 09, 2021

The Hon. President /Gen. Secretary  
Africa National Weightlifting Federations/Associations

Dear Sir/Madam,

Re: 2021 African Senior Men & Women Gold Olympic Weightlifting Qualification Championships, May 24-31, 2021 Nairobi, Kenya.

Kenya Amateur Weightlifting Association is very much pleased to invite your National weightlifting team to participate in 2021 African Gold Olympic Weightlifting Qualification Championships for Tokyo 2020 Olympics from May 24, through May 31, 2021 at Nairobi.

### 1. COMPETITION DATE AND PLACE:

The competition will be held in Nairobi, Kenya from 24<sup>th</sup> to 31<sup>st</sup> May, 2021 as Gold Level Qualifying Sports Event for Tokyo Olympic Games.

### 2. TERMS AND CONDITION OF PARTICIPATION:

- A. The competition will be held and organised in accordance to the IWF Technical and Competition Rules & Regulations.
- B. The WFA will appoint the Technical Officials (ITOs) whom will be nominated by their national federations/associations to officiate for the championships.

### 3. ELIGIBILITY:

- A. According to the IWF Technical and Competition Rules & Regulations, the athletes born in 2006 or earlier have the eligibility to participate.
- B. In accordance with article 5.5.16 of the IWF Anti-Doping Policy 2021 and as the championship is relocated to be held in Kenya and was scheduled to be held in Madagascar and start on 19/05/2021, the whereabouts information of the athletes already submitted to ADAMS two months prior to the event (by 19<sup>th</sup> March, 2021).
- C. Only competitors of affiliated national federations/associations that has no arrears towards the IWF & WFA are eligible to participate in this competition.
- D. The passport is considered as the sole official document to proof the age and the eligibility of the athlete.



## African Senior (31<sup>st</sup> M & 20<sup>th</sup> W) Weightlifting Championships 24<sup>th</sup> – 31<sup>st</sup> May 2021 / Nairobi, Kenya

E. A maximum of ten (10) men and ten (10) women competitors can be registered plus two (2) reserves for each gender may also be entered but during the Verification of Final Entries each country can only register (10) men and (10) women as a final entry without any reserves. And it is possible to change the bodyweight categories and the entry total latest on the Verification of Final Entries.

### 4. COMPETITION EVENTS AND CATEGORIES:

IWF categories for men and women are follows:

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

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

### 5. ENTRY FORMS:

Enclosed herewith please find Final Entry, Accommodation and Transportation Forms.

A. **Preliminary** Entry Forms already submitted on **31<sup>st</sup> March, 2021**.

B. **Final** Entry Forms, Accommodation and Transportation Forms must be submitted to both the Organizing Committee (KEN WF) and the Weightlifting Federation of Africa (WFA) respectively no later than **14<sup>th</sup> May, 2021**.

- Maximum athletes allowed on the Final Entry Form are twelve (12) women and twelve (12) men; this consists of a full team ten (10) women and ten (10) men plus two (2) reserve athletes per gender. Reserve athletes must be noted as such on the Final Entry Form.
- Member federations/associations must select the final list of athletes from the Preliminary Entry (previously submitted by 31<sup>st</sup> March, 2021).
- **Please also send together passport size photograph and passport copy of participants.**

### 6. ACCREDITATION:

A. The Organizing Committee will prepare accreditation cards before the arrival of each team, in order to avoid undesired queues at the hotel; it is required from the federations/associations to send the name list and colored e-photos for all the delegates (athletes and officials) to OC by e-mail latest 14<sup>th</sup> May, 2021 with the final entry forms.



## African Senior (31<sup>st</sup> M & 20<sup>th</sup> W) Weightlifting Championships 24<sup>th</sup> – 31<sup>st</sup> May 2021 / Nairobi, Kenya

- B. Accreditation of the delegations will take place at [Golden Tulip Hotel](#) upon arrival.
- C. Please note that the accreditation will be valid only for the days registered on the accreditation card at the accreditation centre and will be issued only after full payment of participation and entry fees.

