



ASIAN INDOOR AND MARTIAL ART GAMES 2026

WEIGHTLIFTING TECHNICAL HANDBOOK

VERSION 1.0

11th – 21st DEC 2026

RIYADH, SAUDI ARABIA

Table of Contents

Welcome Message	3
1. AIMAG Riyadh 2026	4
1.1 Riyadh Overview	4
1.3 Local Transportation	5
1.4 Local Currency and Payment	5
1.5 Emergency Numbers	5
2. Map Guide	6
3. Accreditation	8
4. Competition Schedule	9
4.1. Games Schedule	9
5. Competition Management	10
6. Sports Entries	11
6.1. Eligibility Requirement:	11
6.2. Entry Timeline	11
6.3. Entry Policies	12
6.4. Late Athlete Replacement:	12
7. Technical Information:	13
7.1. Competition Venue:	13
7.2. Field Of Play and Back of House	13
Field Of Play and Back of House	14
7.3. Competition Rules	14
7.4. Competition Format	15
7.6. Technical Officials	15
7.7. Technical Meeting	15
Chefs De Mission Meeting Hall – AVL	16
8. Anti-Doping	16
9. Athlete Clothing/Uniforms	18
10. Athlete Services	19
10.1. Sport Equipment	19
10.2. Athlete Training Schedule	19

10.3.	General Information – Training Center	19
11.	Medical Services	21
12.	Sport Information Center	23
13.	Sport Presentation & Medal Ceremonies	24
13.1	Sport Presentation	25
13.2	Athlete Introductions	25
13.3	Medal Ceremonies	25
13.4	Medal Ceremony Operations	25
13.5	National Anthems and Flags	25
13.6	Photography and Media	25
13.7	Victory Ceremonies Protocol	25
14.	APPENDIX 1	27

Welcome Message

Welcome to Riyadh, Saudi Arabia, host city of the 6th Asian Indoor and Martial Arts Games, where we proudly celebrate Asia in the Heart of Riyadh.

Bringing together participants from across Asia, Riyadh 2026 represents a celebration of sporting excellence and the shared values that connect our communities.

These Games are more than a competition; they are an opportunity to build lasting connections, celebrate cultural exchange and inspire future generations through the power of sport.

We are honored to host you in Riyadh and remain committed to delivering an exceptional experience for all those taking part in Riyadh 2026. Your presence is what makes these Games truly special, and we look forward to sharing this remarkable journey with you.

Thank you for being part of AIMAG 2026, and I hope your time in Riyadh is both rewarding and inspiring.

Moneerah Al-Sudairy

Chief Executive Officer

1. AIMAG Riyadh 2026

The Asian Indoor and Martial Arts Games (AIMAG) is a major continental multi-sport event organized by the Olympic Council of Asia (OCA). It brings together indoor and martial arts disciplines, providing a unique platform for athletes across Asia to compete at the highest level while promoting unity, diversity, and sporting excellence throughout the region.

The 6th edition of the Games will be hosted in Riyadh, Kingdom of Saudi Arabia, from 11–21 December 2026, featuring 18 sports across combat, team, and individual disciplines. Organized by the Riyadh AIMAG 2026 Local Organizing Committee (LOC)

The Games will be centered around Boulevard Riyadh City, the main competition hub, while the Athlete Village will be located at Princess Nourah bint Abdulrahman University, providing accommodation and essential services for participating athletes.

Under the slogan "Asia in the Heart of Riyadh," AIMAG Riyadh 2026 reflects the Kingdom's commitment to bringing Asia together through sport, culture, and hospitality. The Opening Ceremony will take place on 13 December 2026, marking another milestone in Saudi Arabia's growing role in hosting world-class sporting events.

1.1 Riyadh Overview

Riyadh, the capital of the Kingdom of Saudi Arabia, serves as the country's political, economic, and cultural center. As one of the region's leading metropolitan cities, Riyadh combines modern infrastructure with a rich cultural and historical heritage.

The city offers world-class sporting facilities, advanced transportation networks, and a wide range of hospitality, entertainment, and cultural attractions. Riyadh is also home to Diriyah, a UNESCO World Heritage Site that reflects the Kingdom's history and cultural identity.

For more information about Saudi Arabia, please visit: www.visitsaudi.com

1.2 Riyadh City Information

- Country: Kingdom of Saudi Arabia
- Host City: Riyadh
- Official Language: Arabic
- Currency: Saudi Riyal (SAR)
- Time Zone: GMT +3
- International Dialing Code: +966
- Electrical Supply: 230V / 60Hz
- Climate During AIMAG: between 18°C and 25°C

1.3 Local Transportation

Riyadh offers several transportation options for visitors:

- **Riyadh Metro:** The Riyadh Metro provides convenient access to key districts, business areas, and major destinations across Riyadh. To use the metro, passengers are encouraged to download the Darb app, which allows users to purchase tickets, plan journeys, and access route and station information.
- **Taxis:** Widely available throughout Riyadh, with services accessible at airports, hotels, shopping centers, and major attractions. Most taxis accept cash and card payments.
- **Ride-Hailing Services:** Ride-hailing applications such as Uber and Careem operate across the city and provide a convenient transportation option for visitors.

1.4 Local Currency and Payment

- **Currency:** Saudi Riyal (SAR)
- **Exchange Rate (approx.):**
 - 1 SAR ≈ 0.27 USD
 - 1 SAR ≈ 0.25 EUR
 - 1 SAR ≈ 0.21 GBP
- **Cash:** Accepted, especially in smaller shops and markets.
- **Cards:** Credit/debit cards widely accepted.
- **Digital Payments:** Apple Pay and contactless payments are common.
- **ATMs:** Easily available throughout the city.

