



18<sup>th</sup> ASIAN GAMES  
**Jakarta  
Palembang  
2018**



OLYMPIC COUNCIL OF ASIA



# Weightlifting

Sport Technical Handbook

Ver.2.2

Indonesia Asian Games Organizing Committee

## Technical Handbook for Weightlifting

### Amendment History

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v. 1.0	December 2017	Initial Version
v. 2.0	February 15, 2018	TD & OCA Approved
v. 2.1	March 19, 2018	Number of Events
v. 2.2	April, 2018	Change on Schedule

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# I. INTRODUCTION

## 1. Preface

The 18th Asian Games will be held in Jakarta and Palembang, Indonesia starting from August 18<sup>th</sup> to September 2<sup>nd</sup>, 2018.

The Asian Games is an exclusive property of the Olympic Council of Asia (OCA) where the members of OCA come together to enhance the ability of Asian athletes and promote mutual understanding through fair competition. It is the multi-sport festivity within the Asian region held every 4 years.

This publication is to provide the general information about the Olympic Council of Asia, the Member NOCs, Indonesia Asian Games Organizing Committee and overview of the 18<sup>th</sup> Asian Games Jakarta-Palembang 2018 as well as introduction of Indonesia, the Host Country and the Host City. This publication also contains the technical information for Weightlifting Sport in the 18<sup>th</sup> Asian Games Jakarta-Palembang 2018, which is the most important.

It is our honour to provide this Technical Handbook before the start of the 18<sup>th</sup> Asian Games Jakarta-Palembang 2018. This handbook will serve an important role to all the participating officials and athletes.

Thank you very much.

2. Organizing Bodies  
OCA Executive Board

<b>President</b>	Sheikh Ahmad Al-Fahad Al-Sabah
<b>Honorary Life Vice-President</b>	Raja Randhir Singh Mr. Jizhong WEI
<b>Vice Presidents</b>	Maj. Gen. Charouck Arirachakaran Mr. Timothy Tsun Ting Fok Lt. Gen. Syed Arif Hasan HE Sheikh Isa Bin Rashed Al Khalifa Mr Timur Kulibayev Mr. Tsunekazu Takeda Prof. Dr. Hoang Vinh Giang Mr. Sapardurdy Toylyyev Mr Song LUZENG Mr. Yu Zaiqing Mrs Rita Sri Wahyusih SUBOWO
<b>Honorary Vice-President</b>	Mr Hemasiri FERNANDO
<b><i>Chairman/Chairwoman of OCA Standing Committees</i></b>	
Rules Committee	Sheikh Talal Fahad Ahmad J AL-SABAH
Women and Sports Committee	Mrs Natalya SIPOVICH
Advisory Committee	Mr Ng Ser Miang
Peace Through Sport Committee	HRH Prince Faisal Bin AL-HUSSEIN
Athletes Committee	Mr Koji Murofushi
Sports Environment Committee	Mr Kyung-Sun YU
Medical Committee	Dr M. Jegathesan
Sports for All Committee	Brig Gen Mowaffak JOUMAA
Media Committee	Mr Charles King Chiu LO
Finance Committee	Dr Kevin Kuo-I CHEN

Culture Committee	Mr Mohammad A. Alkamali
Entourage Committee	Mr Daesung MOON
Education Committee	HRH Prince Abdulhakim Bin Mosaad Bin Abdulaziz
Coordination Committee	Mr Tsunekazu TAKEDA
Ethics Committee	Mr Jizhong WEI
Information & Statistics Committee	Dr Demchigjav ZAGDSUREN
International Relations Committee	HRH Prince Jigyel Ugyen WANGCHUCK
Sports Committee	Mr Song LUZENG

### **Members**

Executive Board Member	HRH Prince Haji Sufri BOLKIAH
Executive Board Member	Mr Kiumars Hashemi
Executive Board Member	Mr Raad Hammoodi Salman AL-DULAIMI

### **Honorary Members**

Mr Habib Abdul Nabi Yousuf MACKI  
Gen Souhail KHOURY

### **Director General & Technical Director**

Mr Husain A H Z AL-MUSALLAM

Director of Asian Games

Mr. Haider Farman

Director of NOCs Relation

Mr. Vinod Kumar

OCA Adviser for INASGOC

Mr. Matthew Kidson

Mr. Ganesan Sundaram Moorthy

## **2.1 Indonesia Asian Games Organizing Committee (INASGOC)**

### **2.1.1 Steering Committee (SC)**

President	:	Vice President of Republic of Indonesia
Vice President I	:	Chairman of Coordinating Ministry for Human Development and Cultural Affairs
Members	:	Chairman of Indonesia Olympic Committee Chairman of Agency for Financial and Development Supervision Chairman of Agency for Government

Procurement Policy  
Governor of DKI Jakarta  
Governor of South Sumatera  
Governor of West Java  
Governor of Banten

### 2.1.2 Organizing Committee (OC)

#### Executive Board

President	:	Erick Tohir
Vice President	:	Sjafrie Sjamsoedin
Secretary General	:	Eris Herryanto
Vice Secretary General	:	Dendi T. Danianto
Assistant of Finance (Deputy)	:	Gatot S. Dewabroto
Vice Assistant of Finance (Vice Deputy)	:	Soewartomo
Head of Monitoring (Deputy)	:	Meris Wiryadi
Vice Head of Monitoring (Vice Deputy)	:	Deddy Yulianto
Deputy 1 Games Operation	:	Harry Warganegara Harun
Deputy 2 Games Administration	:	Francis Wanandi
Vice Deputy 2	:	Devy Wildasari Adjiningsih
Deputy 3 Games Support	:	Ahmed Solihin
Vice Deputy 3	:	Bambang Rus Effendi
Deputy 4 Games Security	:	Asop Kapolri
Vice Deputy 4	:	Asop Panglima TNI
Assistant of Finance Coordinator	:	Brigjend TNI Dr.Yudi Sutrasna, MM
Vice Coordinator	:	Indra Bayu
Verification Department Director	:	Julian Alhaj
Vice Director	:	Iwan Kurniawan Anggaraharja Tri Sujatmiko
Treasury Department Director	:	Deny Alvar
Vice Director (Secretariat)	:	Lina Nurhasanah
Vice Director Deputy 1	:	Arman Saputra Siregar