### 7. DOPING CONTROL:

Doping Controls will be carried out by ITA on behalf of IWF by an appointed sample collection authority in accordance with IWF Anti-Doping Policy.

### 8. ACCOMMODATIONS:

The accommodation for all delegations will be at:

#### A. [Golden Tulip Hotel](#) (\*\*\*\*)

Address: 65 Muthithi Rd, Nairobi

Tel: +254 20 40 34 000

E-mail address: [info@goldentulipwestlandsnairobi.com](mailto:info@goldentulipwestlandsnairobi.com)

B. The hotel will be provided from 24<sup>th</sup> May, 2021 to the end of the competition with the following normal rates:

- US \$ 120 full board per person per night for standard double rooms.
- US \$ 130 full board per person per night for standard single rooms.

### 9. FINANCIAL CONDITIONS:

- A. An Entry Fee of US\$ 150 per athlete (including US \$ 50 Special Anti-Doping Fee) shall be paid to the WFA by each delegation.
- B. Other participants - US \$100 per person (except the officials whom will be appointed to officiate during the competition).
- C. A covid-19 test must be taken before travel and a negative PCR test certificate uploaded in trusted travel system global haven up loader before boarding the plane to Kenya.
- D. Travellers are also required to submit a Travellers Health Surveillance form online through the "jitenge" platform prior to get off the plane.
- E. All payments must be made in cash to the Organization Committee preferably in US Dollars upon arrival at the accreditation center.
- F. The WFA is responsible for the Trophies, Medals and Certificates.



## African Senior (31<sup>st</sup> M & 20<sup>th</sup> W) Weightlifting Championships 24<sup>th</sup> – 31<sup>st</sup> May 2021 / Nairobi, Kenya

- G. The Organizing Committee will cover the accommodation and board costs for three nights for the WFA EB Members.
- H. The Organizing Committee will cover the accommodation and board costs for the technical officials whom will be appointed to officiate for the competition.
- I. The Organizing Committee will cover the accommodation and board costs for the WFA Secretariat Members, IWF representatives. WFA TIS staff and selected Doping Control Officers.

### 10. AWARDS:

- A. Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men and women in Snatch, Clean & Jerk and Total.
- B. Trophies will be awarded to the best three teams in total respectively for both men's and women's competitions in accordance with IWF Team Classification.
- C. Best lifters trophies will be awarded in both men's and women's events.
- D. Certificates of participation will be presented to all participants.

### 11. COMPETITION AND TRAINING VENUES:

Competition and training venues will be at Ruaraka Sports Club 10 minutes drive from the Hotel.

### 12. SPORT EQUIPMENT:

- A. Barbells: ZKC barbells will be used in competition and training.
- B. Results System: Competition management system approved by IWF.

### 13. INSURANCE:

All participating federations/associations must undertake full moral and financial responsibility of their registered/accredited delegates with regard to their health and wellness and in case of accidents or damages not attributable to the OC.

### 14. VISA INFORMATION:

At the moment all traveler's to Kenya must obtain visa before boarding the plane. All participants should contact the respective embassy in their own country for Entry Visas to Kenya.

Single entry visa costs USD 50 for each person. To apply for a visitor's visa, visit <http://evisa.go.ke>.



## African Senior (31<sup>st</sup> M & 20<sup>th</sup> W) Weightlifting Championships 24<sup>th</sup> – 31<sup>st</sup> May 2021 / Nairobi, Kenya

Please Note:

The following conditions are required to board and enter Kenya.

- A. Visa before arrival- see attachment on how to apply
- B. Guide for Inbound Travellers to Kenya.(see attached guide)
- C. COVID-19 Trusted Travel Digital System and Jitenge Platform (see attached guide)

### 15. FLAG AND ANTHEM:

Each participating team is kindly requested to bring along a CD/USB drive of their national anthem and two national flags 1.0 x 1.5 m. These must be submitted upon arrival/accreditation.