1.5 Emergency Numbers

Police	911
Ambulances	997
Civil Defense	998
Tourism Call Center	930

2. Map Guide

2.1. Athletes' Village Overview

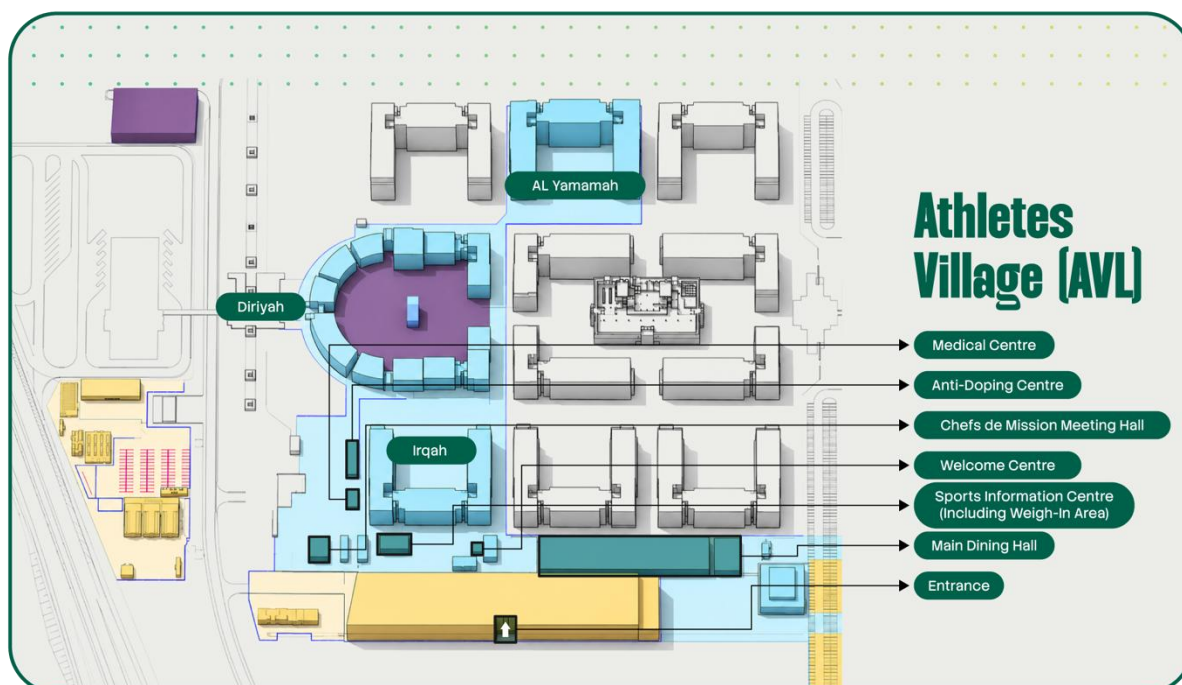
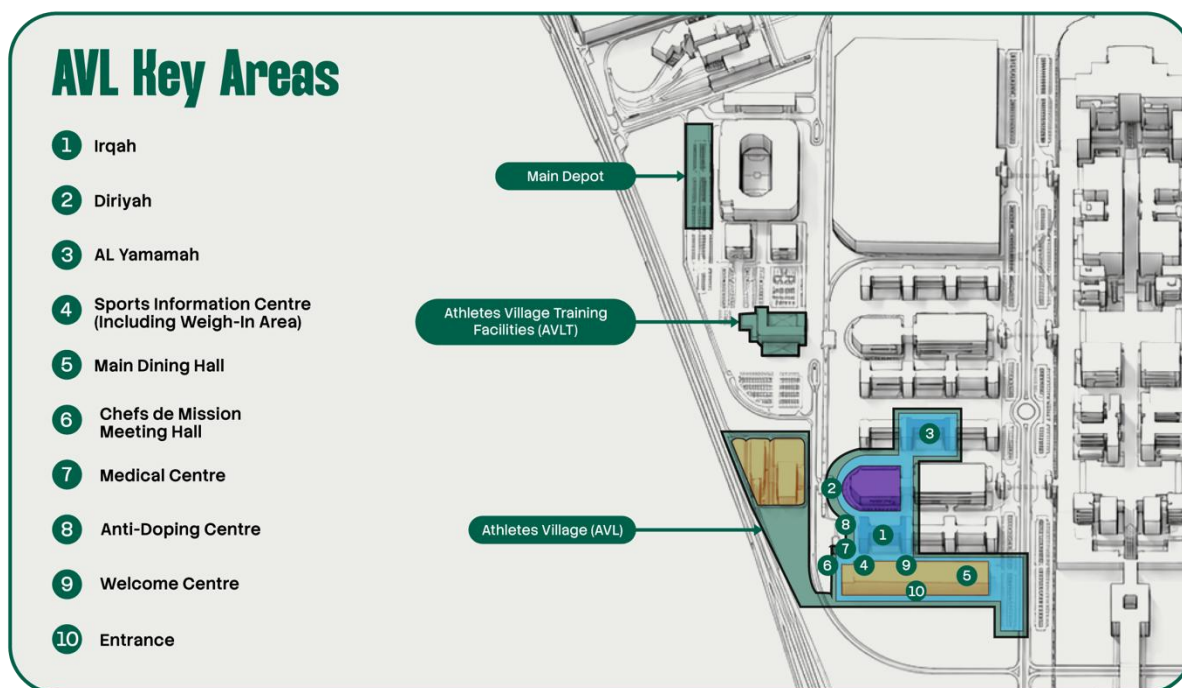
The Athletes' Village is the premier residential hub for athletes and team officials participating in major international sporting events hosted by the Kingdom of Saudi Arabia. As the Kingdom's first dedicated sports village, it represents a significant milestone in Saudi Arabia's sporting journey and its commitment to delivering world-class sporting events and exceptional athlete experiences.

Following the successful hosting of the Islamic Solidarity Games Riyadh 2025, the Athletes' Village received widespread recognition for its outstanding organization, operational excellence, hospitality, and athlete-centered services. The Village has been designed to provide a safe, comfortable, and welcoming environment that enables athletes to focus on their performance while enjoying a unique cultural and social experience.

The Village offers more than 1,300 fully furnished and equipped rooms across multiple residential buildings and has the capacity to accommodate approximately 3,400 athletes and team officials during peak operations. The accommodation is organized into dedicated Resident Centers, each supported by professional operational teams providing a full range of services throughout the Games period.

Designed as a vibrant community rather than simply an accommodation facility, the Athletes' Village brings together athletes and team officials from across Asia in an environment that promotes friendship, cultural exchange, and the values of sport. The Village serves as a home away from home where participants can prepare, compete, recover, and connect with fellow athletes from diverse nations and sporting disciplines.

