

London 2012



Explanatory Guide **Weightlifting**



About the Explanatory Guides

Published in July 2011, the Explanatory Guides offer a detailed introduction to each sport at the London 2012 Olympic Games, as well as providing information on a number of other key topics that may be of interest and importance to teams. Each guide is divided into several sections:

- A general introduction to London and to the Games.
- Sport-specific information on subjects such as the competition format and schedule, training and the qualification criteria.
- General information covering accreditation, ticketing, accommodation, medical services and transport.
- A directory, which contains contact details, maps and a daily competition schedule for all sports.

All information contained in this Explanatory Guide was correct at the time of publication in July 2011. However, please note that these details may change between now and the Games. NOCs are advised to check the IOC's NOCnet (<http://extranet.olympic.org/nocnet>) and LOCOG's The Exchange (<https://theexchange.london2012.com>) for important updates on topics such as the qualification criteria and the competition schedule.

Detailed Team Leaders' Guides, covering Games-time plans for every Olympic sport, will be sent to NOCs in June 2012.



Introduction

On behalf of LOCOG, I'm delighted to introduce this Explanatory Guide for the London 2012 Olympic Games. This is the first time that the Explanatory Guides for a summer Games have been published and distributed in electronic-only form, a policy that supports LOCOG's desire to stage the most sustainable Olympic Games yet.

LOCOG is putting sport at the heart of the London 2012 Games. As part of this promise, we're aiming to provide teams and athletes with the best possible conditions to allow them to perform at their peak. We're devoted to delivering a safe and fair field of play for all athletes at our competition venues, which include brand new arenas, iconic sporting landmarks and world-famous London locations. The training facilities will be of a similarly high standard, and will be conveniently located within easy reach of athletes' housing. The Olympic Village, the Olympic Rowing and Canoe Sprint Village in Egham and the Olympic Sailing Village in Weymouth and Portland will each offer comfortable accommodation, excellent facilities and a real sense of community. And all of these venues will be connected by a reliable and efficient transport service during the Games.

London is honoured to become the first city to host the modern Olympic Games for a third time. We hope that this guide will help you in your preparations for the Games, and look forward to welcoming you to London in July 2012.

Best regards,

A handwritten signature in black ink that reads "Debbie Jevans". The signature is stylized and includes a long horizontal flourish at the bottom.

Debbie Jevans
Director of Sport, London 2012 Organising Committee

Explanatory Guide: Weightlifting

Introduction

London, then and now	5
The city's Olympic heritage	6
London 2012	6
After the Games	8

Competition

Weightlifting at the London 2012 Olympic Games	10
The Weightlifting competition	11
The rules	11
Competition format	12
The venue	12
Doping control	13
Sport information	13
Medals and diplomas	15
Weightlifting competition schedule	15

Qualification and entry

Eligibility	18
Qualification	18
Entries	21
Timeline for qualification and entries	22

Training

Weightlifting training	24
------------------------	----

General information

Accreditation	26
Tickets and accredited seating	28
Accommodation	28
Medical services	30
Transport	31

Directory

Venue	34
Contact information	34
Olympic competition schedule by day	36

Maps

London overview	38
Weightlifting – ExCeL	39
Olympic Park overview	40
Olympic Village	41



Welcome to London 2012

London 2012 will be an Olympic Games for everyone, where everyone is invited to take part, join in and enjoy the greatest show on earth. The next few pages offer a brief introduction to the city, London's Olympic heritage, our plans for the Games, and the benefits they will bring to London, the UK and beyond in legacy.

London, then and now

Londinium, the first recorded settlement on the site of the modern-day city, was established almost 2,000 years ago by the Romans, shortly after their invasion in AD 43. The Romans were eventually replaced by the Anglo-Saxons, who called their settlement Lundenwic; and then, in the 11th century, by the Normans, led by William the Conqueror.

London expanded dramatically beyond the old city walls in the 16th, 17th and 18th centuries, despite regular outbreaks of the plague and other major catastrophes such as the Great Fire of 1666. As the British Empire grew during the prosperous 19th century, so did London: between 1801 and 1901, its population spiralled from around one million to 6.5 million. The first half of the 20th century brought two world wars and plenty of other challenges, but the Olympic Games in 1948 heralded a revival in the city's fortunes.

Today, London's heritage is visible everywhere, from the few remaining parts of the Romans' defensive wall to the world-famous dome of St Paul's Cathedral. However, London is also a truly modern city, a product of today as much as of 2,000 years of history. It is one of the world's most important financial and commercial centres, but it is also an artistic and cultural hub. It is a city in which 500-year-old landmarks sit next to brand new skyscrapers. And it is home to one of the most varied and vibrant populations of any world city, many of whom are now helping to write the current and future chapters of London's epic history.

Climate

London as a whole benefits from a mild to warm climate during the summer months of July and August. Based on statistics from recent years, teams can expect an average daily high of around 22–23°C (72–73°F) in the Olympic Village, with temperatures falling to a low of around 13–14°C (55–57°F) at night. On average, relative humidity ranges from a minimum of around 60% to a maximum of around 90% during this period. The average monthly rainfall during July and August is 40–50 millimetres; the prevailing winds are from the south-west.

