



WEIGHTLIFTING

SPORTS INFORMATION GUIDE

1. Competition Dates

Weightlifting competition for Asia Pacific Masters Games 2018 (APMG 2018) offers individual events for men and women.

The provisional weightlifting competition schedule for APMG 2018 is as follows:

DATE	SESSIONS	WEIGH-IN	START	AGE GROUP	BODYWEIGHT	VENUE
07.09.2018 Friday			09:00	Volunteers Briefing		SP Arena
			10:00	Team Leaders Meeting/ Verification of Entries		
			11:30	Technical Officials Meeting		
08.09.2019 Saturday	1	06:00	08:00	M80+	All	SP Arena
	2	08:30	10:30	W70+, W65	All	SP Arena
	3	10:00	12:00	M75	All	SP Arena
	4	12:30	14:30	M70	All	SP Arena
	5	14:00	16:00	W60, W55	All	SP Arena
08.09.2018 Saturday			18:00	Asia Pacific Masters Games Opening Ceremony		
09.09.2019 Sunday	6	07:00	09:00	M65	All	SP Arena
	7	09:30	11:30	M60	All	SP Arena
	8	12:00	14:00	M55	All	SP Arena
	9	14:30	16:30	W50, W45	All	SP Arena
	10	17:00	19:00	M50	56,62,69,77	SP Arena
10.09.2018 Monday	11	07:00	09:00	M50	85, 94, 105, 105+	SP Arena
	12	09:30	11:30	M45	56,62,69	SP Arena
	13	12:00	14:00	M45	77,85	SP Arena
	14	14:30	16:30	M45	94,105, 105+	SP Arena
	15	17:00	19:00	W40	All	SP Arena
11.09.2018 Tuesday	16	07:00	09:00	M40	56,62,69	SP Arena
	17	09:30	11:30	M40	77,85	SP Arena
	18	12:00	14:00	M40	94,105,105+	SP Arena
	19	14:30	16:30	W35	48,53,58	SP Arena
	20	17:00	19:00	W35	63,69	SP Arena
12.09.2018 Wednesday	21	07:00	09:00	W35	75,90, 90+	SP Arena
	22	09:30	11:30	M35	56,62	SP Arena
	23	12:00	14:00	M35	69	SP Arena
	24	14:30	16:30	M35	77,85	SP Arena
	25	17:00	19:00	M35	94,105,105+	SP Arena

The Opening Ceremony is scheduled for the evening of Saturday 8 September 2018 with the Closing Ceremony on the evening of Saturday 15 September 2018.

All dates and times are subject to change, pending final entries received. A detailed schedule for each age category will be developed throughout 2017 and early 2018.

2. Competition Format

The APMG2018 Weightlifting competition involves the events in the following weight and age categories:

Event	Weight Categories	Age Categories
Men's	56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
Women's	48kg, 53kg, 58kg, 63kg, 69kg, 75kg, 90kg, +90kg	35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

The winner of each category will be the athlete with the highest total score, when combining the results from the respective Snatch, and Clean and Jerk lifts in the competition.

Please note that as of 1 January 2017, the International Weightlifting Federation (IWF) will include two new Women's body weight categories, which will be included in the APMG2018 competition.

In line with the sport-specific rules, an athlete must compete in their designated age group, with your age determined as at 31 December 2018. For example, if you turn 40 by 31 December 2018, you would compete in the 40-44 age category.

If there are insufficient entries in an age category, categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, individuals will still be awarded medals in the age and weight category in which they originally entered.

3. Venue Details

APMG 2018 Weightlifting competition takes place at the following competition venue:

Venue Name	SPArena
Venue Address	Lebuhraya Kurau, Seberang Jaya, 13700 Perai, Pulau Pinang, Malaysia
Venue Contact	+60 4-399 0199

4. Competition Details

4.1. Competition Rules

The APMG2018 Weightlifting event will be conducted in line with the competition rules of the International Weightlifting Federation (IWF) Masters, or as otherwise specified in this document.