Athletes' Village Map



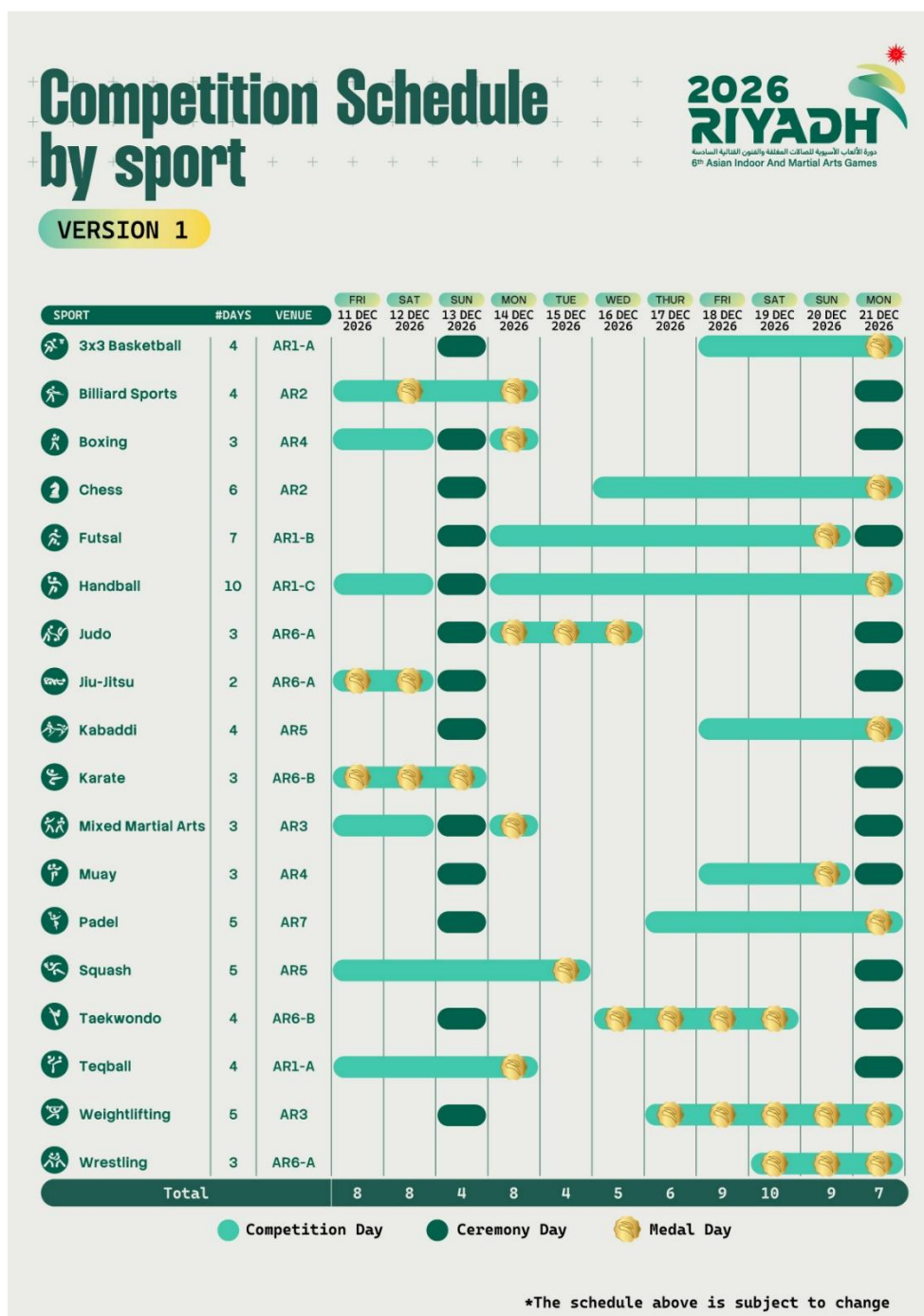
3. Accreditation

The AIMAG Identity and Accreditation Card will serve as the official identification for all accredited Games participants, including Technical Officials, and will grant access to Games venues according to their assigned roles. Accreditation cards will be issued and validated upon arrival in Riyadh at the designated accreditation facilities.

All participants must present the same valid passport used during the accreditation application process. The accreditation card must be carried at all times and presented when accessing Games venues, Training Venues and Sport Information Center.

4. Competition Schedule

4.1. Games Schedule



4.2. Key Dates

Date (Official)	Time	Activity	Location
12/15/2026	TBC	Technical Delegate arrival	Riyadh
12/15/2026	All Day	Teams Arrivals	Riyadh
12/15/2026	All Day	Technical Officials Arrivals	Riyadh
12/15/2026	TBC	Training Venue Open	Training Venue - AVL
12/16/2026	TBC	Technical rehearsal	Boulevard City- AR3
12/16/2026	TBC	Athlete Familiarization	Boulevard City- AR3
12/16/2026	12:00-13:00	Team Manager Meeting & Draw	Chefs de Mission Meeting Hall - AVL
12/16/2026	14:00-15:30	Referee Meeting	TBD
12/16/2026	16:00-16:30	Medical Staff Briefing	TBD
12/17/2026	09:00-10:00	Free Weigh Check	Weigh In Center - AVL
12/17/2026	10:00-11:30	Official Weigh-In	Weigh In Center - AVL
12/17/2026	TBC	Competition Begins	Boulevard City- AR3
12/20/2026	TBC	Athletes Training Closing	Training Venue - AVL
12/13/2026	TBC	Opening Ceremony	Boulevard City
12/13/2026	TBC	Competition Concludes	Boulevard City- AR3
12/21/2026	All Day	Teams and Technical Officials Departures	Riyadh

4.3. Competition Dates

Subject to change, session schedules to be finalized.

	17- Dec	18- Dec	19- Dec	20 - Dec	21 - Dec
Weightlifting	M	M	M	M	M

5. Competition Management

Role	Name	Contact
International Federation	International Weightlifting Federation	http://www.iwf.net
Asian Federation	Asian Weightlifting Federation	https://awf.sport/
National Federation	Saudi Weightlifting Federation	https://swf.sa
Technical Delegate	Mohammed Alharbi	gs@awf.sport
Sport Cluster Manager	Abdullah AlSaud	a.alsaud@aimag2026.com
Technical Operations Manager	TBC	TBC

6. Sports Entries

6.1. Eligibility Requirement :

OCA Generic

All athletes must meet the OCA and respective IF/AF eligibility requirements.

The OCA eligibility requirements are outlined in Article 52, Article 53, and the corresponding By-laws of the OCA Constitution and Rules (March 2019 edition). In addition, all athletes and team officials are required to hold a valid certificate from the World Anti-Doping Agency (WADA) Anti-Doping Education and Learning (ADEL) platform.

Sport Specific:

Age

Athletes aged 15 years by year of birth are eligible to participate in AIMAG 2026. Athletes must be born on or before 31 Dec 2011.

Athletes' whereabouts:

Athletes are required to submit their whereabouts information through the Anti-Doping Administration and Management System (ADAMS) minimum three (3) months before the first day of competition - 17 Dec 2026.

Team Officials:

Team Officials Weightlifting Coaches must have a valid IWF international coaching license (ICL).

6.2. Entry Timeline

Item	Date
Accreditation system closes - Athletes and Team Officials Long List submission deadline	TBC
Entry by Name - Sport Entries system opens	TBC
Sport Entries system closes	31 Oct 2026
Final Entries submission deadline	31 Oct 2026
LAR policy activated	1 Nov 2026

6.3. Entry Policies

1. Events	Maximum number of entries by event	
	Men's Event	Women's Event
60kg	1	
75kg	1	
95kg	1	
110kg	1	
49kg		1
57kg		1
69kg		1
86kg		1

Individual Events: Each NOC may enter a maximum of one (1) athlete in each event.