London in 2012

Population: 7,556,900, estimated in 2007 (UK: 61,792,000)

Official language: English

Currency: pound sterling

Local time: Greenwich Mean Time (summer: GMT +1hr)

Area: 1,579 sq km (UK: 243,610 sq km)

Latitude and longitude: 51°30'26" N, 00°07'39" W

Altitude: 20m

Government: Greater London Authority (www.london.gov.uk)

The city's Olympic heritage

London's Olympic history began on 27 April 1908, when the Games of the IV Olympiad opened in the city. A total of 2,008 athletes from 22 NOCs took part in 110 events, which included Hockey's debut at the Games and the only Olympic motorboat racing competition ever held. It was at the 1908 Games that the Marathon was first run over its now-standard distance of 42.195km, when the planned route was extended so that it could start beneath the royal nursery at Windsor Castle and finish by the royal box in the new White City Stadium.

The world returned to London in 1948 for the Games of the XIV Olympiad, held between 29 July and 14 August. Despite the austerity of the post-war era, the Games were the biggest so far, with 4,104 athletes from 59 NOCs competing in 136 events. Sporting firsts included starting blocks, which made their Olympic debut in sprint races, and the staging of the Swimming events in a covered pool. However, perhaps the most important innovation was the widespread use of volunteers, an Olympic tradition that continues to this day.

Following several years of preliminary study and research, London's bid team for the 2012 Games was formed in 2003, and the bid was officially launched on 16 January 2004. At the 117th IOC Session in Singapore, at 7.46pm local time on 6 July 2005, London won the right to stage the Games of the XXX Olympiad. Just over seven years later, on 27 July 2012, the eyes of the world will again be on London, as it becomes the first city to stage the modern Olympic Games for a third time.

London 2012

The Olympic Games in brief

Sports: 26

Disciplines: 39

Medal events: 302

Athletes: 10,490 (projected)

Competition venues: 34

Days of competition: 19

Competition sessions: 636

Olympic Village Official Opening: 16 July 2012

Opening Ceremony: 27 July 2012

Closing Ceremony: 12 August 2012

Competition venues

A total of 34 competition venues will be used at the London 2012 Olympic Games. These are divided into four zones.

Olympic Park

The Olympic Park is home to eight brand new competition venues, which between them will host more than a third of the 302 Olympic medal events at London 2012. The venues are as follows:

- **Olympic Stadium:** Athletics
- **Aquatics Centre:** Aquatics (Diving, Swimming, Synchronised Swimming), Modern Pentathlon (swimming only)
- **Basketball Arena:** Basketball, Handball
- **BMX Track:** Cycling (BMX)
- **Handball Arena:** Handball, Modern Pentathlon (fencing only)
- **Hockey Centre:** Hockey
- **Velodrome:** Cycling (Track)
- **Water Polo Arena:** Aquatics (Water Polo)

The Park, which will create a beautiful green backdrop for the Games, will also be home to the International Broadcast Centre/Main Press Centre and the Olympic Village, which will provide a temporary base for around 17,000 athletes and officials.

River Zone

A short distance from the Olympic Park across the River Thames, the River Zone venues will host more than 100 medal events across 12 sports. The zone is a combination of existing venues (ExCeL, North Greenwich Arena) and temporary venues within London landmarks (Greenwich Park, The Royal Artillery Barracks).

- **ExCeL:** five arenas hosting Boxing, Fencing, Judo, Table Tennis, Taekwondo, Weightlifting, Wrestling
- **Greenwich Park:** Equestrian (Dressage, Eventing, Jumping), Modern Pentathlon (riding, combined event only)
- **North Greenwich Arena:** Basketball, Gymnastics (Artistic, Trampoline)
- **The Royal Artillery Barracks:** Shooting

Other London venues

Away from the Olympic Park and the River Zone, nine other London venues will host Olympic competition at London 2012. Among them are iconic and world-renowned sporting venues (Lord's Cricket Ground, Wembley Stadium, Wimbledon); two multi-purpose buildings with plenty of sporting heritage (Earls Court, Wembley Arena); a former royal residence (Hampton Court Palace); and three well-known sites in the very heart of central London (Horse Guards Parade, Hyde Park, The Mall).

- **Earls Court:** Volleyball
- **Hampton Court Palace:** Cycling (Road – Time Trial)
- **Horse Guards Parade:** Beach Volleyball
- **Hyde Park:** Aquatics (Marathon Swimming), Triathlon
- **Lord's Cricket Ground:** Archery
- **The Mall:** Athletics (Marathon, Race Walk), Cycling (Road – Road Race)
- **Wembley Arena:** Badminton, Gymnastics (Rhythmic)
- **Wembley Stadium:** Football
- **Wimbledon:** Tennis

Out of London venues

The 2012 Games will travel outside London to nine different venues. Among them are a brand new Canoe Slalom facility; world-class venues for Canoe Sprint, Rowing and Sailing; a purpose-built Mountain Bike course; and five renowned Football stadia around the UK. Teams whose competitions are based at Eton Dorney and Weymouth and Portland will benefit from their own Villages, located near to the competition venues.

