



To: Oceania & Commonwealth Weightlifting Federations

2nd February, 2019

Dear Friends,

RE: 2019 OCEANIA & COMMONWEALTH SENIOR, JUNIOR & YOUTH CHAMPIONSHIPS

I wish to advise all member countries of the Oceania and Commonwealth, that the **preliminary entries** for the Oceania and Commonwealth Weightlifting Championships for Senior, Junior and Youth, which will be run in conjunction with the 2019 Pacific Games in Samoa, will be sent out to every Federation on the 1st March. **They are to be returned no later than the 30th April.**

- The final entries will be sent to you also and these are to be returned **no later than the 1st June.**
- On the 1st March, I will send out a circular regarding the accommodation. I would suggest to all Commonwealth Countries, that they make their bookings directly with the hotel. I will give you a choice of hotels which will be available, including their contact details.
- Please take note, the Oceania Senior and Junior Championships are **GOLD LEVEL** qualification events for the 2020 Tokyo Olympics. The Pacific Games and the Commonwealth Championships are **SILVER LEVEL** qualification events for the 2020 Tokyo Olympics.
- **Most important, when you send in your preliminary entries, all of your lifters must be compliant with the ADAMS whereabouts.**
- **Just as important, only lifters who are entered in the preliminary entries can be included in the final entries. No other lifters can be added.**

Below please find the preliminary timetable. Please note that the timetable may change due to the numbers of athletes taking part. We are expecting from the Oceania and Commonwealth countries over 450 lifters to take part. However, the dates will remain the same.

Kindest Regards,

Paul Coffa MBE
GENERAL SECRETARY
OCEANIA WEIGHTLIFTING FEDERATION
COMMONWEALTH WEIGHTLIFTING FEDERATION



PRELIMINARY TIMETABLE

Sunday July 7

Pacific Games Technical Meeting -Weightlifting	09:00	Place TBA
Verification of entries	11:00	Place TBA
OWF Executive Board meeting	13:00	Place TBA
CWF Executive Board meeting	14:30	Place TBA

Monday July 8

OWF Annual Congress	09:30	Place TBA
CWF Annual Congress	14:30	Place TBA
Technical Meeting	16:30	Place TBA
Anti Doping Seminar	17:30	Place TBA

Tuesday July 9

Session 1 - 09:00	Y40kg & 45kg	A	Women
Session 2 - 11:00	49kgA & 55kg	B	Men
Session 3 - 13.00	49kg & 55kg	B	Women
Session 4 - 15.00	55kg	A	Men
Session 5 - 17.00	49kg	A	Women
Session 6 - 19.00	55kg	A	Women

Wednesday July 10

Session 7 - 09:00	59kg & 64kg	B	Women
Session 8 - 11:00	61kg & 67kg	B	Men
Session 9 - 13.00	59kg	A	Women
Session 10 -15.00	61kg	A	Men
Session 5 - 17.00	64kg	A	Women

Thursday July 11

Session 11 - 09:00	73kg & 81kg	B	Men
Session 12 - 11:00	71kg & 76kg	B	Women
Session 13 - 13:00	67kg	A	Men
Session 14 - 15:00	71kg	A	Women
Session 15- 17:00	73kg	A	Men

Friday July 12

Session 7 - 09:00	81kg & 87kg	B	Women
Session 8 - 11:00	89kg & 96kg	B	Men
Session 9 - 13:30	76kg & 81kg	A	Women
Session 10 - 15.30	81kg	A	Men
Session 10 - 17.30	89kg	A	Men

Saturday July 13

Session 8 - 09:00	96kg	A	Men
Session 9 - 11.00	Y+102kg, 102kg & 109kg	A	Men
Session 7 - 13:30	Y+ 81kg, 87kg & +87kg	A	Women
Session 10 - 16.00	+ 109kg	A	Men