



# Information Bulletin

## 2021 OCEANIA SENIOR, JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS

**Nauru – August 25-28, 2021**

**These Championships are also a Commonwealth Games qualification event**

These Championships were supposed to be held last year in Nauru in conjunction with the Commonwealth Championships. Unfortunately due to the coronavirus we had no option but to reschedule the championships. Whilst the Oceania Championships is now scheduled to be held in the month of August in Nauru, the Commonwealth Championships will now be held in Singapore in the month of October.

These championships will be a qualifying event for the Birmingham Commonwealth Games 2022. Results will be recorded in the CWF ranking list. Below again you will find relevant information regarding the Oceania Championships.

### **Competition Rules and Regulations**

The competition will be held in accordance with the IWF Technical and Competition Rules & Regulations (IWF TCRR).

### **Eligibility**

YOUTH: 13 – 17 years of age

JUNIOR: 15 – 20 years of age

SENIOR: 15+ years of age

All age groups are calculated in the athlete's year of birth.

In accordance with article 5.5.16 of the IWF Anti-Doping Rules 2021 whereabouts information of the athletes shall be submitted at minimum **two months prior to the event (by 26<sup>th</sup> June, 2021)**. The Athletes who do not comply with this provision are not eligible to compete. Only athletes of Member Federations that has no arrears towards the IWF/OWF are eligible to participate.

### **Medals**

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

### **Competition Categories:**

IWF Categories for Men and Women. Senior & Junior: Men: 55, 61, 67, 73, 81, 89, 96, 102, 109, +109Kg  
Women: 45, 49, 55, 59, 64, 71, 76, 81, 87 +87kg

For the Youth Championships these are the categories Boys: 49, 55, 61, 67, 73, 81, 89, 96, 102, +102kg  
Girls: 40, 45, 49, 55, 59, 64, 71, 76 81, +81Kg

### **Final Entries**

The **preliminary entry forms** must be returned to the OWF and the Organising Committee no later than **May 15<sup>th</sup> 2021**

The **final entry forms** will be sent out on 1<sup>st</sup> June, 2021 and they must be returned to the OWF and the Organising Committee no later than **July 15<sup>th</sup>, 2021.**

### **Accreditation**

Upon arrival to Nauru delegations will receive their accreditation. There will be no charges for accreditation.

### **Competition Venue**

The competition venue will be the new Sports Complex Etangit Karamen.

### **Training Venue**

Training will be available to all teams at the new Sports Complex. The period of training will be from Saturday August 21<sup>st</sup> to Friday August 27<sup>th</sup>. Access to the training hall will be from 8:00am to 8.00pm each day.

### **Sports Equipment**

IWF approved barbells will be used in competition and training.

### **Technical Officials**

In accordance with the IWF TCRR, the OWF will appoint Category 1 ITO's and Category 2 from the national federations attending.

### **Accommodation**

All countries will be staying at the Menen Hotel. The cost per night including breakfast, lunch and dinner **per person** is as follows:

**Single room AUD\$ 150.00 or USD\$105.00**

**Twin rooms: AUD\$ 130.00 per person, in USD\$92.00**

**Triples rooms: AUD\$120.00 per person, in USD\$ 85.00**

Methods of payment for accommodation: All payments must be made in **Australian dollars or USD dollars in cash** upon arrival to the Organising Committee at the accreditation centre at the stadium.

### **Currency and Banking Facilities**

Australian currency is the currency used in Nauru. Bendigo Bank from Australia has an agency in Nauru for cash deposits and withdrawals along with some ATMs for cash withdrawals.

Please note that all restaurants and shops take Australian dollars **cash only**.

### **International Travel**

There is only one Airline company which flies to Nauru. That is Our Airline. (formerly known as Air Nauru)

Arrival and departure details should be submitted together with your final entry form,

Air Nauru flies from Brisbane, Australia, from Nadi (Fiji), from Kiribati and from Marshall Islands.

### **Transport**

Transport will be provided from the airport to Menen Hotel upon the arrival of teams. Also transport will be provided from the hotel to the training and competition venue. Travelling time is approximately 7 minutes.

### **Visas**

A visa is required to enter Nauru. **Applications must be submitted at the same time as your final entries**

### **Health Insurance**

As per IWF TCRR, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical and dental services are available through the Nauru General Hospital.

### **Doping Control**

Doping control will be conducted during the competition in accordance with the IWF Anti-Doping Rules. All **athletes competing** must pay **USD\$50 each (AUD\$65) Special Anti-Doping. This will go toward the cost of Doping tests. This must be paid in cash upon receiving your team's accreditation.**

### **Terms and Conditions**

- Participants (athletes, team officials, technical officials, media, guests, etc) must acknowledge and fully comply with the IWF constitution and by-laws TCRR and Anti-Doping Rules (ADR), and :
- Abide by all reasonable directions given by the Oceania Weightlifting Federation (OWF) and the Nauru Organising Committee and Technical Officials (TO's)
- Participate in the Oceania Championships at their own risk and take all responsible measures to protect themselves and others from any risk
- Accept full moral and financial responsibility with regards to their health and wellness and in case of accidents and damages
- Be responsible for all properties they bring to the Championships and accept that the OWF or Nauru Organising Committee shall bear no responsibility or liability for any loss or damage of any property.
- Acknowledge and agree that neither the OWF nor the Nauru Organising Committee shall arrange any insurance connected with their participation in the championships.
- Irrevocably release OWF and the Nauru Organising Committee (and their respective members, officers, employees, etc) from liability for any loss, injury or damage that they may suffer in relation to their participation in the championships.
- Guarantee that they participate in the championships with the permission of their parents or guardians if they are minors.

### **General Information**

The total land area is 21 sq.km.

### **Population**

The population of Nauru is approximately 10,000 people. .

### **Official Languages**

English is the official business language in Nauru and widely spoken.

### **Religion**

Christianity is the main religion of Nauru with Protestant and Catholics being the main denominations.

### **Electricity**

Electricity runs on 240V and uses Australia /New Zealand style plugs and power points.

### **Climate and Seasons**

Nauru is a sub-tropical island with temperature averaging between 27 to 35 degrees Celsius all year round.

### **Health**

Nauru is free from covid, malaria, yellow fever and major tropical disease that are endemic in some tropical countries.

Nauru Health Dept will ensure COVID safe practices and guidelines are adhered to during the championships.

### **Emergency Medical and Dental Care**

The Nauru General Hospital will be the hospital for all emergencies as well as support for the Championships.

**Paul Coffa**

**OWF General Secretary**

**E-mail: [owf@bigpond.com](mailto:owf@bigpond.com)**

**Tel: Mobile: +61 457778900**

**Copies to: Trent Dabwido**

**Organising Committee**

**E-mail [tdabwido@gmail.com](mailto:tdabwido@gmail.com) Tel : +61 417611730**