- **City of Coventry Stadium, Coventry:** Football
- **Eton Dorney, Buckinghamshire:** Canoe Sprint, Rowing
- **Hadleigh Farm, Essex:** Cycling (Mountain Bike)
- **Hampden Park, Glasgow:** Football
- **Lee Valley White Water Centre, Hertfordshire:** Canoe Slalom
- **Millennium Stadium, Cardiff:** Football
- **Old Trafford, Manchester:** Football
- **St James' Park, Newcastle:** Football
- **Weymouth and Portland, Dorset:** Sailing

London Prepares

Staged in advance of the Games, the London Prepares series is the official London 2012 sports testing programme. As well as allowing LOCOG to test crucial aspects of its operations ahead of the Games, the series features world-class sporting events, bringing top athletes to the vast majority of the competition venues that will be used at London 2012. The London 2012 sports testing programme started in May 2011 and will run through until May 2012, taking in approximately 40 events during its 12-month run. For more details, see www.londonpreparesseries.com

London 2012 Cultural Olympiad

The four-year London 2012 Cultural Olympiad encompasses major projects with nationwide reach and the Inspire programme of cultural events and activities, which enables grassroots organisations to be part of the Games. The finale of the Cultural Olympiad will be the London 2012 Festival: held between 21 June and 9 September 2012, the Festival will offer a chance for everyone to celebrate London 2012 through a range of art, culture and heritage events that will feature leading artists from all over the world. For more details, see www.london2012.com/cultural-olympiad

After the Games

The Olympic Games has been the catalyst for the regeneration of one of the most underdeveloped areas of London into the Olympic Park. In summer 2012, the Park will welcome nearly 15,000 athletes and millions of visitors for 30 days of Olympic and Paralympic competition. After the Games, it will become a benchmark 21st-century urban environment, providing essential new housing, world-class sports facilities and other key amenities for the local community in east London.

However, the benefits of the London 2012 Games will be felt far beyond the Park. For example:

- LOCOG's educational and cultural programmes are taking the Olympic spirit and values to millions of young people across the UK and beyond: www.london2012.com/education
- We have created a range of programmes to promote sports participation after the Games, shining a spotlight on grassroots sport: www.london2012.com/get-involved
- London is the first summer Host City to embed sustainability in its planning from the start, and we're using the Games as a catalyst for positive change for the environment: www.london2012.com/sustainability

For more on the benefits that the Games are bringing to the UK, visit www.london2012.com

Competition



Weightlifting at the London 2012 Olympic Games

Weightlifting is one of the oldest competitive activities in the world: images of athletes lifting heavy objects for sport appear in ancient Egyptian records, Chinese texts and Greek carvings. Soon after the first organised competitions were held in Europe in the late 1800s, the first Weightlifting World Championships were held in London in 1891, with seven athletes representing six countries. At these early competitions, there were no weight divisions: the winner was simply the man who could lift the most weight, regardless of his size.

Weightlifting featured at the first modern Olympic Games in 1896. After a number of absences from the Games in the early 20th century, the sport joined the Olympic programme for good at Antwerp in 1920, with the women event added in 2000.

Key personnel

International Weightlifting Federation (IWF)

Technical Delegates	Sam Coffa (Australia)
	Attila Ádámfi (Hungary)

LOCOG competition management

Weightlifting Manager	Matthew Curtain
Weightlifting Services Manager	Margaret Lynes
Technical Operations Manager	Keith Morgan



Matthew Curtain **Weightlifting Manager, London 2012**

Matthew Curtain has been involved in Weightlifting since 1987. As an athlete, he represented Australia at numerous international events, including the Junior World Championships. Following this, he worked for the Nauru Olympic Committee, then served as Chief Executive for the Australian Weightlifting Federation from 2002 to 2009. During this period, Matthew served as the Weightlifting and IPC Powerlifting Manager for the Melbourne 2006 Commonwealth Games and the Technical Delegate for IPC Powerlifting for the Beijing 2008 Paralympic Games. He also now serves as Vice-President of the

Commonwealth Weightlifting Federation and is the Assistant General Secretary of the Oceania Weightlifting Federation.

For details of how to contact the IOC, LOCOG, the IWF and British Weightlifting, see [pp34–35](#).

The Weightlifting competition

The Weightlifting competition at the London 2012 Olympic Games will be held from Saturday 28 July to Tuesday 7 August 2012 at ExCeL in London. The competition will consist of 15 medal events (bodyweight categories), summarised below:

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

A total of 260 athletes, 156 men and 104 women, may take part in the Weightlifting competition. For details of the qualification requirements, [see p17](#).

The rules

The Weightlifting competition will be held in accordance with the editions of the following documents that are in force at the time of the Games:

- IWF Handbook 2009–2012: Technical and Competition Rules
available at www.iwf.net
- Modified Rules November 2009 and June 2010
available at www.iwf.net
- The IOC Olympic Charter
available at www.olympic.org

In accordance with Rule 47 of the IOC Olympic Charter, the IWF will be responsible for the technical control and direction of Weightlifting at the London 2012 Olympic Games.

Clothing and equipment

Clothing and equipment used by athletes and other participants in the Weightlifting competition at the Olympic Games must comply with the documents listed below:

- IWF Handbook: Technical and Competition Rules (available at www.iwf.net), with particular reference to Section 4: Outfit of the Competitor
- Modified Rules November 2009 and June 2010 (available at www.iwf.net)
- The IOC Olympic Charter (available at www.olympic.org)
Rule 51: Advertising, Demonstrations, Propaganda
Bye-law to Rule 51
- The IOC Guidelines Regarding Authorised Identifications for the Games of the XXX Olympiad, London 2012 (distributed by the IOC to all NOCs)

Competition format

Each competition consists of two (2) parts: the Snatch and the Clean and Jerk, with a 10-minute break between them. Each athlete may make three (3) attempts in both parts of the competition unless they fail to make a valid lift in the Snatch, in which case they are eliminated and may not compete in the Clean and Jerk.

The order of calling for the athletes in competition is determined by four (4) factors, in the following order of priority: the weight of the barbell (lightest weight first); the number of the attempt (lowest first); the order of the athletes' previous attempts (the athlete who lifted earlier comes first); and the lot number of the athlete (lowest first).

