



**The Hon. Presidents /General Secretaries
African National Weightlifting Federations/Associations**

Re: 1st Cup of African Senior (Men & Women) Weightlifting Clubs scheduled to be held on October 26 – November 04, 2022 in Cairo, Egypt.

Dear Sir/Madam,

The Egyptian Weightlifting Federation is very much pleased to invite your clubs weightlifting teams to participate in the 1st Cup of African Senior (Men & Women) Weightlifting Clubs scheduled to be held on the sidelines of organizing the 2022 African Senior (Men & Women) Weightlifting Championships on October 26 – November 04, 2022 in Cairo, Egypt.

COMPETITION DATE AND VENUE

The 1st Cup of African Senior (Men & Women) Weightlifting Clubs will be held in Cairo Stadium, Hall (3) on 26/10-04/11/2022.

COMPETITION RULES AND REGULATIONS

The competition will be held and organized in accordance to the IWF Technical and Competition Rules & Regulations.

ELIGIBILITY

According to the IWF Technical and Competition Rules & Regulations, **the athletes born in 2007 or earlier** have the eligibility to participate.

Only the clubs' teams that their national federations/associations or their competitors that have no arrears towards the IWF & WFA are eligible to participate.

The passport is considered as the official document to prove the age and the eligibility of the Athlete.

Each country may participate with a maximum of **(3) three clubs** for each (Men & Women) gender.

Each club may participate with a maximum of **(5) five participants for each gender**.

A maximum of **(5) five men and (5) five women of senior competitors** could be registered by each club plus **(2) two reserves** for each gender may also be entered but during the verification of final entries each club can only register (5) men and (5) women competitors as final entry without any reserves.

The Weightlifting competition will take place if a **minimum of (3) three clubs from different (3) three countries for each gender event** have registered before the deadline of submit the preliminary entries.

It is possible to change the **bodyweight categories** and the **entry total** latest on the **Verification of Final Entries**.

The maximum participating team must be spread amongst the bodyweight categories with a **maximum of two (2) athletes per category**.

The **team classification points for each gender** will be calculated by the **Sinclair Formula** in accordance with each club's **total points**.

Best lifter for each gender will be calculated in accordance with the **Sinclair Formula**.

COMPETITION EVENTS AND CATEGORIES

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

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

ENTRY FORMS

Enclosed are both preliminary and final entry forms. Preliminary entry forms should be signed and stamped from the participant club as well as its national federation and submitted to both the Organizing Committee (EGY) and WFA respectively no later than **August 26th, 2022**.

Final entry forms should be signed and stamped from the participant club as well as its national federation and submitted to both the Organizing Committee (EGY) and WFA respectively no later than **September 26th, 2022**.

Maximum athletes allowed on **preliminary and final entry forms** are **(7) seven competitors** for each gender.

The WFA **will not accept** any **preliminary or final entries** after the **stated dates** or **not signed and stamped** from the **participant club and its national federation**.

EQUIPMENT

Sport Equipment: IWF approved sport equipment will be provided.

TIS Result System: Approved by IWF.

ACCREDITATION

The federations/associations must send the colored photos for all the delegates (athletes and officials) with the final entry forms.

Accreditation of the delegations will take place at the Hotel upon arrival.

Please note that the accreditation will be valid only for the days registered on the Accreditation Card at the accreditation center and will be issued only after full payment of accommodation, entry and Anti-Doping Fees.

ACCOMMODATION

The accommodation for all delegations will be at Tolip Gardens Hotel.

Address: Suez Road / Cairo, Egypt

Level: 5 Star Hotel

Tel: +20 22 410 2580

Webpage: <http://www.tolipgardens.com>

Email: info@tolipgardens.com

The hotel will be provided from **25 October 2022 to 05 November 2022 (one day prior and one day after the official competition days)** with the following normal rates:

- a) **USD \$ 110** full board per person per night for standard single rooms.
- b) **USD \$ 90** full board per person per night for standard twin rooms.
- c) **USD \$ 80** full board per person per night for standard triple rooms.

Any extra days will be charged at the normal rates of the day.

Accommodation forms shall be sent with the final entries to both the Organizing Committee (EGY) and WFA respectively no later than **September 26th, 2022**.

FINANCIAL CONDITIONS

Only clubs that their national federations/associations have paid to the IWF and WFA their annual subscription fees have the right to participate in this competition.

Entry Fee of **US \$150** per person (including **US \$50** Anti-Doping Fee) shall be paid to the WFA by each delegation for their athletes and officials (**Except the athletes and officials who will be registered with their participating national teams in the 2022 African Senior (Men & Women) Weightlifting Championships and who have already payed their entry and Anti-Doping fees**).

All payments must be made in cash to the Organization Committee preferably in US Dollars upon Arrival at the Accreditation Center located at the Tolip Gardens Hotel.

