



Preface

In November 2010, the 16th Asian Games will be held in Guangzhou, China. The city of Guangzhou, with its openness, kindness and warmth, is welcoming friends from all over Asia as always.

“Thrilling Games, Harmonious Asia”. In 2010, through the delivery of efficient and effective planning and organization, state-of-the-art venues and facilities, customer-oriented services with a friendly and supportive environment, Guangzhou is expecting the elite Asian athletes to display their passion and the charming of sport, for promoting the development of sport in Asia, and strengthening the sports and cultural exchanges among the Asian countries and regions.

This publication, which includes a hard copy and an electronic copy both in Chinese and English, presents the competition technical information on Weightlifting at the 16th Asian Games. It also contains information on all related services, brief introductions to China, Guangdong Province, the cities of Guangzhou and Dongguan, as well as contact information for the relevant sport organizations.

We have the honour to present you this Technical Handbook one year prior to the opening of the 16th Asian Games. We sincerely hope this publication is conducive to and plays an important role in your participation in the 16th Asian Games.



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No.	NOC	Code
1	Afghanistan	AFG
2	Bahrain	BRN
3	Bangladesh	BAN
4	Bhutan	BHU
5	Brunei Darussalam	BRU
6	Cambodia	CAM
7	China	CHN
8	D.P.R. Korea	PRK
9	Hong Kong, China	HKG
10	India	IND
11	Indonesia	INA
12	Iran	IRI
13	Iraq	IRQ
14	Japan	JPN
15	Jordan	JOR
16	Kazakhstan	KAZ
17	Korea	KOR
18	Kuwait	KUW
19	Kyrgyzstan	KGZ
20	Laos	LAO
21	Lebanon	LIB
22	Macau, China	MAC
23	Malaysia	MAS
24	Maldives	MDV
25	Mongolia	MGL
26	Myanmar	MYA



No.	NOC	Code
27	Nepal	NEP
28	Oman	OMA
29	Pakistan	PAK
30	Palestine	PLE
31	Philippines	PHI
32	Qatar	QAT
33	Saudi Arabia	KSA
34	Singapore	SIN
35	Sri Lanka	SRI
36	Syria	SYR
37	Chinese Taipei	TPE
38	Tajikistan	TJK
39	Thailand	THA
40	Timor-Leste	TLS
41	Turkmenistan	TKM
42	United Arab Emirates	UAE
43	Uzbekistan	UZB
44	Vietnam	VIE
45	Yemen	YEM



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General Information

China in Brief

China is one of the world's most ancient civilizations with rich material and cultural heritages that trace back a history of over 5,000 years. As the world's largest developing country, China has accomplished enormous economic and social progress for which it is acclaimed by the world. Nowadays, China enjoys political and social stability and fast economic growth, and its people's living standards keep improving.

Geography

China is situated in East Asia on the western coast of the Pacific. With a land area of 9.6 million square kilometers, China has a highly varied terrain that in general slopes downward from the west to the east.

Climate

China has highly varied climate conditions across its vast territory. Most parts of the country are within the North Temperate Zone, typical of a continental monsoon climate, featuring moderate weather conditions and distinct four seasons.

Population, Ethnicity and Language

Population: 1,328,020,000

Ethnicity: China is a multi-ethnic country with 56 different ethnic groups.



Language: Over 80 different languages are spoken in China, about 30 of which have written forms. Putonghua (Mandarin) is the official language of China.

Religion

Religion: China is a country with multi-religions mainly including Buddhism, Taoism, Islam, Catholics and Christianity. Chinese citizens enjoy the freedom of religious belief.

Miscellaneous

Currency: Renminbi (RMB) is the legal currency of China. The fractional currency is jiao and fen. One yuan is composed of 10 jiao and one jiao is composed of 10 fen. Foreign currencies can be exchanged at most hotels and banks in China.

Voltage: 220V (50Hz)

Please visit www.gov.cn for more information.

Guangdong Province in Brief

Geographic Location

The Guangdong Province covers a land area of 179,800 square kilometers between 20°13' – 25°31'N and 109°39' – 117°19'E on the southern end of the Chinese mainland. Situated to the north of the South China Sea, Guangdong Province has a coastline of 3,368.1 kilometers.