Athletes are allowed one (1) minute, or two (2) minutes if making consecutive attempts, between the calling of his or her name and the start of each attempt. Three (3) referees adjudicate each lift, with the lift's validity decided on majority. The best results in each type of lift (measured in kilograms) are added together to give a total for each athlete, which determines the rankings in the competition. In the case of a tie, the athlete with the lighter bodyweight will be ranked higher. If two (2) or more athletes with the same bodyweight are tied, the athlete who reached the total first will be ranked higher.

Weigh-ins

The weigh-ins for each bodyweight category will be conducted by technical officials from the IWF at the competition venue two (2) hours before the start of each medal event, and will last one (1) hour. Athletes will have access to the test scale before the official weigh-in. If any athlete fails to make the bodyweight of the category in which he or she is officially entered, he or she will be excluded from the competition.

The venue

One of Europe's largest and most versatile exhibition spaces, ExCeL is located at the Royal Victoria Dock in east London, a short distance from the Olympic Park. Since it opened in 2000, ExCeL has hosted a wide variety of events, from sporting competitions to political conferences. The venue was greatly expanded in 2010, and now contains nearly 100,000 square metres of exhibition space. The arena for the Weightlifting competition will have a gross capacity of 6,000.

Field of play

The field of play for the Weightlifting competition at ExCeL will contain one (1) competition platform. The warm-up area will be behind the stage. The field of play and all equipment will be presented in accordance with IWF rules.

Facilities

Facilities at the competition venue will include:

- changing rooms and showers (separate facilities for men and women)
- lounges for athletes and officials
- catering services
- internet access in designated areas
- athlete relaxation area
- saunas (in the training venue, next to the competition venue)
- scales (in both the competition and training venues)
- a mixed zone, where accredited media may conduct interviews with athletes after competition
- a Sport Information Desk (for details, [see p13](#))
- medical facilities (for details, [see p30](#))
- a doping control station (for details, [see p13](#))

Doping control

With the guidance of the IOC, LOCOG will be responsible for implementing the doping control programme during the London 2012 Olympic Games. The programme will be carried out in accordance with the IOC Anti-Doping Rules, and will comply with the World Anti-Doping Code and its relevant International Standards.

Every athlete may be selected to undergo one or more doping control tests during the period of the Olympic Games, defined here as running from 16 July (the day the Olympic Village opens) to 12 August (the day of the Closing Ceremony). The testing distribution plan and the athlete selection criteria for each sport will comply with the doping control protocol approved by the IOC, the relevant IF and LOCOG.

Pre-competition testing selection during the period of the Olympic Games will be the responsibility of a taskforce formed by the IOC. In-competition testing will be conducted at doping control stations set up at all competition venues and Villages. All sample analysis will be performed in a WADA-accredited laboratory established for the Games.

Sport information

Sport Information Desks

Sport Information Desks (SIDs) will be located at all competition venues and at the Sport Information Centre (SIC) in the Olympic Village. The desks will provide a variety of services to teams, as follows:

- The dissemination of general sport information, through sport publications (at the Sport Information Centre only) and through discussions with sport-specific staff.
- The distribution of results, draw/start lists and other key competition information, including schedule updates where required.
- The provision of training schedule information and, where available, assistance with booking and changing training sessions.
- Assistance with the communication of key information from international federations and LOCOG to teams.

In addition, the SIC will also provide information on transport services at the Games and a facility for team radio frequency checks.

The SIC will open on 16 July 2012, the day the Olympic Village opens, and will be open every day throughout the Games. The opening hours will be as follows:

SIC opening hours	
16–20 July 2012	08:00 – 19:00
21 July – 12 August 2012	07:00 – 23:00
13–15 August 2012	09:00 – 18:00

Info+

Info+ is the new, improved version of INFO, the official Games information system, and will go live two weeks prior to the Olympic Games Opening Ceremony. The system will offer a range of content in both English and French, as follows:

Games results	Competition results viewable by sport, date and country, including entry lists, start lists and additional sport-specific reports
Games news	Flash quotes, press conference highlights, sport previews, news articles, statistics-driven reports, media communications and IOC news
Biographies	Athlete biographies, team profiles, coach profiles, referee and judge profiles and NOC profiles
Medals	Medal standings by sport, overall medal standings, medallists by day and medallists by sport/event
Schedules	Competition and non-competition schedules, including press conferences, IOC activities and the Cultural Olympiad
Background	Historical data, statistics, competition formats and rules, qualification criteria and venue descriptions
Records	World and Olympic records, including current records, record holders and new or equalled records
Transport	Transport schedules and maps
Weather	Real-time weather conditions and forecasts
Message board	Public forums for internal communication managed directly by authorised Info+ users, including the IOC, LOCOG, NOCs, IFs and future OCOGs

myInfo+ is the new service that will allow users access to Info+ from their own PC or laptop. Access will be available to users with an account (purchased via Rate Card) wherever there is access to the internet, and will include the same information available at dedicated Info+ workstations. Additional features include user customisation (for example, by sport), message alerts, bookmarking, hyperlinking to other key websites, downloadable results books, the ability to copy and paste information from results and news reports, and portability.