The WFA is responsible for providing the Trophies, Medals and Certificates.

Reference to IWF Regulations, a minimum **30%** of all fees for the team is required with the final entries. Balance of total payment will be made on arrival at the accreditation center. To enable us to make proper booking for your accommodation; All teams must submit their registration forms for accommodation by **September 26th, 2022**.

All teams will be received at Cairo International Airport upon their arrival and they will be transported by shuttle bus to the Hotel, and return.

Accommodation forms shall state the dates and required rooms, also shall be sent with the final entries to both the Organizing Committee (EGY) and WFA respectively no later than **September 26th, 2022**.

COMPETITION AND TRAINING VENUES

Competition will be at Cairo Stadium, Hall (3) and training venue will be at Tolip Gardens Hotel.

TRANSPORT

Local transportation will be provided from/to Cairo International Airport for all delegations upon their arrival and departure.

Buses will be provided to/from training and competition venues.

Transportation forms shall be sent with the final entries to both the Organizing Committee (EGY) and WFA respectively no later than **September 26th, 2022**, and shall state which airline and flight number of each delegate will be arriving on, and will be returned.

VISA

All participants should contact the respective embassy in their own country for entry visas to Egypt.

An entry visa will be obtained on arrival at Cairo International Airport for those who do not have Egyptian embassies in their countries and it costs 25 USD per person.

COVID -19

All participants will be required to produce Covid-19 test certificate at the Airport, taken in the previous 72 hours.

All participants must produce a test certificate 72 hours prior to their return.

The test will be paid \$ 50 per person to the organizing committee during their arrival.

YELLOW FEVER CERTIFICATE

Valid yellow fever is a requirement and must be produced at the Airport.

HEALTH INSURANCE

According to IWF Rules, the participating Clubs must undertake full moral and financial responsibility of their registered/ accredited delegates regarding their health and wellness and in case of accidents or damages not attributable to the OC.

FLAG AND ANTHEM

All participating clubs are kindly requested to bring with them an Audio Cassette or CD of their national anthem and two national flags with a size of 100 x 150cm. These Items will be submitted on arrival at the accreditation center. You can also send an attachment of the anthem's audio file by E-mail, CD or flash drive.

AWARDS

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

Trophies will be awarded to the best three clubs for both genders from three different countries in team classification after calculate the points of total of participant athletes of each club in accordance with the Sinclair Formula.

The WFA will provide the trophies for best men's and women's lifters.

Certificates of participation will be presented to all participants.

TENTATIVE PROGRAM

Wednesday 26 October 2022

Arrival and accreditation of delegations

Thursday 27 October 2022

10:00

Verification of Final Entries

12:00

WFA EB Meeting

17:00

Technical Officials Seminar

Friday 28 October 2022

10:00

Anti-Doping Education Seminar

12:00

WFA Congress Meeting

17:00

Opening Ceremony

Saturday 29 October 2022

11:00

Competition
Cat. 45 Kg (Women)

14:00

Competition
Cat. 55 Kg (Men)

17:00

Competition
Cat. 49 Kg (Women)

Sunday 30 October 2022

11:00

Competition
Cat. 61 Kg (Men)

14:00

Competition
Cat. 55 Kg (Women)

17:00

Competition
Cat. 67 Kg (Men)

Monday 31 October 2022

11:00

Competition
Cat. 59 Kg (Women)

14:00

Competition
Cat. 73 Kg (Men)

17:00

Competition
Cat. 64 Kg (Women)

Tuesday 01 November 2022

11:00

Competition
Cat. 81 Kg (Men)

14:00

Competition
Cat. 71 Kg (Women)

17:00

Competition
Cat. 89 Kg (Men)

Wednesday 02 November 2022

11:00

Competition
Cat. 76 Kg (Women)

14:00

Competition
Cat. 96 Kg (Men)

17:00

Competition
Cat. 81 Kg (Women)

Thursday 03 November 2022

10:00

Competition
Cat. 102 Kg (Men)

12:00

Competition
Cat. 87 Kg & +87 (Women)

15:00

Competition
Cat. 109 Kg & +109 (Men)

19:00

Closing Ceremony & Banquet

Friday 04 November 2022

Departure of Delegations

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

GENERAL INFORMATION

All 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.

Average temperature in Cairo during the Championships is 32°C - 18°C.

Currency rate is US\$ (1 US dollar = 19 Egyptian Pound).

BANK DETAILS

Beneficiary Name: Egyptian Weightlifting Federation

Beneficiary Address: Cairo, Egypt

Beneficiary Bank: Arab African International Bank

Bank Address: Cairo, Egypt

Account Number: 6760

Swift Code: ARAIEG CXGRD

We are looking forward to receiving you in Cairo as our valuable guests

Attached;

- Entry Forms (Preliminary and final)
- Flight Details Form
- Accommodations Form

CONTACT DETAILS

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