Vice Director Deputy 2 : Margono  
 Vice Director Deputy 3 : Sriyanti  
 Accounting and Asset Department  
 Director : Parwoto Dwi Putranto  
 Unit Accounting  
 Vice Director : Eddy Dharmawan  
 Unit Asset  
 Vice Director : Syahrul Hidayatulloh  
 Monitoring Team  
 Coordinator : Brigjen TNI Cecep Rahmad Mujono  
 Associate : Erwin Aksa  
 Sofyan Wanandi  
 Muhammad Iksan  
 Wijayanto Samirin  
 Daulat Tampubolon  
 Dholfi OFP  
 Kol. Inf Chanlan Adilane  
 Kol Laut (T) Irmandala  
 Kol Laut (KH) Dr. Dwi Hartono  
 Kol Laut (P) Sayuti  
 Kol Kes Saefullah  
 Kol Cpl Jimmy Alexander Adirman  
 Kol Arh Bambang Murtiyoso  
 Kol Laut (T) Catur Sudarsono  
 Juliande Darwis  
 Ginrey Shandy Algam  
 I Ketut Pasek Prihadhy  
 David Sidjabat  
 Taufiequrachman Ruki  
 Sumirat Kriswasana  
 Vice Coordinator : Letkol Cku Djoko Kuntoyo

#### SECRETARIAL GENERAL

Coordinator : Letkol Inf. Mahudin Latupono  
 Vice Coordinator – General Affairs : Letkol Laut Daniel Martinus Lakollo  
 Vice Coordinator – Secretariat : Okkie Nur Hamida  
 Planning & Budgeting Department



Coordinator : Mayjen TNI Tjuk Agus Minahasa  
 Vice Coordinator : Kapnten Inf. Samsudin  
 Procurement Department  
 Coordinator : Laksma TNI Listyanto  
 Vice Coordinator : Kol Laut (T) Endro Legowo  
 Vice Coordinator for Administration & Support : Kol Laut Rizal Junaidi  
 Legal Department  
 Coordinator : Finsa Noorcahya  
 Government Relation  
 Coordinator : Raja Parlindungan Pane  
 Vice Coordinator : Haryo Sasongko  
 International Relations & Protocol Department  
 Coordinator : Indra Kartasasmita  
 Vide Coordinator : Nur Laily Rahmawati  
 Media & Public Relation Department  
 Coordinator : M.Buldansyah  
 Vice Coordinator : Ratna Irsana  
 Accreditation Department  
 Coordinator : Brigjen Pol. Teddy Minahasa  
 Vice Coordinator : Claudia Regina Roe Roe  
 Human Resources & Volunteer Department  
 Coordinator : Pusparani Hasjim Chappy Hakim  
 Vice Coordinator : Demayanti Nasution  
 Jenny Soeseno

#### DEPUTY 1: GAMES OPERATION

##### SECRETARIAT DEPUTY

##### Budget & Finance

Head/ Vice Coordinator : Gustiawan Anthony

##### Secretariat, Administration & Operation

Head/ Vice Coordinator : Johar Manik Kusumo Wardhani

Sport, Medal Ceremony & Sport Presentation

Director : Wisnu Wardhana

Sub-Unit Sport Support & Administration

Vice Director : Abdul Rauf

Sub-Unit Jakarta 1 & Sport Preparation

Vice Director : Arif Hidayat

Sub-Unit Jakarta 2 & Overlay Sport

Vice Director : Adi Wirawan

Sub-Unit Jakarta Suburb, Palembang & Sport Equipment

Vice Director : Arsyad Achmadin

Unit Medal Ceremony & Sport Presentation

Vice Director : Nur Ali

Venues & Environment Department

Director : Teuku Arlan Perkasa Lukman

Unit Overlay Project, Technical Data & Administration

Vice Director : Ahmad Zacky Badrudin

Unit Jakarta & Jakarta Suburb Cluster

Vice Director : Natsir Gunawan

Unit Palembang

Vice Director : Basyaruddin

Medical & Doping Control Department

Director : Dr. Leane Suniar

Vice Director : Dr. Wiweka

Athlete Village & Service Department

Director : Tri Ananta Andrewan

Unit Jakarta Kemayoran

Vice Director : Glenn J. Rumawas

Unit Jakarta Suburb

Vice Director : Hermawan Halim

Arrival Departure & Hospitality Department

Director : Indra Gamulya

Vice Director : Andi Burhan Dwi Armien

## DEPUTY 2: GAMES ADMINISTRATION

### SECRETARIAT DEPUTY

Unit Secretary  
Vice Coordinator : Trianti  
Unit Administration  
Vice Director : A.A Cakra Nugraha  
Unit Client Service  
Vice Director : Triputanta Wimbacahaya Aziz  
Look Of The Games, Beautification & Activation Department  
Director : DRS. Tb. Lukman Djajadi K  
Ceremony Department  
Director : Rachmi Dewi Wulansari  
Vice Director : Wishnutama Kusubandio  
Unit Torch Relay  
Vice Director : Dra. Herty Paulina Purba  
Revenue Department  
Director : Hasani Abdulgani  
Unit Sales  
Vice Director : Cahyadi Wanda  
Unit Merchandise & Retail  
Vice Director : Mochtar Sarman  
Ticketing Department  
Director : Sarman Simanjorang  
Unit Ticket Management  
Vice Director : Mohammad Indra  
Communication Department  
Director : Elwin Chandra Mochsin  
Unit Projector Coordinator  
Vice Director : RA Trimaryanda Kunto  
Unit Digital  
Vice Coordinator : Indra Agustian Pribadi