Info+ workstations will be available at the following venues:

- NOC offices with delegations of more than 25 people.
- Competition venues in team and athlete areas (note that there will not be Info+ workstations at SIDs, although they will be equipped with a myInfo+ account).
- The Olympic Village: the NOC Services Centre, the Polyclinic, the Protocol facility in the Olympic Family Lounge, resident centres, the SIC and the Welcome Centre (Sport Entries area).
- Resident centres in the Olympic Rowing & Canoe Sprint and Olympic Sailing Villages.
- Olympic Family hotels.

Medals and diplomas

Medals and diplomas will be awarded in each event of the Weightlifting competition in accordance with the IOC Olympic Charter (Rule 57: Victory, Medals and Diplomas Ceremonies) and the IOC Technical Manual on Protocol (Articles 5.4.3, 5.4.4 and 5.4.5).

- First place
A silver gilt medal, a diploma and an Olympic medallist's pin.
- Second place
A silver medal, a diploma and an Olympic medallist's pin.
- Third place
A bronze medal, a diploma and an Olympic medallist's pin.
- Fourth, fifth, sixth, seventh and eighth places
A diploma.

Weightlifting competition schedule

28 July 2012 (Day 1), ExCel		
WL01 15:30 – 17:30		Women's 48kg: group A, victory ceremony
29 July 2012 (Day 2), ExCel		
WL02 10:00 – 14:00	10:00 – 12:00	Men's 56kg: group B
	12:30 – 14:00	Women's 53kg: group B
WL03 15:30 – 17:30		Women's 53kg: group A, victory ceremony
WL04 19:00 – 21:00		Men's 56kg: group A, victory ceremony
30 July 2012 (Day 3), ExCel		
WL05 10:00 – 14:00	10:00 – 12:00	Men's 62kg: group B
	12:30 – 14:00	Women's 58kg: group B
WL06 15:30 – 17:30		Women's 58kg: group A, victory ceremony
WL07 19:00 – 21:00		Men's 62kg: group A, victory ceremony
31 July 2012 (Day 4), ExCel		
WL08 10:00 – 14:00	10:00 – 12:00	Men's 69kg: group B
	12:30 – 14:00	Women's 63kg: group B
WL09 15:30 – 17:30		Women's 63kg: group A, victory ceremony
WL10 19:00 – 21:00		Men's 69kg: group A, victory ceremony
1 August 2012 (Day 5), ExCel		
WL11 10:00 – 14:00	10:00 – 12:00	Men's 77kg: group B
	12:30 – 14:00	Women's 69kg: group B
WL12 15:30 – 17:30		Women's 69kg: group A, victory ceremony
WL13 19:00 – 21:00		Men's 77kg: group A, victory ceremony

3 August 2012 (Day 7), ExCeL		
WL14 10:00 – 14:00	10:00 – 12:00	Men's 85kg: group B
	12:30 – 14:00	Women's 75kg: group B
WL15 15:30 – 17:30		Women's 75kg: group A, victory ceremony
WL16 19:00 – 21:00		Men's 85kg: group A, victory ceremony
4 August 2012 (Day 8), ExCeL		
WL17 15:30 – 17:30		Men's 94kg: group B
WL18 19:00 – 21:00		Men's 94kg: group A, victory ceremony
5 August 2012 (Day 9), ExCeL		
WL19 15:30 – 17:30		Women's +75kg: group A, victory ceremony
6 August 2012 (Day 10), ExCeL		
WL20 15:30 – 17:30		Men's 105kg: group B
WL21 19:00 – 21:00		Men's 105kg: group A, victory ceremony
7 August 2012 (Day 11), ExCeL		
WL22 15:30 – 17:30		Men's +105kg: group B
WL23 19:00 – 21:00		Men's +105kg: group A, victory ceremony

Qualification and entry



Qualification and entry

The following information has been sourced from the 'Qualification System for the Games of the XXX Olympiad, London 2012' document, distributed by the IOC. NOCs should check online for regular updates to these qualification criteria, which will be made available to all NOCs on the NOCnet at <http://extranet.olympic.org/nocnet>.

Eligibility

Every athlete wishing to take part in the Weightlifting competition in London must fulfil the following eligibility requirements:

- Athletes must comply with the provisions of the current IOC Olympic Charter.
- Athletes must be at least 16 years of age in 2012.
- Athletes participating in Olympic qualification events must undergo anti-doping controls in accordance with the WADA-IWF Anti-Doping Policy.
- Athletes found to have committed an anti-doping rule violation during the Olympic Games are not eligible to participate in any subsequent Olympic Games. Such athletes, following the conclusion of their period of ineligibility, may participate in any IWF Olympic qualification event, but will not earn any points for the qualification team classification. Full information on the IWF special anti-doping regulations for the London 2012 Olympic Games can be found on the IWF website.

Nationality

Every athlete in the Olympic Games must be a national of the country of the NOC that is entering him or her. For full guidance on determining the nationality of athletes, please refer to Rule 42 and the Bye-law to Rule 42 in the IOC Olympic Charter, accessible online at www.olympic.org.

Qualification

Quota places at the Olympic Weightlifting competition will be allocated in several ways, summarised below:

Quota places		
Qualification method	Men	Women
Qualification	147	98
Host country places	3	2
Tripartite Commission places	6	4
Total	156	104
	260	

Each NOC is limited to a maximum quota of 10 athletes across all events, six (6) men and four (4) women, and a maximum of two (2) athletes in any single event.

Main qualification events (2010 and 2011 World Weightlifting Championships):**108 men, 67 women**

NOCs will be allocated quota places according to their positions in the combined team classification, which is determined by the total numbers of points scored by NOCs in the 2010 and 2011 World Weightlifting Championships.

