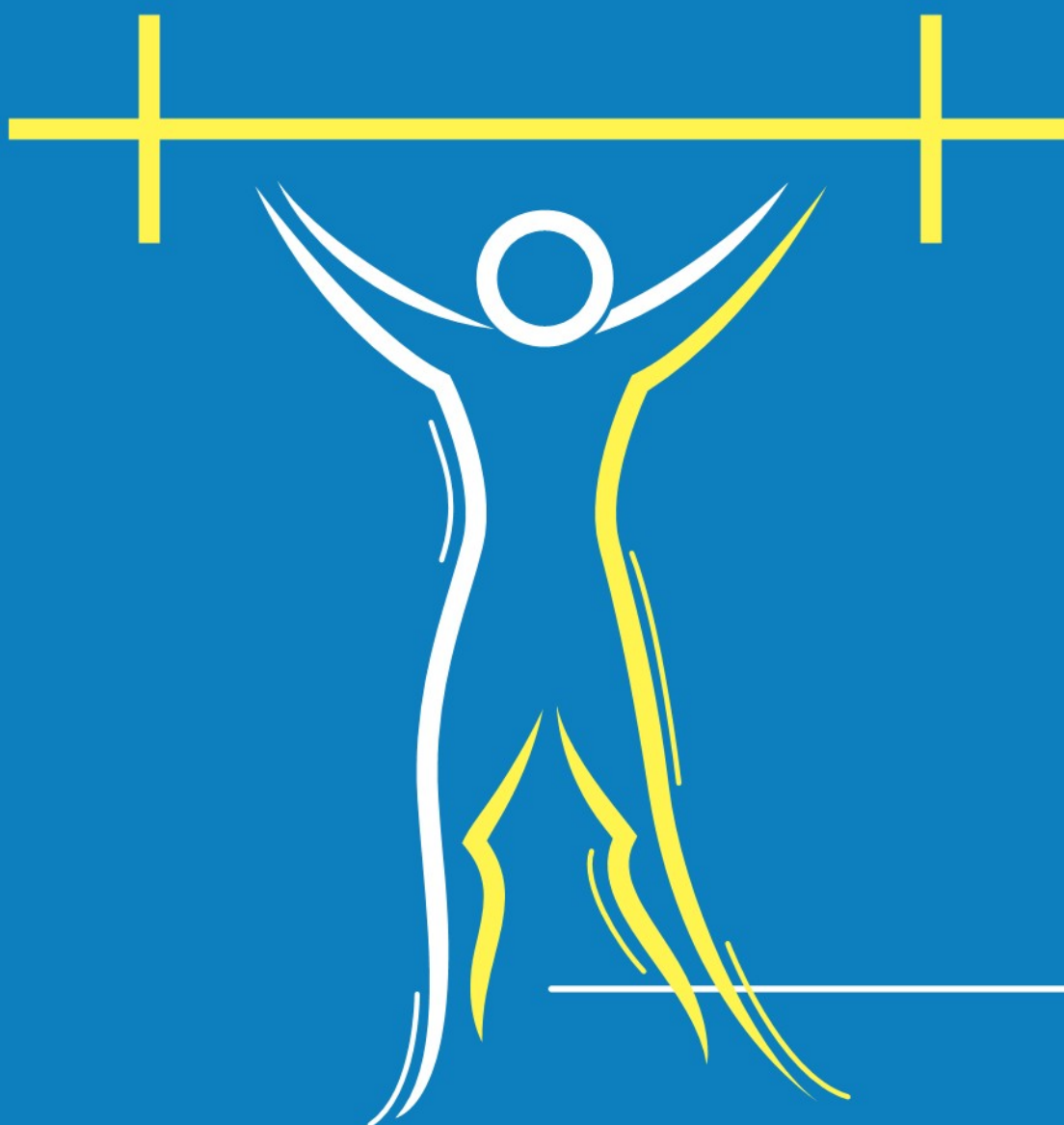
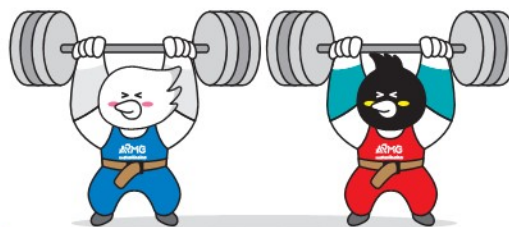