Total: Each NOC may enter a maximum of eight (8) athletes, including four (4) men and four (4) women.

6.4. Late Athlete Replacement:

Following the Entry by Name deadline (31 October 2026), the OCA (in consultation with the relevant TD/IF or AF) may approve a permanent replacement of an athlete by another eligible athlete for any medical or special circumstances.

Before submitting an LAR request the NOC must ensure that the replacement athlete meets the following conditions: complies with the OCA Constitution Article 52, has been registered on the AIMAG 2026 Accreditation Long List, has no pending doping issues and holds a valid WADA Anti-Doping Education Certificate (ADEL).

The LAR requests must be submitted by the NOCs via email to OCA, the AIMAG 2026 Sport Entries team and the NOC relations team and include the following attachments: signed LAR form, medical documents, X-ray (if needed), signed AIMAG 2026 Conditions of participation and Parental / Legal Guardian Consent Forms.

For Weightlifting, Late Athlete Replacements (LAR) shall only be permitted up to the Technical / Team Managers' Meeting. Upon conclusion of this meeting, all entries shall be deemed final and binding. No further LAR shall be permitted thereafter by the AFs/IFs, Organizing Committee, or the OCA.

7. Technical Information:

7.1. Competition Venue:

The AIMAG Riyadh 2026 competition venues will be in Boulevard City, one of the city's most prominent entertainment and sports destinations.

The venues will utilize a combination of existing facilities and temporary setups to ensure efficient operations and a high-quality competition environment for athletes, officials, and spectators.

This approach supports sustainability while minimizing additional construction requirements.

Located in the heart of Riyadh, Boulevard City will provide a vibrant atmosphere for the Games,

offering world-class facilities, entertainment areas, and easy accessibility for participants and fans.

Hosting competitions in such an iconic destination will enhance the overall experience of AIMAG Riyadh 2026 and contribute to creating a memorable sporting celebration in the city.

7.2. Field Of Play and Back of House

The Field of Play (FOP) includes the Weightlifting court, immediate run-off areas, and integrated audience seating, all designed for safety, visibility, and performance. The Back of House (BOH) consists of support spaces such as changing rooms, storage, medical room, Technical Delegate (TD) office, Official lounge, and athlete lounge, enabling smooth venue operations.

7.4. Competition Format

The competition format will be a pool of weight categories, and the athlete with most points will get the gold medal.

https://iwf.sport/weightlifting_/rules/

https://iwf.sport/weightlifting_/competition-flow/

7.5. Weigh-In Schedule

Date	Time	Location
17-21 December	2 Hours Prior to Competition	Competition Venue

7.6. Technical Officials

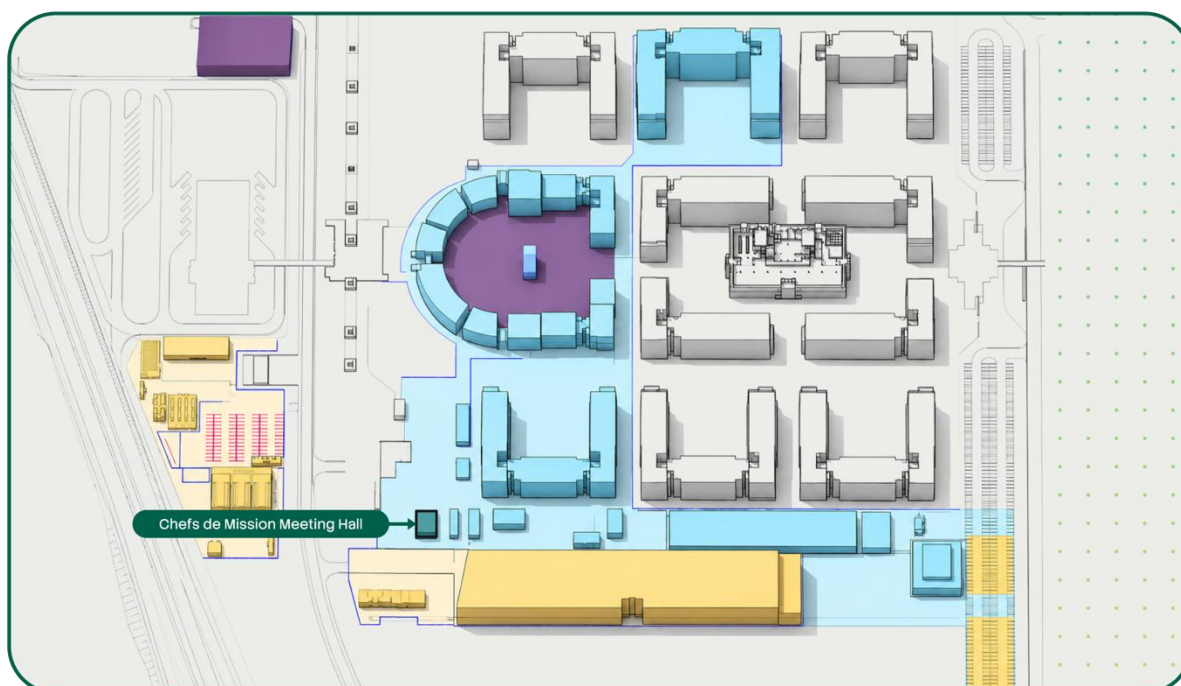
International Technical Officials (ITOs) shall be accredited by AWF and appointed by AWF.

TD	ITO	NTD
Mohammad AlHarbi	45	25

7.7. Technical Meeting

Technical Meeting	Date	Time	Attendees	Location
	16 / 12 / 2026	TBC	One team official per participating NOC	Chefs De Mission Meeting Hall – AVL

Chefs De Mission Meeting Hall – AVL



8. Anti-Doping

The AIMAG fully supports the principles of clean sport and fair play. Anti-doping activities during the Games will be conducted in accordance with the World Anti-Doping Code, the International Standards of the World Anti-Doping Agency (WADA), and the applicable anti-doping rules of the respective International Federations.

8.1. Testing Authority

The designated anti-doping authority appointed for the Games will oversee and manage all anti-doping operations during the event, in coordination with the Olympic Council of Asia (OCA) and in accordance with applicable Games governance and guidance arrangements.

8.2. In-Competition and Out-of-Competition Testing

Athletes may be selected for:

- In-Competition Testing
- Out-of-Competition Testing

In accordance with the Code of International Standards, and the applicable Rules, In Competition refers to the period commencing at 11:59 p.m. on the day before a competition through the end of the sample collection process related to that competition.

Competition refers to any period that is not classified as In-Competition.

Testing may take place at competition venues, training venues, hotels, or any other designated location during the Games period.