Men's qualification through 2010 and 2011 World Championships		
NOC's place in combined team classification	Quota places per NOC	Total quota places
1st to 6th	6	36
7th to 12th	5	30
13th to 18th	4	24
19th to 24th	3	18
Total		108

Women's qualification through 2010 and 2011 World Championships		
NOC's place in combined team classification	Quota places per NOC	Total quota places
1st to 9th	4	36
10th to 16th	3	21
17th to 21st	2	10
Total		67

Team points at both World Weightlifting Championships are earned by a maximum of six (6) men and four (4) women per NOC, and only for the total results as per the IWF Technical and Competition Rules Section 6.7.4 and 6.7.6. These athletes must be assigned as such before each World Championships, at the latest at the verification of final entries. Team points from both World Championships are counted equally when determining the combined team classification.

When two (2) or more teams have the same total number of points and places, points for the Snatch and the Clean and Jerk are also calculated to determine the final classification within the tie.

The national federations that make up the host NOC's athletes do not receive team points. Ranking and points are upgraded accordingly.

Continental qualification events: 31 men, 24 women

One (1) continental qualification event will be held for each continental region during 2012. The places, dates and organisers of the continental qualification events will be designated by the IWF and will be finalised by 31 December 2011. Only NOCs that have not been allocated quota places through the main qualification events will be eligible.

NOCs will be allocated quota places according to their positions in the team classification at each continental qualification event.

Men's qualification through continental qualification events		
NOC's place in team classification	Quota places per NOC	Total quota places
Africa: 1st to 5th	1	5
Asia: 1st to 7th	1	7
Europe: 1st to 7th	1	7
Oceania: 1st to 5th	1	5
Pan-America: 1st to 7th	1	7
Total		31

Women's qualification through continental qualification events		
NOC's place in team classification	Quota places per NOC	Total quota places
Africa: 1st to 4th	1	4
Asia: 1st to 6th	1	6
Europe: 1st to 6th	1	6
Oceania: 1st to 4th	1	4
Pan-America: 1st to 4th	1	4
Total		24

Team points at each continental qualification event are earned by a maximum of six (6) men and four (4) women per NOC, and only for the total results as per the IWF Technical and Competition Rules Section 6.7.4 and 6.7.6. These athletes must be assigned as such before each continental qualification event, prior to the verification of final entries.

When two (2) or more teams have the same total number of points and places, points for the Snatch and the Clean and Jerk are also calculated to determine the final classification within the tie.

The national federations that make up the host NOC's athletes do not receive team points. Ranking and points are upgraded accordingly.

Individual qualification: 8 men, 7 women

Eight (8) men's quota places and seven (7) women's quota places will be determined by the Olympic qualification ranking lists, established by 31 May 2012. Individual qualification is attributed by name to the respective athlete, who may participate in the Olympic Games only in the bodyweight category in which they were allocated the quota place. Each NOC may qualify a maximum of one (1) male and one (1) female weightlifter through individual qualification. If more than one (1) athlete from an NOC qualifies under these criteria, the NOC must determine which place will be used.

Individual quota places will be allocated to the best-ranked athletes in the men's top 15 and the women's top 10, in each bodyweight category, from NOCs that have not gained any quota place(s) through the main or continental qualification events.

If more than eight (8) men meet these conditions, the IWF will select the eight (8) best-qualified male athletes based on the Olympic qualification ranking list. If fewer than eight (8) men meet these conditions, any remaining men's places will be allocated by the IWF according to the procedure in place to reallocate unused IF quota places.

If more than seven (7) women meet these conditions, the IWF will select the seven (7) best-qualified female athletes based on the Olympic qualification ranking list. If fewer than seven (7) women meet these conditions, any remaining women's places will be allocated by the IWF according to the procedure in place to reallocate unused IF quota places.

The Olympic qualification ranking list considers only the best-ranked athlete per NOC per bodyweight category, and is determined by the results of the following qualification events:

- 2010 World Weightlifting Championships in Antalya, Turkey
- 2010 IWF Continental Clubs Grand Prix in Penang, Malaysia
- 2011 IWF Grand Prix in Fujian, People's Republic of China
- 2011 Junior World Championships in Penang, Malaysia
- 2011 IWF Grand Prix – President's Cup in Belgorod, Russia
- 2011 World Weightlifting Championships in Paris, France
- 2012 IWF Grand Prix and World Cup
- five (5) continental qualification events

Host country places: 3 men, 2 women

A maximum of five (5) places will be allocated to the host NOC, Great Britain. The host NOC must indicate the bodyweight category or categories in which it would like its places by 10 June 2012. If the host country does not use its allocated quota places, these places will be reallocated as per the process for unused quota places outlined below.

Tripartite Commission places: 6 men, 4 women

The remaining 10 places for the Olympic Weightlifting competition will be allocated by the Tripartite Commission, which consists of representatives from the IOC, ANOC and the IWF.

On 1 November 2011, the IOC will contact all those NOCs that are eligible to apply for Tripartite Commission invitation places. The deadline for NOCs to submit their requests for Tripartite Commission invitation places is 16 January 2012. The Tripartite Commission will confirm, in writing, the allocation of invitation places to the respective NOCs between 1 May and 9 July 2012.

Confirmation and reallocation of quota places

The IWF will notify the NOCs and national federations of their allocation of quota places by 31 May 2012. NOCs must confirm by 10 June 2012 that they will use these quota places, and must also confirm the bodyweight categories in which they will use them.