23

Weightlifting





23 WEIGHTLIFTING

1. Dates : Sunday, May 14 ~ Wednesday, May 17 (4 days)

2. Venue : Jinan Culture and Art Stadium, Jeollabuk-do
(1054-38 Jinmu-ro, Jinan-eup, Jinan-gun)

3. Sport & Events

Gender	Events	Age Categories
Men	55kg	35+ 45+ 55+ 65+ 75+ 85+
	61kg	
	67kg	
	73kg	
	81kg	
	89kg	
	96kg	
	102kg	
	109kg	
	+109kg	
Women	45kg	35+ 45+ 55+ 65+ 75+ 85+
	49kg	
	55kg	
	59kg	
	64kg	
	71kg	
	76kg	
	81kg	
	87kg	
	+87kg	

4. Eligibility ◆ Those who are 35 or older (born before Dec. 31, 1988)

5. Rules and Methods ◆ Rules of IWF (International Weightlifting Federation) and the Masters Games are applied.

◆ Methods

- Each weightlifter is allowed three lifts of selected weights in both the snatch and clean & jerk.
- The person who lifts the heaviest total weights is the competition winner.
- If two or more individuals lift the same weight, the winner is determined on a count back based on the lowest body weight.
- To compete in the clean and jerk, competitors must have a total for the snatch.
- If a competitor fails at all three snatch attempts, they may not continue in the clean and jerk portion of the competition.
- The weigh-in will be held two hours before the start of the match in accordance with the International Weightlifting Federation (IWF) rules.
 - ※ Groups can be organized by integrating grades and age categories according to the number of applicants. However, even if it is organized in an integrated manner, awards are awarded for each type.

6. Sports Equipment

- ◆ The organizer provides platforms, bars, barbells, disks, clips etc.

7. Uniform

- ◆ All athletes shall put on a uniform suitable for weightlifting. Belts, shoes, bandage, tapes, and magnesium powder shall comply with the regulations specified by the IWF.

8. Medal Ceremony

- ◆ Awarding the 1st, 2nd and 3rd place winner per gender, category, and age group.
- ◆ Medal Ceremony will be presented after the completion of each event.

9. Schedule

Date	Time	Events	Remarks
Sunday, May 14	10:00~	Men 55kg, 61kg	
	12:00~	Women 45kg, 49kg	
	14:00~	Men 67kg	
	16:00~	Women 55kg	
Monday, May 15	10:00~	Women 59kg	
	12:00~	Men 73kg	
	14:00~	Women 64kg	
	16:00~	Men 81kg	
Tuesday, May 16	10:00~	Men 89kg	
	12:00~	Women 71kg	
	14:00~	Men 96kg	
	16:00~	Women 76kg	
Wednesday, May 17	10:00~	Women 81kg, 87kg	
	12:00~	Men 102kg, 109kg	
	14:00~	Women +87kg	
	16:00~	Men +109kg	

※ The schedule above is subject to change.

10. Information & Precautions

◆ Sports Check-in (weigh-in)

- Friday, May 14 – Wednesday, May 17, 2023 (2 hours before the start of each event) at Jinan Culture and Art Stadium
- Athletes need Sports Check-in with one's AD Card (weigh-in)
 - ※ Athletes shall report to Sports Check-in Center only after Accreditation for Masters Games (Be cautious that the Accreditation Center for Masters Games is different from the Sports Check-in Center of each event).