



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

**Re: 2<sup>nd</sup> Cup of African Senior (Men & Women) Weightlifting Clubs scheduled to be held on 24/10-01/11/2023 in Cairo, Egypt.**

**Dear Sir/Madam,**

The Egyptian Weightlifting Federation is very much pleased to invite your clubs weightlifting teams to participate in the 2<sup>nd</sup> Cup of African Senior (Men & Women) Weightlifting Clubs scheduled to be held on the sidelines of organizing the 2023 African Youth & Junior (Men & Women) Weightlifting Championships on October 24 – November 01, 2023 in Cairo, Egypt.

#### **COMPETITION DATE AND VENUE**

The 2<sup>nd</sup> Cup of African Senior (Men & Women) Weightlifting Clubs will be held on **26-31/10/2023** in **Cairo Stadium's Indoor Sports Hall.**

#### **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 2008 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 26<sup>th</sup>, 2023**.

The participant clubs can't add or change athletes after **August 26<sup>th</sup>, 2023**.

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 26<sup>th</sup>, 2023**.

**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**.

The following documents must be returned along with the final entry forms by **26 September 2023** (by mail) to the L.O.C:

- Passport Copies & Photos for Accreditation;
- Media Application Form.

## 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 of clubs (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 and entry fees.

## ACCOMMODATION

The accommodation for all delegations will be at one of the following hotels:

- 1- Dar El Hayia El Handasia Hotel
- 2- Dar El Moshaa Hotel
- 3- Dar El Aselah w El Zakhera Hotel
- 4- Dar Al Modarat Hotel
- 5- Tolip El Galla Hotel
- 6- Tolip Gardens Hotel

**Address of all hotels:** Cairo, Egypt

**Level of all hotels:** 5 Stars

The hotels will be provided from **23 October 2023 to 02 November 2023 (one day prior and one day after the official competition days)** with the following normal rates:

- a) **USD \$140** full board per person per night for standard single rooms.
- b) **USD \$110** full board per person per night for standard twin rooms.

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

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 26<sup>th</sup>, 2023**.

#### **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 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 2023 African Youth & Junior (Men & Women) Weightlifting Championships and who have already payed their entry and Anti-Doping fees**).

All payments must be made in cash to the Organizing Committee preferably in US Dollars upon Arrival at the Accreditation Center.

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

Reference to the IWF Regulations, any participating club from each country would be subject to the payment of the accommodation and entry fees by no later than 10 days after the submission of Final Entries **October 06<sup>th</sup>, 2023**.

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 26<sup>th</sup>, 2023**.

#### **COMPETITION AND TRAINING VENUES**

Competition and training will be at **Cairo Stadium's Indoor Sports Hall**.

#### **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 26<sup>th</sup>, 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.

#### **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.

## 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 = (30.95) 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;

- Preliminary and Final Entry Forms;
- Accommodations Form;
- Flight Details Form;
- Media Form.

## CONTACT DETAILS

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**MOHAMED ABDELMAKSOU**

**Mohamed Abdelmaksoud**

**President of Egyptian Weightlifting Federation**



## TENTATIVE PROGRAM

### Tuesday 24 October 2023

Arrival and accreditation of delegations

### Wednesday 25 October 2023

11:00

Verification of Final Entries

12:00

Technical Officials Seminar

18:00

WFA Committees' Meeting

### Thursday 26 October 2023

17:00

Opening Ceremony

18:00

Competition  
Cat. 40 Kg & 45 Kg (Women)

### Friday 27 October 2023

10:00

Competition  
Cat. 49 Kg & 55 Kg (Men)

12:00

Competition  
Cat. 49 Kg (Women)

16:00

Competition  
Cat. 61 Kg (Men)

18:00

Competition  
Cat. 55 Kg (Women)

### Saturday 28 October 2023

10:00

Competition  
Cat. 67 Kg (Men)

12:00

Competition  
Cat. 59 (Women)

16:00

Competition  
Cat. 64 Kg (Women)

18:00

Competition  
Cat. 71 (Women)

### Sunday 29 October 2023

10:00

Competition  
Cat. 73 Kg (Men)

12:00

Competition  
Cat. 81 Kg (Men)

16:00

Competition  
Cat. 76 Kg (Women)

18:00

Competition  
Cat. 89 Kg (Men)

### Monday 30 October 2023

10:00

Competition  
Cat. 81 Kg (Women)

12:00

Competition  
Cat. 96 Kg (Men)

18:00

Competition  
Cat. 102 Kg (Men)

### Tuesday 31 October 2023

10:00

Competition  
Cat. +81 Kg & 87 Kg & +87 Kg (Women)

13:00

Competition  
Cat. +102 Kg & 109 Kg & +109 Kg (Men)

20:00

Closing Ceremony

### Wednesday 01 November 2023

Departure of Delegations

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