Climate

Guangdong Province has a mixture of tropical and subtropical monsoon climates, with an annual average temperature of 22.3 Celsius degrees, featuring prolonged summer and warm winter. Guangdong is a humid province, as the rainfall averages between 1,300mm and 2,500mm annually. The low altitude and the ocean also have a great impact on the local climate.

Population and Language

Population: 94,490,000

Language: Three dialect phyla in addition to Putonghua.

Guangzhou in Brief

Administrative Districts and Population

As the capital of Guangdong Province, Guangzhou is the political, economic, and cultural center of the province. It is also a major trading hub of China.

Covering an area of 7,434.4 square kilometers and with a resident population of nearly 10 million, Guangzhou administrates 10 districts and two county-level cities, Conghua and Zengcheng.

Touristic Resources

Guangzhou enjoys rich touristic resources. There are more than 100 scenic sites.

The famous Eight Top Scenic Spots of Guangzhou: Baiyun



Mountain, Pearl River, Yuexiu Mountain, East Station Square, Chen Clan Academy, Huanghuagang Mausoleum of 72 Martyrs, Guangdong Olympic Sports Center and Lotus Mountain.

Other famous scenic sites include Dr. Sun Yat-sen Memorial Hall, Huangpu Military Academy, Western Han Nanyue King Museum, Guangzhou International Convention and Exhibition Center, Guangzhou Museum of Art, South China Botanical Garden, Conghua Hot Spring, Liuxi River National Forest Park, Up Down Nine Pedestrian Street, and Beijing Road Pedestrian Street, etc.

Please visit www.gz.gov.cn for more information

History and Culture

Guangzhou is a famous cultural city with a history of more than 2,200 years. In the year of 214 B.C. , Nanhai Prefecture (the Capital was built in “Panyu”) was founded. In the year of 226 A. D. , the city was named “Guangzhou” .

Guangzhou was the starting point of the “Maritime Silk Road” and was the earliest trade port in China. The city is also a cradle of modern Chinese revolution.

Cantonese Opera is a typical local opera. It is popular in Guangdong Province, Hong Kong, Macau and Southeast Asia. Lingnan painting school is one of China’s modern painting schools. Guangzhou’s carvings, porcelains and ceramics, and embroideries are fine art crafts famous both at home and abroad. Cantonese cuisine is one of the major cuisines in China.



It is rich in popular customs such as Spring Flower Festival, dragon boat racing, mountain climbing in the Double Ninth Festival, morning tea, etc.

Useful Information

1. Languages: Putonghua and Cantonese
2. Time Zone: GMT +8 (Beijing Time)
3. Voltage: 220V (50Hz)
4. Emergency: Telephone Number Inquiry: 114;
Ambulance: 120;
Fire: 119;
Police: 110;
Traffic Accident: 122.
5. Banking: the following foreign credit cards can be used in Guangzhou: Master Card, Visa Card, American Express Card, and JCB, etc.

Dongguan in Brief

Administrative Districts and Population

Dongguan has a resident population of 6.9498 million. There are over 0.9 million overseas Chinese of Dongguan origin.

History and Culture

Founded during the Three Kingdoms Period, 1,700 years ago, Dongguan is a historic cultural city in Guangdong Province and the main birthplace of Lingnan culture. The renowned Destruction of Opium at Humen during the Opium War took place in Dongguan.



The incipency of the famous Lingnan painting school was in Ke Garden of Dongguan (The Famous Lingnan painting school was originated from Ke Garden of Dongguan)

Being rich in water sources, Dongguan is a traditional agricultural high production region and one of the coastal cities with the fastest growth of economic development in China.

The 16th Asian Games in Brief

Dates:	November 12 – 27, 2010
Location:	Guangzhou, China
Sport Program:	42 sports, 473 events
Venues:	53 competition venues
Mission:	In the Olympic spirit and the spirit of the Asian Games, the Games seek to promote solidarity, friendship and exchanges among Asian countries and regions and to contribute to the building of a harmonious Asia.
Vision:	Thrilling Games, Harmonious Asia

The Emblem

The official emblem of the 16th Asian Games was designed based on the contours of the Statue of the Five Goats, the symbol of Guangzhou. Its soft lines move upward to form the silhouette of the Statue, which also resembles the flame in the caldron of the 16th Asian Games. The design well embodies the symbol of Guangzhou, representing the goodwill of the Guangzhou people and the dynamics of the Asian Games.