8.3. Athlete Rights and Responsibilities

Athletes' rights include:

- Having a representative and, if available, an interpreter
- Requesting additional information
- Requesting a delay in reporting to the Doping Control Station for valid reasons, as determined by the Doping Control Officer (DCO)

Athletes' responsibilities include:

Always Remaining in direct view of the DCO or Chaperone after notification

Checking all medications and supplements

Providing valid identification

Reporting immediately to the Doping Control Station when notified

Complying with sample collection procedures, as failure to do so may constitute an anti-doping rule violation

Athletes should familiarize themselves with the WADA Prohibited List and all relevant anti-doping procedures.

8.4. Doping Control Notification

Selected athletes will be notified by an authorized Doping Control Officer (DCO) or Chaperone. From the moment of notification, the athlete remains under observation until completion of the doping control process.

8.5. Doping Control Station

Doping Control Stations (DCS) will be established at designated competition venues and operated according to international anti-doping standards. Only authorized personnel and accredited representatives may access the Doping Control Station. Each station will include a waiting area and a private sample collection room.

Sealed drinks will be provided at the DCS, and athletes are encouraged to hydrate. Athletes must ensure that the beverage is securely sealed before consuming it. However, athletes should avoid

overhydration to reduce the possibility of producing a diluted sample. Providing a diluted sample may significantly prolong the doping control process.

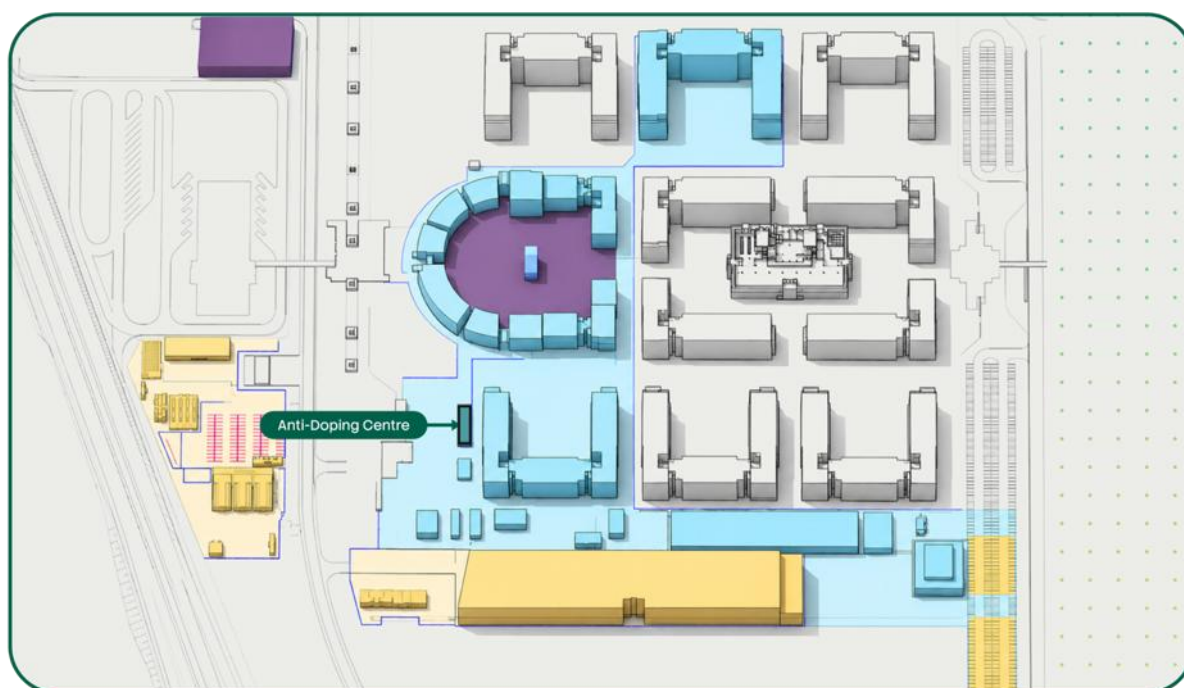
8.6. Therapeutic Use Exemptions (TUE)

Athletes requiring the use of prohibited substances or methods for legitimate medical reasons, as specified in the 2026 Prohibited List, must possess a valid Therapeutic Use Exemption (TUE) in accordance with WADA and International Federation regulations. Supporting medical documentation related to the condition, including medical reports and diagnostic records where applicable, should be available.

8.7. Failure to Comply

Failure to comply with anti-doping procedures, including refusal to submit to testing or failure to report to Doping Control, may constitute an anti-doping rule violation.

Anti-Doping Center



9. Athlete Clothing/Uniforms

- Clothing/uniform worn by athletes and other relevant participants in competition must comply with the regulations and guidelines of AWF.
- The national team uniforms must comply with the latest AWF Internal Regulations.
- Players must wear the jersey number confirmed in the technical meeting.
- A one-piece weightlifting costume (singlet) that is clean and form-fitting.
- The singlet may be one or multiple colors.
- A T-shirt may be worn under the singlet.
- Weightlifting shoes or sports shoes that meet competition requirements.

- Socks may be worn; knee-length socks are commonly used, especially for the clean and jerk.
- A belt, wrist wraps, knee sleeves, and other approved support equipment may be worn within IWF limits.

<https://iwf.sport/wp-content/uploads/downloads/2015/01/141231-IWF-Guideline-for-Outfit.pdf>

10. Athlete Services

10.1. Sport Equipment

The competition will be delivered using official IWF approved equipment, including:

- Eleiko IWF competition platform

The complete list of Sport equipment to be used for the Weightlifting event is attached as Appendix 1.

10.2. Athlete Training Schedule

Subject to change, Session schedules to be finalized.

Technical Meeting	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	Training Venue
	T	T	T	T	T	T	Hall 1 A- Training Venue

10.3. General Information – Training Center

Location: PNU

Accessibility: The Training Center is located approximately 5 minutes walking distance from the Athletes' Village.

Operating Hours: 07:00 – 23:00 daily

Introduction

The Training Center within the Athletes' Village is designed to provide a structured, accessible, high-quality environment for athletes to prepare and perform at their best during AIMAG Riyadh 2026. It operates as a centralized hub for training and recovery across all participating delegations, ensuring fairness, efficiency, and athlete wellbeing.

