



2015 Commonwealth Senior, Junior & Youth Weightlifting Championships Pune - India, October 11-16, 2015



Message from the desk of President, Indian Weightlifting Federation

Dear Presidents and General Secretaries!

Indian Weightlifting Federation (IWLFF) has been honoured by Commonwealth Weightlifting Federation (CWF) to host 2015 Commonwealth Youth, Junior & Senior Weightlifting Championships from 11-16 October 2015 in Pune, India.

On behalf of the Organizing Committee of the 2015 Commonwealth Youth, Junior & Senior Championships we would like to welcome you to beautiful and hospitable city of Pune. It is a great pleasure for us to host 2015 Edition of Commonwealth Weightlifting Championships in India. Pune is the one of the most famous IT Hubs of India and rightly recognized as a southern capital of our country. It is worth to mention that Pune has the experience in hosting Commonwealth Youth Games in 2008.

This tournament is the most important sporting event for Commonwealth countries in the sport of weightlifting in the year 2015, the Organizing Committee will do its best to make the Commonwealth Championships a full success and to provide pleasant stay for its participants and guests.

We have privilege and honour of inviting you and all national federations affiliated to Commonwealth Weightlifting Federation to participate in the 2015 Commonwealth Championships to be held on October 11-16, 2015 in Pune, India.

I wish to express my utmost sincere appreciation to all of you who participate and to those federations and associations that supported us. Thanks all the members of the Organizing Committees who have times making the Championships success. I do believe that through the organization of these Championships, we get an opportunity to contribute to the development of weightlifting sport in the World and also strengthen the friendship amongst the Commonwealth Weightlifting families. Wish you all happy stay in Pune and looking forward to hear from you soon. Indian Weightlifting Federation is looking forward to welcoming multinational weightlifting family in Pune.

Birendra Prasad Baishya
President
Indian Weightlifting Federation



2015 COMMONWEALTH SENIOR, JUNIOR & YOUTH WEIGHTLIFTING CHAMPIONSHIPS

PUNE - INDIA, OCTOBER 11-16, 2015

Information Bulletin

The 2015 Commonwealth Senior, Junior and Youth Championships this year will be held in the city of Pune, India. Below you will find relevant information regarding the Championships.

Competition Rules and Regulations:

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

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
Youth 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 Organizing Committee not later than **August 24th 2015.**

Accreditation:

Upon arrival, delegations will receive their accreditation. All the team members have to send e-photos i.e. their passport size photograph in .jpg format (mentioning name of file as name_dateofbirth.jpg) by email along with final entry forms for issuing Accreditation Cards. There will be no charges for accreditation.

Barbells/Weights Equipment:

ELEIKO equipment will be used at this event.

Competition and training Venue:

The competition and training venue is the Shiv Chatrapati Sports Complex, Mhalunge, Balewadi, Pune.

Training Venue:

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

Preliminary Program:

10 October 2015 Arrival of athletes
11 October 2015 CWF Congress and Verification of Final Entries
12 October 2015 Commonwealth Championships
13 October 2015 Commonwealth Championships
14 October 2015 Commonwealth Championships
15 October 2015 Commonwealth Championships
16 October 2015 Commonwealth Championships / Closing banquet and presentation of awards

Accommodation:

Accommodation will be at the Hotel Holiday Inn and The Gateway Hotel (Taj Group of Hotels) conveniently located near the Shiv Chatrapati Sports Complex, Mhalunge, Balewadi, Pune. The hotel offers easy access to Pune International Airport and is 22 kms from the above Hotels..

A minimum stay of 4 (four) days is required for all participants.

Participation Fee:

- Single room: 150 USD per person per day

- Double room: 130 USD per person per day
- ***This cost includes full-board (Breakfast 8:00 to 10:00, lunch 13:00 to 15:00, dinner 19:00 to 22:30)***

Please note that accommodation shall be paid in full upon arrival at the Organizing Committee accreditation desk.

Transport:

Local transport will be provided free of charge from the airport to hotel upon the arrival of delegations. The Organizing Committee will also provide free shuttle service between the Hotel and the competition / training venue.