The Mascots

Named “*Le Yangyang*” as a group, the Mascots of the 16th Asian Games are five sporty and cute goats called *A Xiang* [a:ˈsj ʌ ŋ], *A He* [a:ˈhə:], *A Ru* [a:ˈru:], *A Yi* [a:ˈji:] and *Le Yangyang* [ˈlə: j ʌ ŋj ʌ ŋ] respectively. Put together, these names mean “peace, fortune and happiness”. They express the goodwill that Guangzhou hopes to bring to Asia through the 16th Asian Games: fortune, harmony, happiness, fulfillment and joy; and also convey the Games’ message - harmony and passion.

The Asian Games Town

The Asian Games Town covers a planned area of 2.73 square kilometers on the east side of Guangzhou New Town, right at the foot of the Lotus Mountain and alongside the Lotus Waterway. Well-equipped and set in a beautiful environment, the Asian Games Town comprises the Athletes’ Village, the Media Village, the International Broadcast Center, the Main Press Center and the Asian Games Park.

Accreditation and Validation

GAGOC will start distributing the accreditation application forms and Users’ Guide from March 15, 2010.

The completed accreditation application forms shall be returned to GAGOC by June 30, 2010.

From September 1, 2010, GAGOC will start sending out the accreditation cards of the 16th Asian Games to NOCs that have



submitted valid accreditation application forms with photos before June 30, 2010. The bearers of the accreditation cards can activate the accreditation cards at the accreditation centers at the airport or the Asian Games Town /the sub-villages upon entering China. Once activated, the accreditation cards will be used as the official IDs for participation in the 16th Asian Games. The bearers have access rights to different venues and zones according to the access entitlement specified on their accreditation cards.

Immigration / Visa

From October 13 to December 12, 2010, AGIAC holders will be permitted multiple entries into China upon presentation of their AGIAC, together with a valid passport or other valid international travel documents. Card holders will not need to apply for a China Visa or Residence Permit in order to enter the country. Any AGIAC holders wishing to enter China before or after the validity period of the AGIAC, or remain in China after its expiry date, will need to make their own arrangements regarding visas or residence permit.

AGIAC holders should ensure that the information on their valid passport or international travel documents when entering China is exactly the same with the information on the certified document used for application for AGIAC, and that their passport or travel document remain valid at least till May 31, 2011.

AGIAC: ASIAN GAMES IDENTITY ACCREDITATION CARD



Transportation

Transport Services for Arrival and Departure

Provision of shuttle bus services for athletes and team officials between designated sites and their accommodations during the arrival and departure period of the Games. Provision of group bus services for arriving or departing athletes and team officials. The group bus services require advance reservation.

Dedicated Bus Services for Team Events (for team events)

Provision of dedicated group bus services for athletes' teams participating in team events for training and competition. These group bus services require reservation and confirmation.

Transport Services for Competitions (for non-team events)

Provision of shuttle bus services for athletes and team officials participating in non-team events between their accommodations and the applicable competition venues as per the competition schedule.

Transport Services for Training (for non-team events)

Provision of shuttle bus services for athletes and team officials participating in non-team events between their accommodations and the training venues as per the training schedule. These services will stop at 1:00pm on the day of the Opening Ceremony. Athletes who wish to continue to train until later on that day may use an NOC Dedicated Vehicle for their trips to and from the training venues.

Transport Services for Spectating

Provision of shuttle bus services for athletes and team officials as



spectators between the Athletes' Village and all competition venues as per the competition schedule. Athletes and team officials as spectators of an event or events of their own sports are permitted to use the competition bus service to the applicable venue. However, priority will be given to competing athletes and their team officials.

Transport Services for Luggage

The luggage belonging to athletes and team officials should, in principle, be carried by the bus they take. If that is impossible, due to insufficient storage space, a separate vehicle will be provided to transport these items to their destinations.

Transport Services between Villages

Provision of shuttle bus services between the Athletes' Sub-villages and the Athletes' Village while the Athletes' Sub-villages are open.

Accommodation

During the Games time, over 10,000 athletes and team officials will be accommodated in the Athletes' Village which boasts 49 apartment buildings consisting of 3,598 apartments. The Athletes' Village will be officially opened on November 5, 2010 and closed on November 30, 2010. It is divided into the Public Area, the International Area and the Residential Area. Separate accreditation is required for entering the three areas.

Media

Mixed Zones

Mixed zones will be set up in the competition venues to facilitate interactions between athletes and the media. As per the requirements of the OCA, athletes must pass through the mixed zones after finishing their competitions, but are not obligated to take the media's questions. Each journalist should complete his or her interview within one minute.