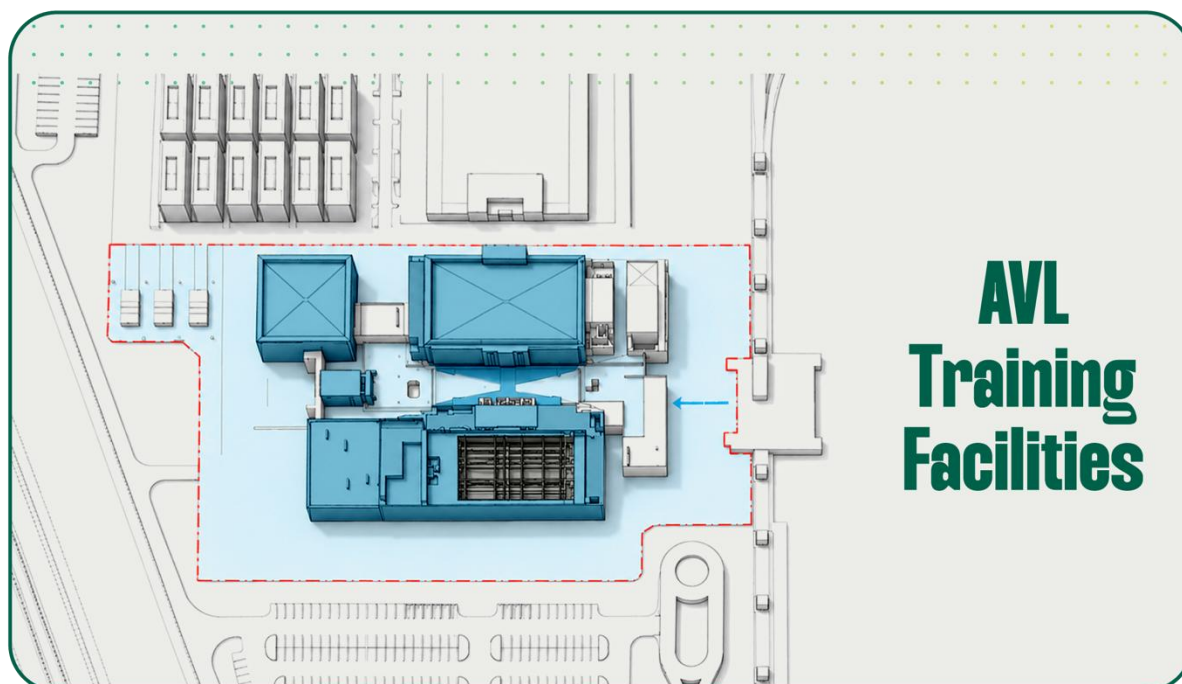
Training Policies

- Training sessions for Weightlifting will be available two (2) days prior to the start of the competition and throughout the competition period, based on the approved competition schedule.
- Training venue allocations will be communicated to all participating NOCs prior to the start of training operations. Training sessions will be conducted strictly according to the approved competition schedule.
- Each participating NOC will be allocated one (1) training area per session, subject to the official training schedule and venue availability.
- If an NOC does not intend to use its allocated training session, it must inform the Training Center Team.
- Training will take place at Hall 1 A.
- Modification and Cancellation Policy: To be added later (TBC).
- Sessions will generally last 45 – 60 minutes, depending on sport requirements.
- A dedicated booking system will be available for managing and reserving training sessions.

Booking Process

- All training requests must be submitted formally through the official booking system; no informal or direct requests will be accepted.
- Each National Olympic Committee (NOC) or Federation will appoint one Point of Contact (POC) responsible for submitting and managing bookings.
- Submitted requests will be reviewed, prioritized, and confirmed according to venue availability, sport requirements, and competition schedules

Training Centre – AVL



11. Medical Services

Medical services will be provided throughout the duration of the event to ensure the health, safety, and well-being of all athletes, team officials, referees, volunteers, workforce, and spectators. The Local Organizing Committee (LOC), in cooperation with the relevant health authorities and medical partners, will implement a comprehensive medical services plan covering all competition and training venues.

11.1.Competition Venue Medical Services

Each competition venue will be equipped with:

- Field-of-Play (FOP) medical teams
- Ambulance services
- Emergency response teams
- Athlete medical treatment areas
- Spectator medical services
- Dedicated medical personnel for athletes and officials

Medical teams will be present during all official training sessions and competition sessions. Medical services will be aligned with the AIMAG 2026 CDM Medical Chapter and operated according to international sports medicine standards.

11.2. Athlete Medical Care

The Athletes Village Medical Clinic will provide primary care, physiotherapy, and recovery services for non-emergency cases. A dedicated workspace for NOC team doctors will be made available within the Athletes Village, subject to final operational planning.

Athletes requiring medical attention during training or competition should immediately contact the venue medical staff or their team doctor. Medical services available at venues include:

- Emergency medical treatment
- First aid services
- Basic injury assessment
- Immediate stabilization and transfer if required

Any additional treatment, specialist consultation, imaging, surgery, rehabilitation, or hospitalization outside venue medical operations may be subject to local healthcare regulations and procedures.

11.3. Ambulance and Emergency Procedures

Dedicated ambulances with emergency medical personnel will be stationed at all competition venues during operational hours. In case of serious injury or medical emergency, athletes or officials may be transferred to designated hospitals identified by the LOC.

11.4. Team Medical Personnel

NOCs may register their own medical personnel in accordance with the accreditation and registration procedures established by AIMAG 2026. Detailed requirements will be communicated separately to NOC medical teams.

11.5. Medical Insurance

On-venue emergency medical treatment will be provided free of charge by the LOC. Hospitalization, specialist care, and non-emergency treatment outside competition venues remain subject to applicable healthcare regulations and the athlete's or NOC's insurance arrangements.