## DEPUTY 3: GAMES SUPPORT

### SECRETARIAT DEPUTY

Vice Coordinator : Yarmanto  
Transportation Department  
Director : Purnomo S.IP  
Vice Director : Sudjianto Adji  
Broadcast Depart  
Director : Linda N Wahyudi  
Vice Director : Edy B Lasoma  
Catering Department

Director : Felly Imsransyah  
Vice Director : Yooky Tjahrial  
Accommodation Department  
Director : Johanna Sri Ambarwati  
Vice Director : Ahmad Qodie Ibrahim  
IT&T Department  
Director : Eddy Prabowo  
Vice Director : Sugianto Hirokerto

DEPUTY 4: GAMES SECURITY

Associate : Kombes Pol Drs Unggul Sedyanto, Msi  
AKBP Lalu Muhammad Iwan M.SJK  
Pembina Yahya Fitriadi, Skom  
Z. Pandra Arsyad, SH, Msi

## 2.2 OCA Members

No.	CODE	NOC	No.	CODE	NOC
1	AFG	Afghanistan	24	MDV	Maldives
2	BRN	Bahrain	25	MGL	Mongolia
3	BAN	Bangladesh	26	MYA	Myanmar
4	BHU	Bhutan	27	NEP	Nepal
5	BRU	Brunei Darussalam	28	OMA	Oman
6	CAM	Cambodia	29	PAK	Pakistan
7	CHN	China	30	PLE	Palestine
8	HKG	Hong Kong, China	31	PHI	Philippines
9	INA	Indonesia	32	PRK	DPR Korea
10	IND	India	33	QAT	Qatar
11	IRI	Islamic Republic of Iran	34	SGP	Singapore
12	IRQ	Iraq	35	SRI	Sri Lanka
13	JPN	Japan	36	SYR	Syria
14	JOR	Jordan	37	THA	Thailand
15	KAZ	Kazakhstan	38	TJK	Tajikistan
16	KOR	Korea	39	TKM	Turkmenistan
17	KUW	Kuwait	40	TLS	Timor Leste
18	KSA	Kingdom of Saudi Arabia	41	TPE	Chinese Taipei
19	KGZ	Kyrgyzstan	42	UAE	United Arab Emirates
20	LAO	Lao PDR	43	UZB	Uzbekistan
21	LBN	Lebanon	44	VIE	Vietnam
22	MAC	Macau, China	45	YEM	Yemen
23	MAS	Malaysia			

## II. GENERAL INFORMATION

### 1. The 18<sup>th</sup> Asian Games Jakarta-Palembang 2018 in Brief

#### 1.1 Games Overview

Duration	: August 18 - September 2, 2018 (16 days)
Host and Co-Host City	: Jakarta and Palembang, Indonesia
Games Venue	: 49 venues in total (39 in Jakarta, 10 in Palembang)
Sports Program	: 40 sports / 462 events
Patron	: Olympic Council of Asia
Host	: Indonesia Asian Games Organizing Committee (INASGOC)

#### 1.2 Objectives

- 1.2.1 Bring forth mutual communication, reconciliation and peace in Asia
- 1.2.2 Asian Games that share joy and glory
- 1.2.3 Realize practical and economically efficient games

#### 1.3 Slogan

ENERGY OF ASIA

#### 1.4 Emblem



The design concept of the Brand mark 18th Asian Games 2018 logo is inspired by the shape of Gelora Bung Karno Main Stadium, with eight paths leading to the stadium and the shining sun emblem of the Olympic Council of Asia logo in the center, represents the “Energy of Asia” theme.

The design tells that the “Energy of Asia” will radiate throughout the world. The multi-coloured art design symbolized the multi-national culture and nature of Asia and Indonesia.

## 1.5 Mascots



### BHIN BHIN

Cendrawasih Bird (*Paradisaea apoda*)

Strategy Representation

BHIN BHIN wearing a vest with detail pattern/  
Asmat motive from Papua



### ATUNG

Deer Bawean (*Hylaphus kuhlii*)

Speed Representation

ATUNG wearing sarong with Tumpal batik pattern  
from Jakarta



### KAKA

Rhinoceros (*Rhinoceros Sondaicus*)

Strength Representation

KAKA wear traditional clothing Palembang

## 2. Accreditation and Validation

Asian Games Identification and Accreditation Cards (AGIAC) will act as an entry visa to Indonesia and ensure special access to the Games venues including the HQ Hotel and competition venues. INASGOC will distribute Accreditation Guide and Accreditation Application Forms to Accreditation Responsible Organizations by December 2017. The online Accreditation System start from January 31 until April 30, 2018. INASGOC will distribute the Pre-valid AGIAC to the confirmed participants on July 2018. Upon the arrival in Jakarta - Palembang, pre-valid AGIAC holders should visit one of the accreditation center with their effective identification documents and validate their pre-valid AGIAC. Once validated, AGIAC becomes an official Games document.

## 3. Immigration and Visa

From July 30 to September 4, 2018, AD Card holders will be permitted upon presentation of their valid passports or travel documents. AD Cards holders will not need to apply for an Indonesian Entry Visa of Residence Permit in order to enter the country.

Any AD Card holders wishing to enter Indonesia before or after the valid period of the AD Card, or to remain in Indonesia after its expiry date, will need to make their own arrangements regarding visas according to Indonesian immigration law. AD Card holders should ensure that the information on their valid passport when entering Indonesia is exactly the same with the information on the certified document used for application for AD Card, and that their passport remain valid at least until February 5, 2019.