AFs and the competition management teams will provide necessary assistance to ensure that athletes can pass through the mixed zone smoothly.

Press Conference

Generally, a press conference will be organized immediately after each final for the medalists (and coaches/other athletes, if necessary) to meet with the media. The media operation team will usher the participants into the press room. The press conference will be interpreted in English and Chinese.



Medical Services

All competition and non-competition venues will include athlete medical stations, where professional medical staff as well as ambulances will stand by. The centers provide first-aid service during the period when the competition/training venues are open.

The Asian Games Town will have a polyclinic, providing treatment and consultation across the departments of internal medicine and surgery, including ophthalmology, stomatology, physical treatment, massage, X-rays, pharmacy, etc. It also has an emergency room open 24 hours a day, with ambulances stand-by. Any patients who need further diagnosis and treatment will be transferred to designated hospitals of the Games.

Free medical services will be provided to members of the Asian Games Family during the Games time.

Weather Information in November

City	Guangzhou	Foshan	Dongguan	Shanwei
Prevailing Wind	N	NNW	NE	NE
Mean Wind Speed (m/s)	1.8	1.9	1.8	3
Maximum Wind Speed (m/s)	13.7	10	8.3	18

City	Guangzhou	Foshan	Dongguan	Shanwei
Highest Gust (m/s)	22.8	17.3	13.3	26.2
Mean Temperature (°C)	19.8	19.8	20.1	20.7
Mean Maximum Temperature (°C)	33.4	32.9	33.6	33.2
Mean Minimum Temperature (°C)	4.9	4.2	4.5	5.8
Mean Sea Surface Temperature (°C)				22.3
Daily Mean Relative Humidity (%)	65.8	68.3	67.6	69
Mean Monthly Rainfall (mm)	34.8	35.2	32.7	28.3
Maximum Monthly Rainfall (mm)	144.7	159.8	123.7	487
Maximum 24–Hour Rainfall (mm)	116.3	78.5	99	273.5
Mean Number of Days with Rain (days)	5.4	5.3	5.1	3.9
Mean Number of Days with Fog (days)	0.2	1	0.1	0
Mean Number of Days with Thunderstorm (days)	0.2	0.2	0.1	0.1
Mean Daily Sunshine (hours/days)	5.7	5.6	6.3	6.1

(Data based on 2006 to 2008)



Competition Technical Information

Weightlifting

Competition Date and Venue

The Weightlifting competition of the 16th Asian Games will be held from November 13 to 19, 2010 in Dongguan Gymnasium.

Competition Management

Technical Delegate

Tamas Ajan (HUN)

President, International Weightlifting Federation (IWF)

Competition Manager

Qian Guangjian

Competition Events

The Weightlifting competition of the 16th Asian Games will consist of 15 events, including eight categories for men and seven categories for women as follows:

Men's: 56kg, 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, +105kg

Women's: 48kg, 53kg, 58kg, 63kg, 69kg, 75kg, +75kg

Competition Schedule

Day 1	November 13 (Saturday)			
	Session WL 01	Start: 12:30	End: 21:30	Dongguan Gymnasium
	12:30 – 14:00	Men's 56kg Group B		

	14:30 – 16:00	Women's 48kg Group B		
	16:30 – 18:30	Men's 56kg Group A		
	18:45 – 19:00	Victory Ceremony		
	19:00 – 21:00	Women's 48kg Group A		
	21:15 – 21:30	Victory Ceremony		
Day 2	November 14 (Sunday)			
	Session WL 02	Start ; 12:30	End ; 21:30	Dongguan Gymnasium
	12:30 – 14:00	Men's 62kg Group B		
	14:30 – 16:00	Women's 53kg Group B		
	16:30 – 18:30	Men's 62kg Group A		
	18:45 – 19:00	Victory Ceremony		
	19:00 – 21:00	Women's 53kg Group A		
	21:15 – 21:30	Victory Ceremony		
Day 3	November 15 (Monday)			
	Session WL 03	Start ; 12:30	End ; 21:30	Dongguan Gymnasium
	12:30 – 14:00	Men's 69kg Group B		
	14:30 – 16:00	Women's 58kg Group B		
	16:30 – 18:30	Men's 69kg Group A		
	18:45 – 19:00	Victory Ceremony		
	19:00 – 21:00	Women's 58kg Group A		
	21:15 – 21:30	Victory Ceremony		
Day 4	November 16 (Tuesday)			
	Session WL 04	Start ; 12:30	End ; 21:30	Dongguan Gymnasium
	12:30 – 14:00	Men's 77kg Group B		
	14:30 – 16:00	Women's 63kg Group B		
	16:30 – 18:30	Men's 77kg Group A		
	18:45 – 19:00	Victory Ceremony		



