



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

Re: African Junior (28th Men & 23rd Women) and Youth (14th Men & 13th Women) Weightlifting Championships scheduled to be held on 16-23/11/2024 in Nairobi, Kenya.

Dear Sir/Madam,

The Kenyan Amateur Weightlifting Association is very much pleased to invite your national weightlifting teams to participate in **African Junior (28th Men & 23rd Women) and Youth (14th Men & 13th Women) Weightlifting Championships on 16-23/11/2024 in Nairobi, Kenya.**

COMPETITION DATE AND VENUE

The African Junior (28th Men & 23rd Women) and Youth (14th Men & 13th Women) Weightlifting Championships will be held on **18-22/11/2024** in **(Ruaraka Sports Club)**.

COMPETITION RULES AND REGULATIONS

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

The WFA will appoint the Technical Officials (ITOs) whom will be nominated by their National Federations/Associations to officiate for the championships.

ELIGIBILITY

According to the IWF Technical and Competition Rules & Regulations, the athletes have the eligibility to participate as follows:

Youth: 13 – 17 years of age (from 2007 to 2011)

Junior: 15 – 20 years of age (from 2004 to 2009)

In accordance with Article 5.5.16 of the IWF Anti-Doping Rules 2023, information on the whereabouts of Athletes must be provided at least three months before the event (**before 18 August, 2024**).

An Athlete who does not comply with this provision is not eligible to compete at the WFA Event.

If you have any problems submitting your whereabouts, please contact immediately the ITA on their following email address iwf@ita.sport

Only IWF Member Federations 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.

It is possible to change the bodyweight categories and the entry total latest on the meeting of 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 IWF and WFA will not accept any preliminary or final entries after the stated dates.

COMPETITION EVENTS AND CATEGORIES

Youth:

Men: 49kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102kg

Women: 40kg, 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, +81kg

Junior:

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

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

ENTRY FORMS

Preliminary Entries:

Member Federation must submit the Preliminary Long List of a maximum number of (Twenty (20) men & Twenty (20) women) athletes for each age group.

Preliminary entry forms should be signed and stamped from the national federations and submitted to both the Local Organizing Committee (KEN) and WFA respectively no later than **September 18th, 2024**.

The Member Federations can't add or change athletes after September 18th, 2024.

Member Federation must declare the estimate number of athletes and Team officials who will participate in the Championships.

Final Entries:

Member Federation must select the Final list of athletes from the Preliminary Entries (previously submitted by **September 18th, 2024**).

A maximum of ten (10) men and ten (10) women Junior and Youth competitors could be registered plus two (2) reserves for each age group and each gender may also be entered in the final entries, but during the verification of final entries each country can only register (10) men and (10) women Junior and Youth competitors as final entry without any reserves.

Final entry forms should be signed and stamped from the national federations and submitted to both the Local Organizing Committee (KEN) and WFA respectively no later than **October 18th, 2024**.

The following documents must be returned along with the final entry forms by **18 October 2024** (by mail) to the LOC:

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

EQUIPMENT

Sport Equipment: ZKC barbells will be used in competition and training.

TIS Result System: Approved by IWF.

DOPING CONTROL

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

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 Golden Tulip 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 Golden Tulip Hotel.

Address: 65 Muthithi Rd, Nairobi

Tel: +254 20 40 34 000

E-mail address: info@goldentulipwestlandsnairobi.com

Level of all hotels: 4 Star

The hotel will be provided from **15 to 24 November 2024 (one day prior and one day after the official competition days)** with the following normal rates:

a) **US\$ 150** full board per person per night for standard single rooms.

b) **US\$ 135** full board per person per night for standard twin rooms.

Accommodation forms shall state the dates and required rooms, also shall be sent with the final entries to both the Organizing Committee (KEN) and WFA respectively no later than **October 18th, 2024**.

No accommodations or accreditations will be offered to any delegation member until funds will be received in full payment to the Local Organizing Committee in cash (**No accommodation is guaranteed until full payment is received**).

Hotel «NO SHOW» Charges: If one or more delegation participants not arrive on the date specified on the accommodation & transportation forms and have not informed the LOC 15 days' prior of the arrival date, the delegation must pay to the LOC the charge of «NO SHOW» per person equal to the accommodation fee per person per day.

If one or more participants are delayed one or more days, the delegation must pay all the days specified in the Accommodation and Transportation Form sent.

Cancellations will not be accepted after **October 31st, 2024**.

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

FINANCIAL CONDITIONS

Only affiliated National Federations/Associations that have paid their IWF and WFA subscription fees have the right to participate in this competition.

Entry and Anti-Doping Fees:

The entry and anti-doping fees shall be paid to the WFA by each delegation.

Athletes: USD 200 per person (including **US \$100 IWF Special Anti-Doping Fee**).

Delegates & Team Officials: USD 100 per person (**Except the officials whom will be appointed to officiate during the competition**).

All payments must be made in cash to the Local Organizing Committee preferably in US Dollars upon arrival at the accreditation center.