#### 4. Transportation

##### 4.1 Transport Services for Arrival and Departure

Shuttle Bus Services will be provided for arriving and departing athletes and team officials, depending on arrival and departure information and flight schedule. Before departure, Shuttle Bus Services require advance reservation.

##### 4.2 Dedicated Vehicle Service

Dedicated Vehicle Services will be provided between Athletes' Village and the designated areas, depending on team events and on the size of NOC participants. Dedicated Vehicle Services require advance reservation and approval.

##### 4.3 Transport Services for Competition (for non-team events)

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes' Village and the competition venues as per the competition schedule.

##### 4.4 Transport Services for Training (for non-team events)

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes' Village and the training venues as per the training schedule.

##### 4.5 Transport Services for Spectating

The AV-to-venues shuttle will be provided to athletes and team officials wishing to watch other sport competition events. The service is also available to all athletes and team officials who are involved in the same



events: priority, however, will be given to athletes and team officials participating in their own events.

※ Tickets are required for spectating.

#### 4.6 Transport Services for Luggage

The luggage belonging to athletes and team officials should, in principal, be loaded onto the bus they take. If not possible due to insufficient storage space, another vehicle will be provided to the destinations.

### 5. Accommodation

During the Games time, over 13,000 athletes and team officials including extra officials will be accommodated at Kemayoran Block D10 in Jakarta and Jakabaring Athletes Villages located in Palembang. Opening of Athletes' Village will be on July 16, 2018. A variety of amenities and recreational facilities will be offered for the Games family at Athletes' Village. For the sake of the safety, separate Accreditation Access is required for entering the area.

### 6. Media

#### 6.1 Mixed Zone

The Mixed zone is an area in which athletes may be interviewed as soon as they leave the field of play. The Mixed Zone is designed to permit the broadcasters and press to interview athletes in a designated area near the field of play. In accordance with OCA's rules, all athletes must pass through the Mixed Zone. Mixed Zone interviews are recommended within limited time each to let the broadcasters and press to have an equal opportunity to speak to the athletes. The AFs and INASGOC Sports Operations Team will provide all necessary assistance to ensure the convenience of Mixed Zone.

#### 6.2 Press Conference

After each event, the designated medallists will attend a press conference at the venue as well as coaches if circumstances dictate. They should accompany to the press conference room. Medallists press conference will be held right after the medal presentation ceremonies at the venue. Sports operational staff will bring athletes to the press conference room. Translation services will be provided with English and Indonesian during the press conferences at the venues. If medallists do not speak English or Indonesian, NOCs are requested to assign an interpreter with the medallists attending the press conference.

## 7. Medical Service

Medical stations for athletes will be installed at all competition venues and training facilities. On-site medical treatment and emergency transfer service will be provided during operating period. Polyclinic in the Athletes' Village will provide treatment and consultation by professional medical staff across the departments of internal medicine, general surgery (including orthopaedics), ophthalmology, stomatology, medical imaging, physical therapy, pharmacy, etc.

It will also have an emergency room open 24 hours a day, with stand-by ambulances. Any patient who needs further diagnosis and treatment will be transferred to designated hospitals of the Games.

Where accredited persons including OCA Family VIP guests, NOC guests suffer from acute diseases, acute exacerbations of chronic diseases or acute injuries, they can receive treatment in Polyclinic or designated hospitals for free of charge. Services may include emergency treatment, in-patient service, special consultation and ambulance transfer, if required. However, free medical services will not include selective or unnecessary treatment.

## 8. Host Country/City Information

### 8.1 Indonesia in Brief

Indonesia, officially the Republic of Indonesia (Indonesian: Republik Indonesia) is located mainly in Southeast Asia with some territories in Oceania. Situated between the Indian and Pacific Oceans, it is the world's largest island country, with more than thirteen thousand islands. It has an estimated population of over 260 million people (September 2016) and is the world's fourth most populous. Muslim-majority country. The world's most populous island of Java contains more than half of the country's population.

Indonesia's republican form of government includes an elected legislature and president. Indonesia has 34 provinces, of which five have Special Administrative status. Its capital and most populous city is Jakarta. The country shares land borders with Papua New Guinea, East Timor, and the eastern part of Malaysia. Other neighbouring countries include Singapore, the Philippines, Australia, Palau and the Indian territory of the Andaman and Nicobar Islands. Indonesia is a founding member of ASEAN and a member of the G-20 major economies. The Indonesian economy is the world's 16th largest by nominal GDP and the 8th largest by GDP at PPP.

Indonesia consists of hundreds of distinct native ethnic and linguistic groups. The largest - and politically dominant - ethnic group are the Javanese. A shared identity has developed, defined by a national language, ethnic diversity, religious pluralism within a Muslim-majority population, and a history of colonialism and rebellion against it. Indonesia's national motto "Bhinneka Tunggal Ika" ("Unity in Diversity" literally, "many, yet one"), articulates the diversity that shapes the country. Despite its large population and densely populated regions, Indonesia has vast areas of wilderness that support the world's second highest level of biodiversity.

## 8.2 Jakarta in Brief

### Geography

The Special Capital Region of Jakarta, is the capital and most populous city of Indonesia. Located on the northwest coast of the world's most populous island of Java, the city is the center of economics, culture and politics of Indonesia, with a population of 10,075,310 as of 2014. Greater Jakarta metropolitan area, which is known as Jabodetabek (a name formed by combining the initial syllables of Jakarta, Bogor, Depok, Tangerang and Bekasi), is the second largest urban agglomeration in the world, with population of 30,214,303 inhabitants as of 2010 census. Jakarta's business opportunities, as well as its potential to offer a higher standard of living, attract migrants from all over Indonesian archipelago, making the city a melting pot of many communities and cultures.