	19:00 – 21:00	Women's 63kg Group A		
	21:15 – 21:30	Victory Ceremony		
Day 5	November 17 (Wednesday)			
	Session WL 05	Start: 12:30	End: 21:30	Dongguan Gymnasium
	12:30 – 14:00	Men's 85kg Group B		
	14:30 – 16:00	Women's 69kg Group B		
	16:30 – 18:30	Men 85kg Group A		
	18:45 – 19:00	Victory Ceremony		
	19:00 – 21:00	Women's 69kg Group A		
	21:15 – 21:30	Victory Ceremony		
Day 6	November 18 (Thursday)			
	Session WL 06	Start: 12:30	End: 21:30	Dongguan Gymnasium
	12:30 – 14:00	Men's 94kg Group B		
	14:30 – 16:00	Women's 75kg Group B		
	16:30 – 18:30	Men's 94kg Group A		
	18:45 – 19:00	Victory Ceremony		
	19:00 – 21:00	Women's 75kg Group A		
	21:15 – 21:30	Victory Ceremony		
Day 7	November 19 (Friday)			
	Session WL 07	Start: 10:00	End: 21:00	Dongguan Gymnasium
	10:00 – 11:30	Men's 105kg Group B		
	11:30 – 13:00	Women's +75kg Group B		
	13:00 – 14:30	Men's +105kg Group B		
	14:30 – 16:30	Men's 105 Group A		
	16:45 – 17:00	Victory Ceremony		
	17:00 – 18:30	Women's +75kg Group A		



	18:45 – 19:00	Victory Ceremony
	19:00 – 20:30	Men's +105 Group A
	20:45 – 21:00	Victory Ceremony

Note: The competition schedule is subject to change in accordance with the final entries.

Competition Venue

Dongguan Gymnasium

Competition Rules

The Weightlifting competition of the 16th Asian Games will be held in accordance with the latest Technical and Competition Rules of the International Weightlifting Federation (IWF).

Competition Format

The competition will be held in accordance with the latest technical rules, 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 lifts.

Sport Entries

Entry Timeline

The 1st Entry (Entry by Sport) – Deadline: 24:00 of October 31, 2008 (Beijing Time)

The 2nd Entry (Entry by Event/Number) – Deadline: 24:00 of July 31, 2010 (Beijing Time)

The 3rd Entry (Entry by Name) – Deadline: 24:00 of September



30, 2010 (Beijing Time)

Entry Policies

Each participating NOC may enter a maximum of eight male athletes and seven female athletes in Weightlifting with a maximum of two athletes per category.

For the detailed entry policies, please refer to *Sport Entries Manual* of the 16th Asian Games.

Technical Meeting

The technical meeting will be held one day prior to the first competition.

Time and Place: TBD

Technical Officials

Technical Officials and juries shall be assigned by AWF.

Protests and Appeals

Protests and Appeals shall be lodged in accordance with the latest IWF Technical and Competition Rules.

Equipment and Clothing

IWF approved barbells and auxiliary equipments will be used in the competition.

Weightlifting costume worn by the athletes shall comply with the IWF rules.

Doping Control

Doping Control during the 16th 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 Programme.

Gender Verification

Gender verification tests shall be carried out in accordance with the OCA Constitution and Rules, except for those athletes who present a valid certificate of femininity issued by the IOC Medical Commission or the OCA Medical Committee.

Victory Ceremony

Gold, silver and bronze medals will be awarded to the athletes ranked the top three of each event respectively.

Fifteen minutes before the Medal 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.

Sport Information

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.

Training Venue

The training will take place in Dongguan Basketball Gymnasium.



Approval of the Technical Handbook

The Technical Handbook for Weightlifting of the 16th Asian Games was approved by the International Weightlifting Federation and the Asian Weightlifting Federation on August 27, 2009.

General Contacts

International Weightlifting Federation

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Asian Weightlifting Federation

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