If any NOC chooses not to use all its allocated quota places, if any individual quota places cannot be allocated, if any allocated quota places are taken back by the IWF or if the host country does not use its allocated quota places, these unused places will be reallocated by the IWF by 25 June 2012 to NOCs that have not otherwise been allocated quota places of the same gender. This reallocation will be conducted according to the following criteria, in order:

- NOCs that participated in the main qualification events
- NOCs that participated in their respective continental qualification event
- NOCs that participated in any other qualification event
- performance
- universality (based on continental representation in the Olympic Games)

Any unused Tripartite Commission places will be reallocated by the Tripartite Commission. If the Commission is unable to reallocate the places, they will be reallocated according to the principles detailed above.

Entries

Verification of qualification standards

The verification of the qualification standards listed above will be carried out by LOCOG and the IWF during the qualification period. For a full qualification and entries timeline, see [p22](#).

Sport Entries

Entries for the London 2012 Olympic Games will be submitted by NOCs through a new online system. Instructions for the use of this system will be distributed to NOCs in January 2012. All entries must be submitted to LOCOG using the online entries system by midnight, UK time, on 9 July 2012.

Entry/Eligibility Conditions Form

Along with coaches, trainers, officials and other members of NOC delegations, all athletes competing at the London 2012 Olympic Games will need to complete and sign a copy of LOCOG's Entry/Eligibility Conditions Form. Each form will also need to be signed by a representative from the athlete's NOC. Parents/guardians of athletes who are under the age of 18 on the date that the athlete signs the Entry/Eligibility Conditions Form will need to sign the supplementary Parent/Legal Guardian Acknowledgement of Consent for Minors Form. The forms will be distributed electronically to NOCs, and must be printed, signed and returned to LOCOG no later than 9 July 2012.

Late replacements

All replacements requested by NOCs after the final entries deadline of 9 July 2012 shall follow the IOC-LOCOG late athlete replacement policy. Details of the late athlete replacement policy for the London 2012 Olympic Games will be included in the Sport Entries Manual, which will be distributed to NOCs in January 2012.

No amendments to entries are permitted after the entries deadline closes on 9 July 2012.

Timeline for qualification and entries

17–26 September 2010	Main qualification event: 2010 World Weightlifting Championships in Antalya, Turkey
11–16 December 2010	IWF Continental Clubs Grand Prix in Penang, Malaysia; to be considered for individual qualification ranking list
15–17 January 2011	IWF Grand Prix in Fujian, People's Republic of China; to be considered for individual qualification ranking list
27 June – 7 July 2011	Junior World Championships in Penang, Malaysia; to be considered for individual qualification ranking list
1 November 2011	The IOC will contact all NOCs who are eligible to apply for Tripartite Commission invitation places
3–13 November 2011	Main qualification event: 2011 World Weightlifting Championships in Paris, France
16–18 December 2011	IWF Grand Prix – President's Cup in Belgorod, Russia; to be considered for individual qualification ranking list
16 January 2012	Deadline for all NOCs to submit written requests for Tripartite Commission invitation places
January – May 2012	Five (5) continental qualification events
1 May – 9 July 2012	The Tripartite Commission will confirm, in writing, the allocation of Invitation Places to NOCs
31 May 2012	The IWF will determine individual qualification places on the basis of the Olympic qualification ranking lists, and will notify NOCs and national federations
10 June 2012	Deadline for NOCs to confirm the use of quota place(s) and the bodyweight category of all athletes
25 June 2012	The IWF will confirm the reallocation of any unused quota places
9 July 2012	Deadline for LOCOG to receive all sport entry forms from NOCs

Training



Weightlifting training

Training for the Weightlifting competition will take place at ExCeL, in a training area next to the competition venue. There will be 50 training platforms available for athletes; all training equipment will be approved by the IWF, and will comply with Rule 51 and the Bye-law to Rule 51 of the IOC Olympic Charter. For a list of the facilities at ExCeL, [see p12](#).

The training venue will be open from 09:00 to 19:00 every day from 16 July 2012, the day the Olympic Village opens, until 7 August 2012, the end of the Weightlifting competition. NOCs will be pre-allocated training sessions of two (2) hours each day, with the number of platforms dependent on the number of athletes. NOCs will not be allowed to choose their training times on each day: the sessions will be allocated to NOCs on a strict rotation (09:00–11:00, 11:00–13:00, 13:00–15:00, 15:00–17:00, 17:00–19:00).

General information



Accreditation

Accreditation is the process of identifying individuals and their roles at the Olympic Games, while ensuring that they are granted appropriate access to fulfil their roles. A basic summary of the Accreditation process is given below; full details will be provided in the Accreditation application materials that will be distributed by LOCOG to NOCs in December 2011.

Accreditation timeline

Applications for accreditation must be received by LOCOG no later than 23 March 2012 in order for NOCs to receive the Pre-Valid Cards before their delegations' departure for the Games. A complete accreditation application is composed of a completed Accreditation Application Form and an acceptable photograph.

Eligibility Conditions Form

As required by the Olympic Charter, each athlete and official (all individuals in the A Accreditation category, including Aa, Ac and Ao) must complete an Eligibility Conditions Form, acknowledging his/her compliance with IOC and IF rules regarding Games participation. Original Eligibility Conditions Forms signed by participating athletes and officials must be received by LOCOG before 9 July 2012. Without a signed form, an athlete will not be able to compete and officials will not be eligible for accreditation at the London 2012 Olympic Games.