### Climate

Jakarta has a tropical monsoon climate (Am) according to the Köppen climate classification system. The wet season in Jakarta covers the majority of the year, running from October through May. The remaining four months (June through September) constitute the city's drier season (each of these 4 months has an average monthly rainfall of less than 100 millimetres (3.0in)). Located in the western part of Java. Jakarta's wet season rainfall peak in January and February with average monthly rainfall of 299.7 millimetres (11.80 in), and its dry season low point is August with a monthly average of 43.2 mm (1.70 in).

### Tourism

Most of the visitors attracted to Jakarta are domestic tourists from all over Indonesia. Jakarta is trying to attract more international tourists by MICE tourism, by arranging increasing numbers of conventions. As the gateway of Indonesia, Jakarta often serves as the stop-over for foreign visitors of their way to Indonesian popular tourist destinations such as Bali, Lombok and Yogyakarta. Most of the renowned international hotel chains have presence in the city.

Other than monuments, landmarks, and museums around Merdeka square and Jakarta Old Town, tourist attractions of the city include Thousand Islands, Taman Mini Indonesia Indah, Setu Babakan, Ragunan Zoo, Sunda Kelapa old port and the Ancol Dreamland complex on Jakarta Bay, including Duynia Fantasi (Fantasy World) theme park, Sea World, Atlantis Water Adventure, and Gelanggang Samudra.

### 8.3 Palembang in Brief

#### Geography

Palembang is the second-largest city on Sumatra island after Medan and the capital city of the South Sumatra province in Indonesia. It is one of the oldest cities in the Malay Archipelago and Southeast Asia. Palembang is located on the Musi River banks on the east coast of Southern Sumatra, with a land area of 369.22 square kilometres (142.56 square miles) and Palembang is the sixth-largest city in Indonesia after Jakarta, Surabaya, Bandung, Medan and Semarang. Its built-up (or metro) area with Talang Kelapa and Rambutan was home to 1,620,429 inhabitants at the 2010 census.

At 2°59'10" S 104°45'20" E, Palembang occupies 400.61 km<sup>2</sup> of vast lowland area east of Bukit Barisan Mountains in southern Sumatra with average elevation of 8 metres (26 feet), approximately 105 kilometres (65 miles) from nearby coast at Bangka Strait. One of the largest rivers in Sumatra, the Musi River, runs through the city, dividing the city area into two major parts which are Seberang Ilir in the north and Seberang Ulu in the south. Palembang is also located on the confluence of two major tributaries of Musi River, which are Ogan River and Komering River. The river's water level is influenced by tidal cycle. In rainy season, many areas on the city are inundated by the river's tide.

Palembang's topography is quite different between Seberang Ilir and Seberang Ulu area. Seberang Ulu topography is relatively flat, meanwhile Seberang Ilir topography is more rugged with altitude variation between 4 and 20 metres (13 and 66 feet).

## Climate

Palembang is located in the tropical rainforest climate with significant rainfall even in its driest months. The climate in Palembang is often described with "hot, humid climate with a lot of rainfall throughout the year". The annual average temperature is around 27.3 °C (81.1 °F). Average temperatures are nearly identical throughout the year in the city. Average rainfall annually is 2,623 millimetres. During its wettest months, the city's lowlands are frequently inundated by torrential rains. However, in its driest months, many peatlands around the city dried, making them more vulnerable to wildfires, causing haze in the city for months.

## Tourism

Ampera Bridge, main city landmark, is a bridge crossed over 1,177 metres (3,862 feet) above the Musi River which connects Seberang Ulu and Seberang Ilir area of Palembang. Great Mosque of Palembang, also known as the Sultan Mahmud Badaruddin II Mosque, is located in the city centre.

Benteng Kuto Besak, situated on the northern bank of the Musi River and adjacent to Ampera Bridge, this fort is one of the Palembang Darussalam Sultanate of heritage buildings. The fort's interior has been turned into military hospital of the Tentara Nasional Indonesia, specifically the Health Department of Military Area Command II/Sriwijaya (Kesehatan Daerah Militer II/Sriwijaya).

Kampung Arab Al-Munawar, a mixture of middle eastern and palembangnese Malay culture and architecture. It has been long known that any visitors should dress politely in order to visit this area.

Kampung Kapitan, the home of one of the oldest Chinese stilt house in the city. The primary attraction is Tjoa Ham Hin's house with centuries-old furniture inside. There was also a nearby Chinese temple, which was one of the oldest in Palembang as well. Long before its existence as the Chinese settlement area, it was also called Tanggo Rajo where foreigners and newcomers from the archipelago stayed at.

Kantor Ledeng, located in the city centre, at first this building served as a water tower. Today this building serves as the mayor office of Palembang. Kambang Iwak, a lake located in the tourist centre of the city close to Palembang mayor's residence. On the banks of this lake, there is a park and recreation arena which is always crowded during holidays.

Punti Kayu Tourism Forest, city forest located about six miles (9.7 kilometres) from the city centre with an area of 50 hectares (120 acres) and since 1998 designated as protected forests. In this forest there is a family recreation area and a local shelter a group of monkeys: long-tail macaque (*Macaca fascicularis*) and monkey (*Macaca nemistriana*) under the Sumatran Pine wood (*Pinus mercurii*).

Sriwijaya Kingdom Archaeological Park, the remnants of Sriwijaya site located on the banks of the River Musi. There is an inscription and stone relics, complex of ancient pond, artificial island and canals dated from the Sriwijayan kingdom in this area. The Sriwijaya Museum is located in this complex.