4.2. Verification of Entries

Athletes are not required to attend Verification of Entries, unless they wish to drop down a bodyweight division or change their Entry Total. In which case, the athlete or nominated representative must attend the Verification of Entries at SP Convention Centre (competition venue) on Friday 7 September 2018 at 12pm.

An athlete is not required to be 'selected' by a National Federation to compete at the Games, as entry is open to any athlete that can satisfy the minimum qualifying standards. However, each athlete registration will require verification by the National Federation to ensure that the athlete is in good standing and not subject to any current form of sanction.

4.3. Technical meeting

A Weightlifting Technical meeting for Officials is proposed to be held at SP Arena at 2pm on 7 September 2018. Officials will be briefed and duties during the event will be confirmed. Athletes are not required to attend this meeting.

4.4. Weigh-in

A weigh-in will be scheduled for two hours prior to the commencement of each session. Each weigh-in will be open for a maximum of one hour and all athletes must attend the weigh-in time allocated for their weight category. For example, if your session is scheduled to commence at 0900, weigh-in will be open between 0700 – 0800, or until the last registered athlete has completed weigh-in.

If an athlete wishes to move up a bodyweight division, they must attend the weigh-in for the division in which they have entered, plus the new bodyweight division (if held on a separate day).

All athletes must bring recognized photo identification (i.e. Passport, Drivers License) with them to their allocated weigh-in, indicating their full name and date of birth.

4.5. Hours of Competition

Each day of competition will comprise of four/ five sessions. Competition hours vary each day depending on total sessions and ancillary events. Allocated weigh-in sessions will occur prior to the start of each session as outlined above.

4.6. Technical Delegate

The IWF has endorsed the appointment of PANG SIEW HUAT (MAS) to act in the role of Technical Delegate for the APMG2018 Weightlifting competition. The Technical Delegate will oversee the implementation of all sport specific rules and requirements at the Game.

4.7. Technical Officials

An opportunity exists for Weightlifting athletes competing at APMG2018 who are also a qualified IWF technical official, to join the officials panel for the Games. If an athlete is interested in this opportunity, details are collected as part of the athlete registration process.

4.8 Registration and Medals

Where there are insufficient entries in an age category, the categories may be combined in order to conduct a viable competition. The awarding of medals will not be affected, that is, competitors will still be awarded medals in the age category in which they originally entered. The top three finishers in each age category for each event will be awarded medals. The medals presentation ceremony will be held on the same day after the completion of an event.

Each weightlifting participant in APMG2018 can register up to a maximum of 3 events.

5. Equipment

APMG2018 Weightlifting will provide all competition equipments (platforms, barbells, bar, discs, collars) including an electronic referee light system. All equipments for competition will meet IWF specifications. The ZKC brand of competition equipments will be used for the Weightlifting event.

Warm-up equipment will be provided, however this may not be the same as the equipment provided for competition, but will be of a suitable standard to enable sufficient athlete warm-up prior to competition.

6. Sports Attire

All athletes must comply with clothing rules and regulations as outlined by the IWF, including costume, belt, footwear and any bandages, tapes or plasters.

7. Accommodation

The APMG 2018 organisers recommend the following selected hotels for weightlifting participants based on location and accessibility to the competition venue:

- Ixora Hotel
- Sunway Hotel Seberang Jaya
- The Light Hotel
- Iconic Hotel

However, participants are free to select own accommodation according to own preference. To assist participants, an accommodation booking section offering special room rates for the Games is made available on the official website www.apmg2018.com

8. Further Information

Planning for the APMG2018 Weightlifting competition will continue throughout early 2017 and 2018. Additional sport-specific operational information will be communicated to registered participants and updated in future additions of this Sports Information Guide.

All participants are encouraged to monitor the APMG2018 website at www.apmg2018.com and other Games communication channels to find out all of the latest information.

If you have any further sport-specific questions, please send an email to weightlifting@apmg2018.com.