



# 2024 UNITED MASTERS WORLD WEIGHTLIFTING CHAMPIONSHIPS SUVA – FIJI, SEPTEMBER 23-29

## *Information Bulletin*

The 2024 United Masters World Weightlifting Championships will be held for the very first time in Suva - Fiji, from September 23<sup>rd</sup> to 29<sup>th</sup>. The UMWF vision is to embrace every individual master lifter from around the world – united. This event gives individual lifters an opportunity to compete in a world event. The UMWF is delighted to extend an opportunity to the 30 to 34 years age group also to be part of this world event.

### **Competition Rules and Regulations**

This World Championships will follow the Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

### **Terms and Conditions of Participation**

- Must participate in the Event at their own risk and take all reasonable measures to protect themselves from any risk.
- Must undertake full moral and financial responsibility with regard to their health and wellness and in case of accidents or damages.
- Are responsible for all property they bring into the Event and that the UMWF and/or OC shall have no responsibility in any loss or damage of this property.
- Acknowledge and agree that neither the UMWF nor the OC shall arrange any insurance connected with the participation in the Event. This is the responsibility of each individual participant.
- Must irrevocably release UMWF and OC (and their respective members, officers, employees, etc.) from liability for any loss, injury or damage that they may suffer in relation to their participation in the event.

### **Competition Categories**

UMWF Categories for Men and Women.

**Men:** 60kg, 66kg, 73kg, 82kg, 90kg, 98kg, 109kg, +109kg

**Women:** 50kg, 55kg, 60kg, 66kg, 73kg, 81kg, 87kg, +87kg

### **Age Groups**

30 to 34 years

35 to 39 years

40 to 44 years

45 to 49 years

50 to 54 years

55 to 59 years

60 to 64 years

65 to 69 years

70 to 74 years

75 to 79 years

80 + years

### **Deadlines**

**The entries for these championships are online.** [www.unitedmastersweightliftingfederation.com.au](http://www.unitedmastersweightliftingfederation.com.au)

**The registration for the championships opens on March 1 2024.**

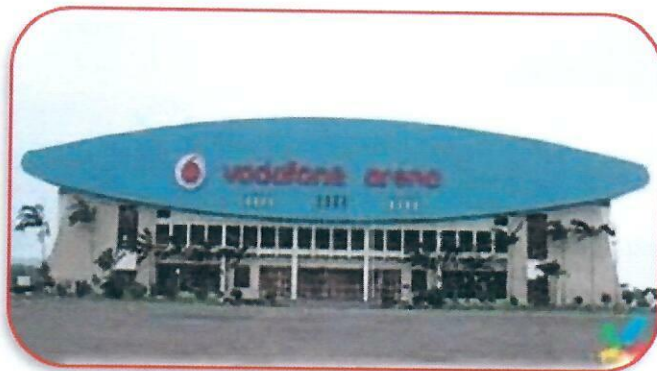
**The closing date for the registration closes on July 10<sup>th</sup>, 2024.**

## **Awards**

Gold, Silver and Bronze medals will be awarded to competitors in each bodyweight category and age groups for both men and women in the **total only**.

## **Competition Venue**

The competition venue is the Vodafone Arena. At this stage we are planning to have 3 main stages with 8 warm up platforms for each stage available. 24 platforms in all.



## **Training Venue**

Training will be available to all individual participants prior to the competition on a timetable basis if necessary. 40 platforms will be available for training. The training venue is also within the Vodafone arena.

## **Choice of Accommodation:**

The World Championships website [www.unitedmastersweightliftingfederation.com.au](http://www.unitedmastersweightliftingfederation.com.au) will give you the opportunity to shop around for your hotel preference.

## **Barbells/Weights Equipment**

Equipment for the World Championships will be ZKC.

## **Doping Control**

Doping control will be conducted during the competition.

## **Accreditation fees.**

All participants competing must pay **USD\$150 each**. This sum must be paid online when you register.

## **Travelling Documents & Visas**

Travelling to Fiji is very easy. The documentation required is a valid passport. Below you will find a list of countries which have visa exemptions. You will receive an entry visa upon arrival. All other countries not in the list, will require visa.

For those individuals who may be travelling through New Zealand or Australia to get to Fiji, you must check as to whether you require a transit visa for these two countries.

Countries permitted to enter Fiji without a visa are as follows; (please open link to view)

<https://immigration.gov.fj/visa-exempted-countries/>

## **International Travel**

To get to Fiji, there are direct flights from **Australia, New Zealand, Samoa, Tonga, Solomon Islands, Papua New Guinea, Nauru, New Caledonia, Vanuatu, Tuvalu, Singapore, Hong Kong, USA, Canada, Korea, Japan,**

## **Health Insurance**

We encourage that everyone attending the championships take out an appropriate Health Insurance in the event of an accident or unforeseen circumstance or illness. Full medical services are available at the local hospital; however it is not possible for competitors and officials to purchase health insurance in Fiji.

## **General Information**

### **Population**

The population of Fiji is approximately one million people.

### **Currency and Banking Facilities**

Fiji as its own currency that being Fijian dollars.  
Currently FJD\$1.00 is approximately AUD 0.67c  
Currently FJD\$1.00 is approximately USD 0.44c  
Currently FJD\$1.00 is approximately EURO 0.40c  
Currently FJD\$1.00 is approximately NZD 0.72c  
Currently FJD\$1.00 is approximately GBP 0.34c

All major credit cards are welcomed by hotels, restaurants, shops, rental cars, etc.

### **Banking Groups include:**

ANZ Fiji  
WESTPAC  
BANK OF SOUTH PACIFIC  
RESERVE BANK OF FIJI  
COLONIAL NATIONAL BANK  
FIJI DEVELOPMENT BANK

### **Official Languages**

Both ENGLISH and FIJIAN languages are spoken.

### **Religion**

The main religious denominations in Fiji are Anglican, Catholic, Methodist, Seventh Day Adventist, Congregational, Jehovah's Witness, Latter Day Saints,

### **Electricity**

Electricity in Fiji operates on 240 volts.

### **Climate and Seasons**

Fiji enjoys an ideal Pacific tropical climate. Visitors to Fiji should bring light weight summer clothing. Visitors are requested not to wear bathing suits in Suva town or in the Villages – only in hotel swimming pools and beaches. Please note that it is not acceptable for men to walk in the streets without a t-shirt.

### **Health**

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

### **Emergency Medical and Dental Care**

General Hospital is available as well as a private hospital.

**Coral Quinell**  
**President**  
**UMWF**  
**E-mail: [cquinell@live.com](mailto:cquinell@live.com)**  
**Phone : +61 408892026**

**Lilly Coffa**  
**General Secretary**  
**UMWF**  
**E-mail [lillycoffa@bigpond.com](mailto:lillycoffa@bigpond.com)**  
**Phone: +61 474159219**

**Della Shaw- Elder**  
**Chairperson**  
**Organising Committee**  
**Email: [della\\_elder@yahoo.com](mailto:della_elder@yahoo.com)**  
**phone: +679 9208611**