Bukit Seguntang archaeological park, located in the hills west of Palembang city. In this place there are many relics and tombs of the ancient Malay-Sriwijayan king and nobles.

Monumen Perjuangan Rakyat / Monpera, located in the city centre, adjacent to the Great Mosque and Ampera Bridge. As its name in this building there are relics of history in the colonial period.

Museum Sultan Mahmud Badaruddin II, located near the Ampera Bridge and adjacent to Benteng Kuto Besak. The building located in the former royal palace of Palembang Sultanate. The museum displayed the relics and historical objects with collections spanned from Sriwijaya Kingdom period to Palembang Darussalam Sultanate era.

Rumah Limas of IDR 10000 banknote is now located in Museum Balaputradewa, Palembang.

Museum Balaputradewa, the home of Rumah Limas featured on IDR 10000 banknote. This type of stilt house is the traditional house of the people of Palembang.

#### 8.4 West Java in Brief

The population of West Java was put at 43,054,000 in mid-2010 making it the most populous province of Indonesia, home to 18% of the national total on 1.8% of the national land. A side from the special district of Jakarta, it is the most densely populated province in the country with an average of 1,236 people per km<sup>2</sup> (2010 data). The population growth rate recorded in the ten years to 2010 was 1.9%

Tourism

Endowed with natural beauty and rich culture, tourism is also an important industry in West Java. The Puncak area and Bandung have long been known as popular weekend destinations for Jakartans. Today Bandung has developed into a chic and fashionable shopping destination, popular not only among local Indonesian especially Jakartans, but also a popular shopping destination for neighbouring Malaysian and Singaporeans. The ancient coastal city of Cirebon is also popular as cultural tourism destination since the city has several kratons and many historical sites such as Gua Sunyaragi. Other popular tourism destinations include the Bogor Botanical Garden, Taman Safari Indonesia, Tangkuban Perahu crater, Ciater hot springs, Kawah Putih crater to the south of Bandung, Pangandaran beach, and various mountain resorts in Cianjur, Garut, Tasikmalaya, and Kuningan.

### III. Technical Information

#### 1. Competition Date

Weightlifting competition will be held from August 20 to 27, 2018 at Jakarta International Expo (JIExpo) Kemayoran Hall A

#### 2. Venue

Competition Venue

Category	Competition Venue	Training Venue
Name	JIExpo Kemayoran Hall A	Training will take place at the competition venue
Distance from the Athletes' Village	10 - 15 minutes	
Size	- Stage: 12 x 10 m - Platform: 4 x 4m -	
Seating Capacity	2000 Seat	-

#### 3. Competition Management

3.1 Technical Delegate : Attila Adamfi (HUN)  
Director General, International Weightlifting Federation

3.2 Competition Manager : Alamsyah Wijaya (INA)

3.3 Venue Manager : Sonny Kasiran (INA)

#### 4. Competition Events

The weightlifting competition will consist of fifteen (15) events including eight (8) categories for men's and seven (7) categories for women's

Men's (8)	Women's (7)
56kg, 62kg, 69kg, 77kg, 85kg 94kg, 105kg+105kg	48kg, 53kg, 58kg, 63kg, 69kg 75kg, + 75 kg,



## 5. Competition Schedule

Date	Session	Time	Gender		Phase
20-Aug		09.00 – 11.00	F	48 KG B Group	
		11.00 – 13.00	M	56 KG B Group	
		14.00 – 16.00	F	48 KG A Group	Medal
		17.00 – 19.00	M	56 KG A Group	Medal
21-Aug		09.00 – 11.00	M	62 KG B Group	
		11.00 -13.00	F	53 KG B Group	
		14.00 – 16.00	M	62 KG A Group	Medal
		17.00 – 19.00	F	53 KG A Group	Medal
22-Aug					
		11,00 – 13.00	F	58 KG B Group	
		14,00 – 16.00	M	69 KG B Group	
		17.00 – 19.00	M	69 KG A Group	Medal
23-Aug					
		11,00 – 13.00	M	77 KG B Group	
		14,00 – 16.00	M	77 KG A Group	Medal
		17.00 – 19.00	F	58 KG A Group	Medal
24-Aug		09.00 – 11.00	F	63 KG B Group	
		11,00 – 13.00	M	85 KG B Group	
		14,00 – 16.00	F	63 KG A Group	Medal
		17.00 – 19.00	M	85 KG A Group	Medal
25-Aug		09.00 – 11.00	M	94 KG B Group	
		11,00 – 13.00	F	69 KG B Group	
		14,00 – 16.00	M	94 KG A Group	Medal
		17.00 – 19.00	F	69 KG A Group	Medal
26-Aug		09.00 – 11.00	F	75 KG B Group	
		11,00 – 13.00	M	105 KG B Group	
		14,00 – 16.00	F	75 KG A Group	Medal
		17.00 – 19.00	M	105 KG A Group	Medal
27-Aug		09.00 – 11.00	M	+105 KG B Group	
		11,00 – 13.00	F	+ 75 KG B Group	
		14,00 – 16.00	M	+105 KG A Group	Medal
		17.00 – 19.00	M	+ 75 KG A Group	Medal

### Note:

1. This competition schedule is subject to change depending on the number of final entries.
2. According to the IWF TCRR, the weigh-in of each competition begins two (2) hours before the start of the group concerned and lasts for one (1) hour.

## **6. Competition Rules**

The Weightlifting competition of the 18<sup>th</sup> Asian Games will be held in accordance with the latest Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

In case of any disagreement in the language interpretation of the rules and regulations, the English version shall prevail. Any unforeseen cases not covered by the regulations and rules shall be resolved as follows:

- General issues: Resolved in accordance with OCA Constitution and Rules
- Technical issues: Resolved in accordance with the IWF Rules and Regulations

## **7. Competition Format**

Competition will be held in according to the latest IWF TCRR, of which the snatch and the clean and jerk are included. The results will be ranked according to the total weight achieved of the two types of lifts (the snatch and the clean and jerk). Gold, silver and bronze medals are awarded respectively to the first three (3) places for the total in each of the bodyweight categories.