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

According to the IWF TCRR, the WFA will appoint Cat. (1) & Cat. (2) ITOs from the nomination list of their National Federations/Associations to officiate in the championships and the Organizing Committee will cover their accommodation and board costs from **15 to 24 November 2024 (one day prior and one day after the official competition days)**.

According to the WFA Constitution, the Organizing Committee will cover the flight tickets, accommodation and board costs for the WFA President and General Secretary.

The Organizing Committee (LOC) will cover the accommodates and lodging, free of charge for the Competition days plus (2) two days' prior of the Championships and (1) one day after the Championships for the Chairpersons of the WFA Technical, Medical and Coaching and Research Committees (if they are not among the appointed Technical Officials).

The Organizing Committee (LOC) will cover the accommodation and board costs for the IWF representatives, WFA Secretariat Members, IWF or WFA TIS member staff and selected Doping Control Officers (DCOs).

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

COMPETITION AND TRAINING VENUES

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

TRANSPORT

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

The LOC will provide local transportation between competition/training venues and hotel.

Transportation forms shall be sent with the final entries to both the Organizing Committee (KEN) and WFA respectively no later than **October 18th, 2024**, and shall state arrival and departure date and time, which airline and flight number of each delegate will be arriving on, and will be returned.

VISA INFORMATION

As of January 2024, Kenya no longer requires a visa for entry into the country. However, all travelers are required to complete the Electronic Travel Authorisation (eTA) prior to travel. It is mandatory to use the Government's official website to submit your application. Applications submitted via third party websites will be automatically denied. **The cost for the eTA is \$34.**

Delegates from the East African Partner States are exempt from obtaining the eTA. These are Rwanda, Tanzania and Uganda.

All Countries are requested to review the immigration requirements to ensure that there has been no change since the issue of this document. The immigration website is <https://immigration.go.ke/> and the application for eTA can be obtain from <http://etakenya.go.ke/>.

Requirements for a visa to Kenya:

1. Applicant details

Valid Passport at least six months before travel;

Passport size photo;

Air ticket;

Residential address in country of residence, email address and mobile number;

Reason for travelling.

2.Host details

Host ID/Passport and status: AK1314081

Residential address: Pumwani sports complex P.O.Box 512-00600

Email: Weightliftingkenya@yahoo.com

Mobile numbers: +254 721 423 746 and 0729 709 547

Copy of registration certificate: Attach invitation

Letter from the company: Attach invitation

YELLOW FEVER CERTIFICATE

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

HEALTH INSURANCE

According to IWF Rules, the participating Federations 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 LOC.

FLAG AND ANTHEM

All participating delegates of each country 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

The WFA will provide the following awards:

Gold, Silver and Bronze medals will be awarded in each bodyweight category for both men's and women's age groups in the Snatch, the Clean and Jerk and the Total.

Trophies will be awarded to the best three teams in total respectively for both men's and women's age groups in accordance with IWF Team Classification.

Trophies will be awarded to the best men's and women's lifters for both age groups.

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 Nairobi during the Championships is 15°C - 26°C.

The weather during November is pleasantly warm with a gentle breeze, chance of rain is 54%, wind speed is 23.0 kph and humidity is 91%.

It is recommended that participants make sure to wear their T-shirt, rain coat and rain boots.

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

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

Attached;

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

CONTACT DETAILS

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Pius Ochieng
President

Kenyan Amateur Weightlifting Association



TENTATIVE PROGRAM**Saturday 16 November 2024**

Arrival and accreditation of delegations

Sunday 17 November 2024

10:00	11:00	12:00	17:00
Verification of Final Entries	Technical Officials Meeting	Technical Officials Seminar	WFA EB Hybrid Meeting

Monday 18 November 2024

09:00	12:00	17:00	18:00
Anti-Doping Seminar	WFA Congress Meeting	Opening Ceremony	Competition Cat. 40 Kg & 45 Kg (Women)

Tuesday 19 November 2024

12:00	15:00	18:00
Competition Cat. 49 Kg & 55 Kg (Men)	Competition Cat. 49 Kg & 55 Kg (Women)	Competition Cat. 61 Kg & 67 Kg (Men)

Wednesday 20 November 2024

12:00	15:00	18:00
Competition Cat. 59 Kg & 64 Kg (Women)	Competition Cat. 73 Kg & 81 Kg (Men)	Competition Cat. 71 kg & 76 Kg (Women)

Thursday 21 November 2024

12:00	15:00	18:00
Competition Cat. 89 Kg & 96 kg (Men)	Competition Cat. 81 Kg (Women)	Competition Cat. 102 Kg (Men)

Friday 22 November 2024

11:00	14:00	20:00
Competition Cat. +81 Kg & 87 Kg & +87 Kg (Women)	Competition Cat. +102 Kg & 109 Kg & +109 Kg (Men)	Closing Ceremony

Saturday 23 November 2024

Departure of delegations

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