### 16. TRANSPORTATION:

- A. Local transportation will be provided from/to Jomo Kenyatta International Airport for all delegations upon their arrival and departure.
- B. Accommodation and Transportation forms shall be sent with the final entries no later than 14<sup>th</sup> May, 2021 and shall state which airline and flight number of each delegate will be arriving on, and will be returned.
- C. The OC will provide local transportation between competition/training venues and hotel.

### 17. COVID-19 AND YELLOW FEVER CERTIFICATES:

Any participant person should provide maximum 72 hours negative PCR certificate and valid yellow fever certificate and these required certificates must be produced at the Airport.

A PCR test before depart Kenya is cost 80 US\$ per person (12 Hrs the results out), and it is possible to require from each person upon the instructions of each airline carrier, and it's the responsibility of each national federation/association to cover the tests cost of its delegation.



## African Senior (31<sup>st</sup> M & 20<sup>th</sup> W) Weightlifting Championships 24<sup>th</sup> – 31<sup>st</sup> May 2021 / Nairobi, Kenya

### 18. TENTATIVE PROGRAM:

Monday 24 May 2021			
Arrival and accreditation of delegations			
<b>10:00</b>		<b>17:00</b>	
WFA EB Meeting		WFA Congress Meeting	
Tuesday 25 May 2021			
<b>10:00</b>		<b>17:00</b>	
WFA Election		Verification of Final Entries	
Wednesday 26 May 2021			
<b>10:00</b>	<b>12:00</b>		<b>17:00</b>
Anti-Doping Education Seminar	Technical Officials Seminar		Opening Ceremony
Thursday 27 May 2021			
<b>11:00</b>	<b>13:00</b>	<b>16:00</b>	<b>18:00</b>
Competition Cat. 45 Kg & 49 Kg (Women)	Competition Cat. 55 Kg & 61 Kg (Men)	Competition Cat. 55 Kg & 59 Kg (Women)	Competition Cat. 67 Kg & 73 Kg (Men)
Friday 28 May 2021			
<b>10:00</b>	<b>15:00</b>		<b>18:00</b>
Competition Cat. 64 & 71 Kg (Women)	<b>REST</b>		Competition Cat. 81 Kg & 89 Kg (Men)
Saturday 29 May 2021			
<b>10:00</b>	<b>15:00</b>		<b>18:00</b>
Competition Cat. 76 & 81 Kg (Women)	Competition Cat. 96 Kg & 102 Kg (Men)		Competition Cat. 87 Kg & +87 Kg (Women)
Sunday 30 May 2021			
<b>10:00</b>		<b>17:00</b>	
Competition Cat. 109 & +109 Kg (Men)		Closing Ceremony & Banquet	
Monday 31 May 2021			
Departure of Delegations			

Note: This tentative program may subject to be changed after the verification of final entries.



## African Senior (31<sup>st</sup> M & 20<sup>th</sup> W) Weightlifting Championships 24<sup>th</sup> – 31<sup>st</sup> May 2021 / Nairobi, Kenya

### 19. GENERAL INFORMATION:

Electrical Alternate Current (AC) power sources have 220/240 Volts and DC batteries range from 1.5 Volts onwards, types including (AA & AAA, etc). All plug types are readily available.

The weather is cold and raining, it is recommended that participants make sure to wear their warm clothes.

Average temperature in Nairobi during the Championships is 15°C - 23°C.

Smoking is prohibited in public areas but only on designated points, kindly take note.

Currency rate is US\$ (1 US dollar = 102 Kenya Shillings).

### 20. CONTACT DETAILS:

Weightlifting Federation of Africa  
Ain Zarah region / Tripoli - Libya  
Mobile: +218 91 354 3635  
E-mail: [manareddin.eshelli@wfa.com.ly](mailto:manareddin.eshelli@wfa.com.ly)

Kenya Amateur Weightlifting Association  
Nairobi - Kenya  
Mobile: +254 721 423 746 / +254 729 709 547  
E-mail: [weightliftingkenya@yahoo.com](mailto:weightliftingkenya@yahoo.com)

Looking forward to receiving you as our Valuable Guests, I remain.

Yours faithfully,

Eng. Khaled Mehalhel  
WFA President

Mr. Pius Ochieng  
KEN WA President