## **8. Sport Entries**

### **8.1 Eligibility**

- Only OCA member NOC's are entitled to send athletes to participate in the Weightlifting competition of the 18<sup>th</sup> Asian Games
- Only athletes who comply the OCA Constitution and Rules and its Bye-law are entitled to participate in the Weightlifting Competition

### **8.2 Entry Timeline**

- Entry by Sport – Deadline: 24:00; 9 March 2018 (Jakarta Time, GMT +7)
- Entry by Number – Deadline: 24:00; 30 April 2018 (Jakarta Time, GMT +7)
- Entry by Name – Deadline: 24:00; 30 June 2018 (Jakarta Time, GMT +7)

### **8.3. Entry Policies**

Individual Events: Athletes from each NOC must be distributed amongst the bodyweight categories with a maximum of two (2) athletes per category.

Total: Each NOC may enter a team of maximum of Eight (8) men and Seven (7) women athletes.

**NOCs that withdraw their athletes or teams after the submission of the final entries by name and Team Sport Draw will be faced with disciplinary action by the OCA EB.**

### **9. Technical Officials**

International Technical Officials shall be approved by the IWF in consultation with the AWF.

**AF/IF has the right to appoint the Technical Delegate and ITOs in coordination and approval of OCA. In case of violation of the IF/AF Rules and Games Rules and Regulations by any participant, the OCA has the right to revoke the AD Card and propose change of the person to the concerned party.**

### **10. Technical Meeting/ Verification Meeting**

- Date : August 19, 2018

- Time and Place : 16.00 – 18.00 and JIEXPO Hall A Kemayoran, Jakarta

### **11. Protests and Appeals**

No protest and Appeal according to the IWF rules

**Any Athlete/NOC can appeal to CAS, in case he feels that there is violation of IF/AF Technical Rules or OCA Constitution which is not related to reversing the decision of the referee or result.**

## **12. Equipment and Clothing**

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and IWF in force. ELEIKO Barbell will be used in the Competition, Training and warm up (IWF-approved Sport Equipment).

Neither athletes nor technical officials can attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA and INASGOC.

## **13. Doping Control**

Doping Control during the 18<sup>th</sup> Asian Games will be conducted in accordance with OCA Anti-Doping Rules applicable to the Asian Games and will follow the standards and procedures under the World Anti-Doping Code

INASGOC, in collaboration with the medical committee of the OCA will have in place the resources to assist in the investigation of any cases of disorders of sexual determination, should the need arise. The need for such tests and the processes to be followed will be as per the rules/procedures laid down by the OCA.

## **14. Victory Ceremony**

Gold, silver and bronze medals will be awarded to the athletes ranked the top three of each event respectively. Before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the Victory Ceremony. Medalists must wear their NOC official uniforms.

## **15. Sport Information Center (SIC)**

All sport-specific information for Weightlifting will be available at the sport information desks. They are located at the competition venue and at the Sport Information Center (SIC) in the Athletes' Village.

## IV. GENERAL CONTACT

### 1. International Weightlifting Federation (IWF)

- President : Tamas Aian (HUN)
- Secretary General: Mohammed Hasan Jaloud (IRQ)
- Address : House of HS, Istvanmezei ut 1-3,  
1146 Budapest Hungary
- Phone : +36 1353 0530
- Fax : +36 1353 0199
- Email : iwf@iwfnet.net
- Web : www.iwf.net

### 2. Asian Weightlifting Federation (AWF)

- President : Mohamed Yousef Al-Mana (QAT)
- Secretary General: Mrs. Boossaba Yodbangtoey (THA)
- Address : 4<sup>th</sup> Floor, Al Bidda Tower  
P.O. BOX 2473, Doha Qatar
- Phone : +974 44943274
- Fax : +974 44943076
- Email : info@awfederation.com
- Web : www.awfedertion.com

### 3. Technical Delegate

- Name : Attila Adamfi (HUN)
- Phone : +361 353 0530
- Fax : +36 1353 0199
- Email : attila.adamfi@iwfnet.net

### 4. Indonesia Weightlifting Federations (PABBSI)

- President : Rosan Perkasa Roeslani
- Address : Pangkalan Marinir Jakarta  
Jalan Kwini II NO.6 RT 006, RW 008  
Pasar Baru , Jakarta Pusat 10710
- Phone : +622122345624
- Fax : +622122345624
- Email : Pabbsi\_1940@yahoo.com