Legal Points of Entry to Pune:

The main gateway to Pune is Pune International Airport. The connectivity to Pune is also available through Chhatrapati Shivaji International Airport, Mumbai and Indira Gandhi International Airport, Delhi by connecting flights.

Awards / Prize Money:

Gold, Silver and Bronze medals will be awarded for the Total for each bodyweight category for both Women's and Men's.

Trophies will be awarded to the winning and runners-up teams only first place for Senior, Junior & Youth for men and women.

Also best lifter trophies will be awarded to Senior, Junior and Youth for both men and women.

Travelling Documents and Visas:

Valid VISA is required to enter in the territory of India. We strongly suggest that you contact your nearest Indian Embassy/Consulate in your Country or submit online application for Conference VISA at www.indianvisaonline.gov.in at least 60 days in advance.

Departure Tax:

Please note that there is no departure tax in India.

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, but it is not possible for delegations to purchase health insurance in Pune. 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 each to cover the cost for Doping test.***)

General Information:

India is situated north of the equator between 8°4' and 37°6' north latitude and 68°7' and 97°25' east longitude. It is the seventh-largest country in the world, with a total area of 3,166,414 square kilometres (1,222,559 sq mi). India measures 3,214 km (1,997 mi) from north to south and 2,933 km (1,822 mi) from east to west. India can be divided into five physiographic regions. They are 1) The Northern Mountains 2) Indo Gangetic Plains 3) The Peninsular Plateaus 4) The Islands and 5) The Coastal Plains

Population:

The population of India is approximately 1,210,193,422. India is a multicultural society with Hindu, Muslim, Sikhs, Jains, Buddhists, Christians and other communities.

Capital: New Delhi is the capital of India

Pune is the host city:

Pune is the ninth-most populous city in India and the second largest in the state of Maharashtra. It is situated 560 metres (1,837 feet) above sea level. Population of the city is 3,978,954.

Distance from main cities in India:

New Delhi to Pune	-	1451 kms
Mumbai to Pune	-	150 kms
Bangalore to Pune	-	850 kms

Currency and Banking Facilities:

India has its own currency – **Indian National Rupees (INR)**. One (1) INR is at present approximately USD 0.016. All credit cards are welcomed by all hotels, restaurants, shops, rental cars, etc.

Time:

Indian time is 5 hr 30 minutes ahead of Greenwich Mean Time.

Official Languages:

Hindi is the official language in India. Other spoken languages are English, Marathi and 29 others.

Religion:

Religion in India is characterized by a diversity of religious beliefs and practices. Religious diversity and religious tolerance are both established in the country by the law and custom; the Constitution of India has declared the right to freedom of religion to be a fundamental right.

Electricity:

Electricity supply in India runs on 220V.

Climate and Seasons:

The Host City – Pune dwells a tropical wet and dry climate with average temperature ranging between 20 degree and 28 degree with pleasant, cool and humid atmosphere.

Health:

India is free from malaria and major tropical disease that are endemic in some tropical countries.

Emergency Medical and Dental Care:

General Hospital is available as well as a private hospital. Aditya Birla Hospital, Pune is the best option.

Telephones:

Direct dial phone service is available between India and all countries of the world. International calls may be placed from any private or public phone.

Historical Information:

The history of India begins with evidence of human activity of Anatomically modern humans, as long as 75,000 years ago, or with earlier hominids including Homo erectus from about 500,000 years ago. The Indus Valley Civilization which spread and flourished in the northwestern part of the Indian subcontinent from 3300 to 1300 BCE in present-day Pakistan and northwest India, was the first major civilization in South Asia. A sophisticated and technologically advanced urban culture developed in the Mature Harappan period, from 2600 to 1900 BCE. There are 32 World Heritage Sites in India that are recognized by the United Nations Educational, Scientific and Cultural Organization (UNESCO) as of 2014, four of which are in state of Maharashtra – Ajanta, Ellora, Elephanta Caves and Victoria Terminus.