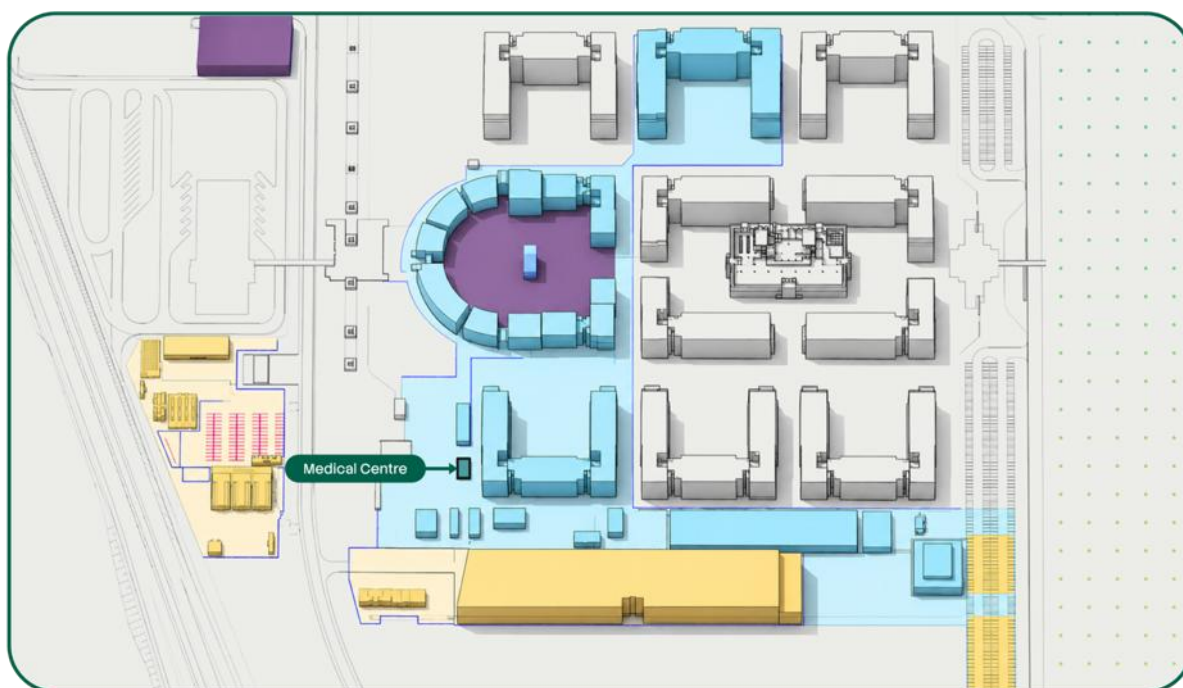
11.6. Environmental Conditions

All participants are advised to pay particular attention to hydration, recovery, and environmental conditions during the event period. The LOC may issue additional medical advisories or operational procedures depending on weather conditions, public health considerations, or venue-specific requirements.

11.7.Import of Medicines and Medical Equipment

Import of medicines, controlled substances, and medical equipment for participating delegations is regulated by the Saudi Food and Drug Authority (SFDA). NOC medical teams must follow the procedures set out in the AIMAG 2026 Medical Imports Guide.

Medical Center – AVL



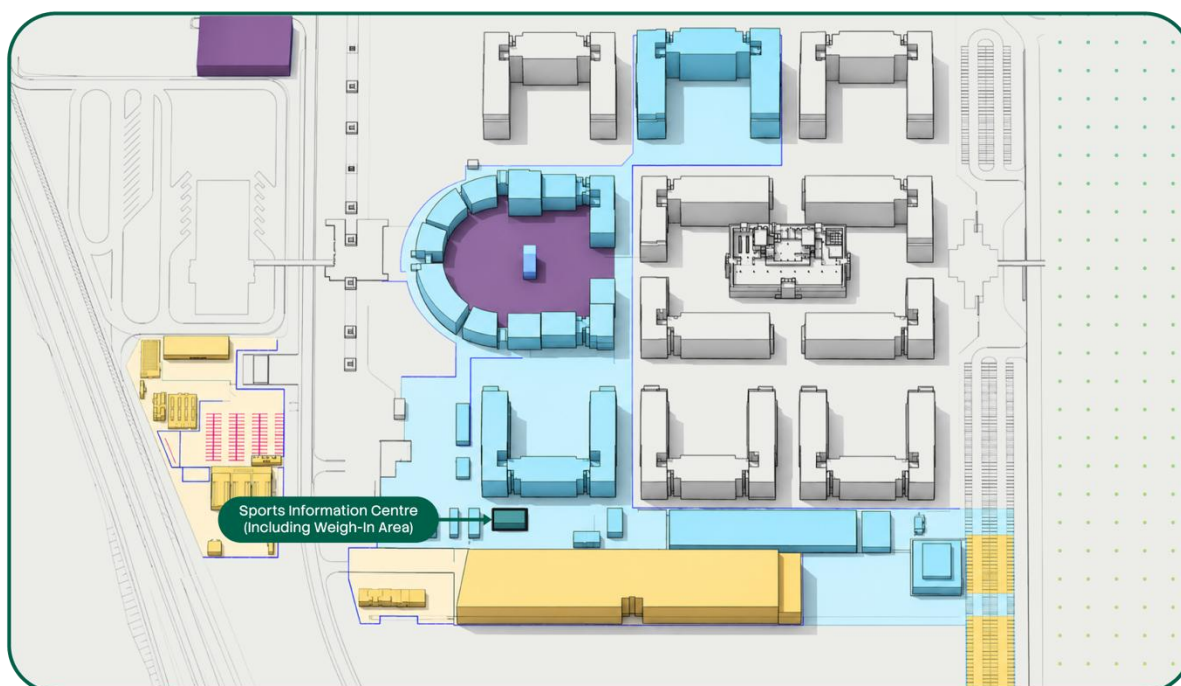
12. Sport Information Center

- The Sport Information Center serves as the primary information hub for athletes and team officials throughout RAIMAG 2026. It is responsible for organizing daily combat sport weigh-ins and coordinating BIB application on sport uniforms for eligible participants through dedicated sewing facilities.
- The center's core function is to deliver timely, accurate, and live updates on schedules, transportation, and venue-related information across all venues, ensuring consistent communication by the Sport Information Center. Through continuous information dissemination and coordination, it supports the efficient flow of information for RAIMAG 2026 and contributes to smooth athlete movement and the overall delivery of competition activities.

Operation Hours:

Opening Date	Operational Hours	Closing Date
06/12/2026	7:00-23:00	22/12/2026

Sport Information Centre – AVL



13. Sport Presentation & Medal Ceremonies

The AIMAG aims to deliver a professional and engaging sport presentation experience that enhances the atmosphere for athletes, spectators, broadcasters, and stakeholders.

Sport presentation activities may include:

- Athlete introductions;
- Music and entertainment;
- Video content;
- Announcements;
- Lighting and audiovisual effects;
- Medal ceremonies.

13.1 Sport Presentation

The sport presentation program will be managed by the Local Organizing Committee in coordination with the International Federations. All participants are expected to follow venue operational procedures and instructions from sport presentation staff.

13.2 Athlete Introductions

Athletes may be introduced prior to competition sessions, finals, or medal ceremonies.

Athletes and coaches are requested to follow all timing instructions and operational procedures to ensure smooth delivery.

13.3 Medal Ceremonies

Medal ceremonies will be conducted according to the competition schedule and the protocol procedures established by the LOC and the respective International Federation. Athletes winning medals are required to attend the official medal ceremony.

Athletes must wear:

- Their official team tracksuit;
- Appropriate sports shoes;
- Their accreditation.

Flags, banners, political statements, demonstrations, or unauthorized items are not permitted during medal ceremonies unless explicitly approved by the organizers.

13.4 Medal Ceremony Operations

Athletes selected for medal ceremonies must report to the designated medal ceremony call room or staging area at the time specified by the organizers. Failure to attend medal ceremonies without valid justification may result in disciplinary measures or sanctions in accordance with the applicable rules and regulations.

13.5 National Anthems and Flags

National anthems and flags used during medal ceremonies will be provided and managed by the organizers based on official information received from the participating delegations.

13.6 Photography and Media

Official photographers and broadcast crews may be present during medal ceremonies and sport presentation activities. Athletes may be requested to cooperate with official media and broadcast procedures.