# V. General Competition Schedule



Updated April 9, 2018

SPORT DISCIPLINE	VENUE NAME	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2
		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
OPENING CEREMONY	Gelora Bung Karno - Main Stadium	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
CLOSING CEREMONY	Gelora Bung Karno - Main Stadium																					
AQUATICS	Gelora Bung Karno - Aquatic Center																					
Aquatics - Artistic Swimming	Gelora Bung Karno - Aquatic Center																					
Aquatics - Diving	Gelora Bung Karno - Aquatic Center																					
Aquatics - Swimming	Gelora Bung Karno - Aquatic Center																					
Aquatics - Water Polo	Gelora Bung Karno - Aquatic Center																					
ARCHERY	Gelora Bung Karno - Archery Field																					
ATHLETICS	Gelora Bung Karno - Main Stadium																					
BADMINTON	Gelora Bung Karno - ISTORA																					
BASEBALL/SOFTBALL																						
Baseball/Softball - Baseball	Gelora Bung Karno - Baseball Field																					
Baseball/Softball - Baseball	Rawamangun Baseball Field																					
Baseball/Softball - Softball	Gelora Bung Karno - Softball Field																					
BASKETBALL																						
Basketball - 3x3	Gelora Bung Karno - Tennis Center Court																					
Basketball - 5x5	Gelora Bung Karno - Basketball Hall																					
Basketball - 5x5	Gelora Bung Karno - ISTORA																					
BOWLING	Jakabaring Sports Center - Bowling Center																					
BOXING	Jakarta International Expo Kemayoran - Hall C																					
BRIDGE	Jakarta International Expo Kemayoran - Ballroom																					
CANOE/KAYAK																						
Canoe/Kayak - CSL (Canoe Slalom)	Bendung Rentang Mjalengka																					
Canoe/Kayak - CSP	Jakabaring Sports Center - Lake																					
Canoe/Kayak - TBR	Jakabaring Sports Center - Lake																					
CYCLING																						
Cycling - BMX Race	Pulo Mas International BMX Center																					
Cycling - MTB	Khe Bun Hill Subang																					
Cycling - Road Race	Subang roads route																					
Cycling - Track	Jakarta International Velodrome																					
EQUESTRIAN																						
Equestrian - Dressage	Jakarta International Equestrian Park																					
Equestrian - Eventing	Jakarta International Equestrian Park																					
Equestrian - Jumping	Jakarta International Equestrian Park																					
FENCING	Jakarta Convention Center Cendrawasih																					
FOOTBALL																						
Football - (Men)	SI Jalak Harupat Stadium (Bandung)																					
Football - (Men)	Pakan Sari Stadium (Bogor)																					
Football - (Men)	Patriot Chandrabhaga Stadium (Jakarta)																					
Football - (Men)	Wibawa Mukti Stadium (Cikarang)																					
Football - (Women)	Jakabaring Sports Center - Gelora Sriwijaya																					
Football - (Women)	Bumi Sriwijaya Stadium																					
GOLF	Pondok Indah Golf & Country Club																					
GYMNASTICS																						
Gymnastics - Artistic	Jakarta International EXPO - Kemayoran Hall D																					
Gymnastics - Rhythmic	Jakarta International EXPO - Kemayoran Hall D																					
Gymnastics - Trampoline	Jakarta International EXPO - Kemayoran Hall D																					
HANDBALL	GOR POPKI Stadium Cibubur																					
HOCKEY	Gelora Bung Karno - Hockey Field																					
JETSKI	ANCOL Beach																					
JUDO	Jakarta Convention Center - Plenary Hall																					
KABADDI	Theatre Garuda																					
KARATE																						
Karate - Kata	Jakarta Convention Center - Plenary Hall																					
Karate - Kumite	Jakarta Convention Center - Plenary Hall																					
MARTIAL ARTS																						
MARJAL ARTS																						
Martial Arts - Ju-Jitsu	Jakarta Convention Center - Assembly Hall																					
Martial Arts - Kurash	Jakarta Convention Center - Assembly Hall																					
Martial Arts - Pencak Silat	Padepokan Pencak Silat TMI																					
Martial Arts - Samba	Jakarta Convention Center - Assembly Hall																					
Martial Arts - Wushu	Jakarta International Expo Kemayoran - Hall B																					
MODERN PENTATHLON	APMEquestrian (TBM), Tigaraksa - Tangerang																					
PARAGLIDING	Gunung Mas Puncak																					
ROLLER SPORTS																						
Roller Sports - Roller Skate	Jakabaring Sports Center - Roller Skate Stadium																					
Roller Sports - Skateboard	Jakabaring Sports Center - Skateboard Stadium																					
ROWING	Jakabaring Sports Center - Lake																					
RUGBY SEVENS	Wibawa Mukti Stadium (Cikarang)																					
SAILING	Sea Front - Marina, Ancol																					
SEPAK TAKRAW	Jakabaring Sports Center - Ranau Hall																					
SHOOTING																						
Shooting - Pistol	Jakabaring Sports Center - Shooting Range																					
Shooting - Rifle	Jakabaring Sports Center - Shooting Range																					
Shooting - Running Target	Jakabaring Sports Center - Shooting Range																					
Shooting - Skeet & Trap	Jakabaring Sports Center - Shooting Range																					
SPORT CLIMBING	Jakabaring Sports Center - Sport Climbing																					
SQUASH	Gelora Bung Karno Senayan - Squash Stadium																					
TABLE TENNIS	Jakarta International EXPO - Kemayoran Hall B																					
TAEKWONDO																						
Taekwondo - Kyorugi	Jakarta Convention Center - Plenary Hall																					
Taekwondo - Poomsae	Jakarta Convention Center - Plenary Hall																					
TENNIS																						
Tennis - Soft Tennis	Jakabaring Sports Center - Tennis Court																					
Tennis - Tennis	Jakabaring Sports Center - Tennis Court																					
TRIATHLON	Jakabaring Sports Center - Lake																					
VOLLEYBALL																						
Volleyball - Beach Volley	Jakabaring Sports Center - Beach Volley																					
Volleyball - Indoor Volley	Gelora Bung Karno - Tennis Indoor Stadium																					
Volleyball - Indoor Volley	Pertamina Sempur Stadium																					
WEIGHTLIFTING	Jakarta International Expo - Kemayoran, Hall A																					
WRESTLING																						
Wrestling - Freestyle	Jakarta Convention Center - Assembly Hall																					
Wrestling - Greco Roman	Jakarta Convention Center - Assembly Hall																					

Opening/Closing Ceremony  
Competition Match  
Medal Ceremony

**ASIAN GAMES**  
**18·8·18**

**ENERGY OF ASIA**



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INDONESIA ASIAN GAMES ORGANIZING COMMITTEE

