



## Information Bulletin

### 2010 OCEANIA & SOUTH PACIFIC SENIOR, JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS

Suva –Fiji, 4 – 7, 2010

The 2010 Oceania & South Pacific Weightlifting championships for Senior, Junior and Youth this year will be held in Fiji. Below you will find relevant information regarding the Championships.

These Championships will also be the qualification event (Oceania Continent) for the 2010 Olympic Youth Games to be held in Singapore in the month of August.

#### Competition Rules and Regulations

The competition will be held in accordance with the IWF Rules & Regulations.

#### 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:** 56,62,69,77,85,94,105, +105 **Women:** 48,53,58,63,69,75, +75

For Youth Championships these are the categories **Boys:** 50,56,62,69,77,85,94, 94+ **Girls:** 44,48,53,58,63,69,69+

#### Final Entries

The final entry forms must be returned to the OWF no later than **April 3<sup>rd</sup> 2010**

#### Accreditation

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

#### Competition Venue

The competition venue is the Yat Sen School Hall in Flagstaff, Suva

#### Training Venue will be at the National Sports Complex, in Laucala Bay, Suva

Training will be available to all teams prior to the competition on a timetable basis.

#### Accommodation

**We will provide the names of the hotels where you will be staying very soon once we finalise details. We will also provide details about the cost per room.**

**Please note that accommodation shall be paid in full upon arrival at the organising committee accreditation desk in Australian dollars and must be paid in cash.**

#### Meals

Meals will be at your own cost. All hotels have restaurants. **All credit cards are welcomed in Fiji.**

#### Transport

Local transport will be provided from the airport to hotels upon the arrival of delegations. Also from the hotels to the training hall and competition hall.

#### International transport

Fiji is served by Air Pacific, Air New Zealand, Qantas, Virgin Blue, Continental, Air Calin Pacific Blue, Our Airline, Air Niugini and many other airlines. There are daily flights from Australia and New Zealand.

## Visas

Visitors from most countries are exempt or have visas issued on arrival . Please check [www.immigration.gov.fj](http://www.immigration.gov.fj)

## Departure Tax

Departure tax leaving Fiji is generally added into your airline ticket price.

## Health Insurance

As per IWF bylaws, each delegation is required to have the appropriate Health Insurance in the event of an accident or unforeseen circumstance. Full medical services are available at the local hospital, Proof of insurance should be presented at accreditation checkpoints.

## Doping Control

Doping control will be conducted during the competition in accordance with the IWF Anti-Doping policy. This is the only charge the organizing Committee will impose to all athletes (*only competing athletes are to pay **USD\$50 or AUD\$60 each to cover the cost for Doping test. This must be paid in cash upon arrival at the accreditation desk.***)

## FIJI SUMMARY

Capital: Suva

Land: 18,272 sq km

EEZ: 1.26 million sq km

Population: 837,271 (2007)

Language: English, Fijian, Hindi

Currency: Fiji Dollar. At current time F\$1 = \$0.58 AUD; F\$1 = \$0.70 NZD; F\$1 = \$0.50 USD

Economy: Agriculture, clothing, fisheries, forestry, tourism and sugar

## Geography

The Republic of the Fiji Islands is a tropical paradise made of approximately 330 tiny islands of which around 100 are inhabited. Located in the heart of the Pacific Ocean, Fiji is sited to the north of New Zealand and North West of Australia. Fiji covers about 1.3 million square kilometers of the South Pacific Ocean. Fiji's total land area is 18,333 square kilometers. There are two major islands - Viti Levu and Vanua Levu. The capital is Suva and it is one of the two cities in Fiji. The other city is Lautoka and both are located on the island of Viti Levu.

## Climate

Fiji is blessed with a tropical South Sea maritime climate without great extremes of heat or cold. The islands lie in area which is occasionally traversed by tropical cyclones, and mostly confined between the months of November to April every year. On the average some ten to twelve cyclones per decade affect some parts of Fiji, and two to three cyclones can be very severe. In general, the winds over Fiji are light or moderate, the most persistent being in the period July - December. Temperatures average 22°Celsius (72 °F) for the cooler months (May to October) while (November to April) temperatures are higher with heavy downpours.

## Population

The estimated population of Fiji on December 31, 2004 stood at 840,201. Of the total 456,207 were Fijians, 320, 659 were Indians and 63,335 were others.

## Language

English is the official language. However, Fijian and Hindi are also taught in schools as part of the school curriculum.

## Religion

A multiracial, multi-cultural nation, Fiji is represented by all the major religions of the world. This is quickly obvious to the visitor who will see Christian churches, Mosques, Sikh and Hindu temples in towns and the countryside. More than half of Fiji's population are Christians (52.9%), Hindus (38.1%), Muslim (7.8%), Sikhs (0.7%), others (0.5%).

## Time

Fiji time is 2 hours ahead of Australia . Similar time to New Zealand.

## Electricity

Electricity supply in Fiji runs on 240V – similar to Australia and New Zealand.

## Health

Fiji is free from malaria, and yellow fever. When you are in Fiji it is advisable to drink bottled water only and not tap water.

## Telephones

All international roaming mobiles can be used in Fiji.

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