Places of Interest in Pune:

1) Rajgad Fort, 2) Aga Khan Place, 3) Iskon NVCC Temple, 4) Lal Mahal, 5) Express Garden, 6) Phoenix Market City, 7) Singhad Fort

PRESIDENT ORGANISING COMMITTEE

Mr. Birendra Prasad Baishya

President, Indian Weightlifting Federation

Executive Member, International Weightlifting Federation

Vice President, Commonwealth Weightlifting Federation

E-mail: iwlf2008@gmail.com, Mobile: +918130459789, +919868181789,

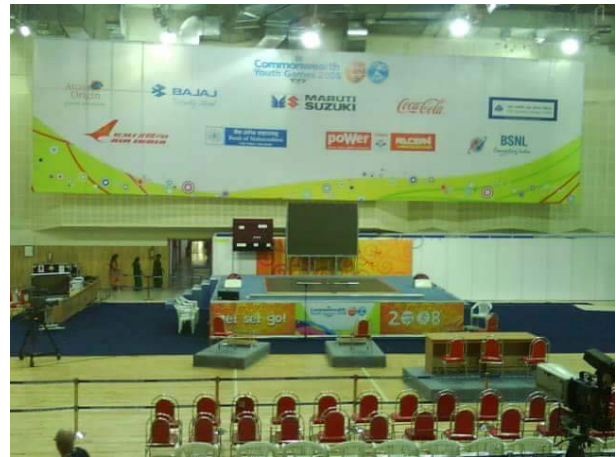
Telefax: +91 11 25845460

SECRETARY, ORGANIZING COMMITTEE

Adv. Mr. Ravindra Yadav, Wadgaon, Maval, Pune (india)

Mobile: +919823238922, Email: 2015cwcipune@gmail.com

BALEWADI SPORTS COMPLEX, PUNE



**HOTEL HOLIDAY INN,
HINJEWADI, PUNE BANGALORE HIGHWAY ROAD, PUEN 411045**



**THE GATEWAY (TAJ GROUP OF HOTELS)
Hinjawadi Village, Hinjawadi, Pune, Maharashtra 411057**



GLIMPSES OF PUNE CITY:





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TRANSPORT FORM

The.....Weightlifting Federation wishes to inform the Organizing Committee of their travel arrangements :

COUNTRY	Numbers	Arrival Date	Flight Number	Arrival Time	Departure Date	Flight Number	Departure Time	Numbers

General Secretary / President

Signature:..... Date:

Please email this form **not later then August 24, 2015 to:**

Paul Coffa MBE
General Secretary
Commonwealth Weightlifting Federation
Federation
E-mail: owf@bigpond.com or owf@mls.nc
Tel; 687 467640 or +61 457778900
Website: www.commonwealthweightlifting.com

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ACCOMMODATION FORM

The _____ Weightlifting Federation wishes to book the following rooms

DATE	SINGLE ROOM	TWIN ROOM
9 October 2015		
10 October 2015		
11 October 2015		
12 October 2015		
13 October 2015		
14 October 2015		
15 October 2015		
16 October 2015		
17 October 2015		

General Secretary / President

Signature:..... Date:

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FINAL ENTRY FORM FOR SENIORS

The _____ Weightlifting Federation wishes to enter the following competitors in the 2015 Commonwealth Senior Weightlifting Championships for Men & Women.

MEN

Category	Name in passport	Date of birth	Best Total

WOMEN

Category	Name in passport	Date of birth	Best Total

OFFICIALS

Designation	Name in passport	Date of Birth

General Secretary / President

Signature:..... Date:

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FINAL ENTRY FORM FOR JUNIORS

The _____ Weightlifting Federation wishes to enter the following competitors in the 2015 Commonwealth Junior Weightlifting Championships for Men & Women.

MEN

Category	Name in passport	Date of birth	Best Total

WOMEN

Category	Name in passport	Date of birth	Best Total

OFFICIALS

Designation	Name in passport	Date of Birth

General Secretary / President

Signature:..... Date:

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FINAL ENTRY FORM FOR YOUTH

The _____ Weightlifting Federation wishes to enter the following competitors in the 2015 Commonwealth Youth Weightlifting Championships for Boys & Girls.

BOYS

Category	Name in passport	Date of birth	Best Total

GIRLS

Category	Name in passport	Date of birth	Best Total

OFFICIALS

Designation	Name in passport	Date of Birth

General Secretary / President

Signature:..... Date:

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