13.7 Victory Ceremonies Protocol

Athletes are expected to conduct themselves in a respectful and professional manner throughout all medal ceremonies and official protocol activities. The organizers reserve the right to modify sport presentation and medal ceremony procedures in accordance with operational, broadcast, security, or scheduling requirements.

Medal Event Program

17	
	
<u>Weightlifting</u>	
	
49 kg	60 kg
57 kg	75 kg
69 kg	95 kg
86 kg	110 kg

14. APPENDIX 1



WEIGHTLIFTING

Sport Equipment List

1

FOP EQUIPMENT ITEM	DESCRIPTION QTY	QUANTITY	BRAND	NOTE
Competition Platform 4m x 4m x 0.1m	SET	1	ELEIKO	
Protection Barrier	PIECE	2	ELEIKO	
Competition stage	SET	1	X	
Competition Bar - Men's 20 kg	PIECE	1	ELEIKO	+ 1 Spare
Competition Bar - Women's 15 kg	PIECE	1	ELEIKO	+ 1 Spare
Weightlifting Set - White - 0.5 Kg	PIECE	2	ELEIKO	
Weightlifting Set - Green - 1 Kg	PIECE	2	ELEIKO	
Weightlifting Set - Yellow - 1.5 Kg	PIECE	2	ELEIKO	
Weightlifting Set - Blue - 2 Kg	PIECE	2	ELEIKO	
Weightlifting Set - Red - 2.5 Kg	PIECE	2	ELEIKO	
Weightlifting Set - White - 5 Kg	PIECE	2	ELEIKO	
Weightlifting Set - Green - 10 Kg	PIECE	4	ELEIKO	
Weightlifting Set - Yellow - 15 Kg	PIECE	4	ELEIKO	
Weightlifting Set - Blue - 20 Kg	PIECE	4	ELEIKO	
Weightlifting Set - Red - 25 Kg	PIECE	10	ELEIKO	
Collars	PAIR	4	ELEIKO	
Disc Rack	UNIT	2	ELEIKO	
Bar Lifter	UNIT	1	ELEIKO	
Manual Decision Flag (RED)	PIECE	3	ELEIKO	
Manual Decision Flag (WHITE)	PIECE	3	ELEIKO	
Manual Decision Flag (YELLOW)	PIECE	1	ELEIKO	
Chalk Container	UNIT	2	ELEIKO	
Resine	KG	10	X	
Resine try	PIECE	1	X	
Wire Brush	PIECE	2	X	
Strength Shop Magnesium Carbonate Chalk - case of 4 blocks	UNIT	10	ELEIKO	



WEIGHTLIFTING

2

WARM-UP EQUIPMENT ITEM	DESCRIPTION QTY	QUANTITY	BRAND	NOTE
Resine try	PIECE	12	X	
Weightlifting Platform, 3x2.5m	SET	11	ELEIKO	
Bar - Men's 20 kg	PIECE	12	ELEIKO	
Bar - Women's 15 kg	PIECE	12	ELEIKO	
Weightlifting Set - White - 0.5 Kg	PIECE	26	ELEIKO	
Weightlifting Set - Green - 1 Kg	PIECE	26	ELEIKO	
Weightlifting Set - Yellow - 1.5 Kg	PIECE	26	ELEIKO	
Weightlifting Set - Blue - 2 Kg	PIECE	26	ELEIKO	
Weightlifting Set - Red - 2.5 Kg	PIECE	26	ELEIKO	
Weightlifting Set - White - 5 Kg	PIECE	26	ELEIKO	
Weightlifting Set - Green - 10 Kg	PIECE	26	ELEIKO	
Weightlifting Set - Yellow - 15 Kg	PIECE	26	ELEIKO	
Weightlifting Set - Blue - 20 Kg	PIECE	26	ELEIKO	
Weightlifting Set - Red - 25 Kg	PIECE	96	ELEIKO	
Collars	PIECE	28	ELEIKO	
Disc Rack	UNIT	11	ELEIKO	
Chalk Container	UNIT	9	ELEIKO	
Stretching Matt	PIECE	10	X	
Strength Shop Magnesium Carbonate Chalk - case of 4 blocks	UNIT	50	ELEIKO	
BACK OF HOUSE EQUIPMENT ITEM	DESCRIPTION QTY	QUANTITY	BRAND	NOTE
Challenge Cards	PIECE	TBC	X	
Bib Number Minimum 100cm2 - Maximum 150cm2	SET	TBC	X	
Sanitizer (Spray)	PIECE	1	X	
Athlete Passes	PIECE	TBC	X	
Sticker Number from 1 to 11 for the platforms (Numbering of Platforms)	SET	1	X	
Electronic digital Scale maximum 4 digits (000,0 precision/ 200kgs cap.	SET	2	X	

WEIGHTLIFTING

3

TRAINING EQUIPMENT ITEM

DESCRIPTION	QTY	QUANTITY	BRAND	NOTE
Protection Mat	PIECE	450	X	
Platform, 3x2.5m	SET	26	ZKC	
Classic Squat Stand - Charcoal	UNIT	25	ZKC	
Training Bar Men - 20 Kg	PIECE	27	ZKC	
Training Bar Women - 15 Kg	PIECE	27	ZKC	
Weightlifting Set - White - 0.5 Kg	PIECE	60	ZKC	
Weightlifting Set - Green - 1 Kg	PIECE	60	ZKC	
Weightlifting Set - Yellow - 1.5 Kg	PIECE	60	ZKC	
Weightlifting Set - Blue - 2 Kg	PIECE	60	ZKC	
Weightlifting Set - Red - 2.5 Kg	PIECE	60	ZKC	
Weightlifting Set - White - 5 Kg	PIECE	54	ZKC	
Weightlifting Set - Green - 10 Kg	PIECE	54	ZKC	
Weightlifting Set - Yellow - 15 Kg	PIECE	54	ZKC	
Weightlifting Set - Blue - 20 Kg	PIECE	54	ZKC	
Weightlifting Set - Red - 25 Kg	PIECE	200	ZKC	
Collars	PIECE	60	ZKC	
Pull boxes	SET	10	X	
Resine try	PIECE	20	X	
Disc Rack	UNIT	25	X	
Bar Lifter	PIECE	1	X	
Chalk Container	UNIT	25	ZKC	
Massage Table	PIECE	5	X	
Sanitizer (Spray)	PIECE	10	X	
Wire Brush	PIECE	2	X	
Strength Shop Magnesium Carbonate Chalk - case of 4 blocks	UNIT	50	ZKC	
Sticker Number from 1 to 25	SET	1	X	
Electronic digital Scale maximum 4 digits (000,0 precision/ 200kgs cap.	SET	2	X	