Key accreditation dates for athletes, team officials and dignitaries	
December 2011	LOCOG sends the NOC Accreditation/Sport Entries application material, Dignitary Accreditation Request Forms, Eligibility Condition Forms and other materials to NOCs by courier
23 March 2012	Deadline for NOCs to submit completed Accreditation Application Forms for categories NOC, NOC**, Aa, Ac, Ao and P to LOCOG
May 2012	LOCOG distributes Pre-Valid Cards to NOCs following the Pre-Delegation Registration Meetings (Pre-DRMs)
1 June 2012	Online Sport Entries system opens (see p21)
9 July 2012	Deadline for NOCs to submit their online entries and their Eligibility Conditions Forms to LOCOG

Pre-Valid Cards

Following data verification and the Pre-DRMs, LOCOG will produce and send Pre-Valid Cards to each NOC by April 2012 for Press Pre-Valid Cards and May 2012 for all other Accreditation categories.

In accordance with the Olympic Charter and relevant UK legislation, a Pre-Valid Card, along with a passport, will serve as an official entry document to enter the UK between 30 March 2012 and 8 November 2012 with a period stay not exceeding six (6) months from first entry. No additional entry visa will be required during this period.

The Pre-Valid Card will be valid for multiple entries, provided it is accompanied on each occasion by a passport valid for the duration of the visit. The passport that is used for an application must be the same document that is used to travel and must be valid until 8 November 2012.

Accreditation card validation

Upon arrival in London, delegation members holding Pre-Valid Cards can have their cards validated (providing the DRM is complete) at one of the accreditation facilities in order to gain access to the Olympic venues and Olympic Villages once they open.

Delegation members must present the passport indicated by the NOC on the accreditation application form to complete the validation process at an accreditation facility. Any changes to passport data after data submission and prior to arrival must be communicated to LOCOG immediately, in order to expedite the validation process. Failure to do this may invalidate the Pre-Valid Card for entry into the UK. Only once the Pre-Valid Card is validated does it become an official Olympic Identity and Accreditation Card (OIAC).

Accreditation facilities

Accreditation Centres and Venue Accreditation Help Offices (VAHOs) will be located at strategic locations at official Olympic venues. Please note that the validation counters at London Heathrow Airport (International Terminals) will offer accreditation validation services only: there will be no additional accreditation facilities at any other UK airports or borders.

Accreditation facility	Location	Population	Services
Olympic Village Accreditation Centre	Stratford	NOCs	Full service*
Olympic Rowing and Canoe Sprint Village Accreditation Centre	Egham		
Olympic Sailing Village Accreditation Centre	Weymouth and Portland		
Olympic Family Hotel	Hilton Park Lane	IFs	Full service*
Four (4) validation counters	London Heathrow Airport (International Terminals)	All	Card validation only
28 VAHOs	Near competition venues	All	Day Pass, problem resolution, reissuing for lost/stolen card(s)
Media Accreditation Centre	IBC/MPC	Press and Broadcast	Full service*
Uniform Distribution and Accreditation Centre (UDAC)	West Ham	Workforce	Full service*

* Full service covers card validation, card production, problem resolution and reissuing for lost/stolen card(s). VAHOs at Football venues will provide full accreditation services.

Tickets and accredited seating

Games-time ticket sales

At Games time, available tickets may be purchased through www.london2012.com or at any of the locations below:

- Olympic Village ticket box office
- Client Group Centre Sales office (location to be confirmed)
- Competition venue ticket box offices

Complimentary sport tickets

Athletes and officials may access the Athletes' Stand during their own discipline's competitions without a ticket, upon presentation of their Olympic Identity and Accreditation Card (OIAC). In order to watch competitions at venues in disciplines other than their own, athletes and officials will require tickets.

NOC Chefs de Mission may request complimentary sport tickets for their delegation members a day before the event through the electronic ticket request system on The Exchange. Complimentary tickets are limited in number, and demand is expected to exceed supply at many of the venues. NOC Services will allocate tickets according to availability, delegation size and an NOC's participation in the relevant sports. Chefs de Mission, or their ticketing proxy card holders, will be able to collect tickets from the NOC Services Centres in the Olympic Village the evening before the sessions.

Accommodation

During the London 2012 Olympic Games, LOCOG will provide three Villages which will accommodate 16,000 athletes and team officials (the Olympic Village, the Olympic Rowing and Canoe Sprint Village and the Olympic Sailing Village). In addition to this, athletes, officials and grooms will reside in specific grooms' accommodation, Football hotels around the UK, accommodation at Wembley and Additional Team Officials' (ATOs') accommodation.

A brief summary of the Olympic Village is given below. For details of medical services at all Villages, [see p30](#).

Olympic Village

The Olympic Village will be located within the Olympic Park in east London, in close proximity to a large number of competition and training venues and just a seven-minute train journey from central London. The Village will officially open on 16 July 2012 at 08:00 and will close on 15 August 2012 at 18:00.

The Olympic Village will contain a Village Plaza and a Residential Zone. The Residential Zone is a restricted area for residents and their guests who have 'R' on their OIAC. It contains the accommodation, recreation and dining facilities, and transport links to the competition and training venues. The two zones will be separated by internal fencing and access control.

All athletes and team officials should first arrive at the Welcome Centre, where luggage and appropriate equipment will be screened. An accreditation centre will be located in the Welcome Centre, which is also where the Delegation Registration Meetings (DRMs) will take place.

Accommodation

Athletes and officials will be accommodated in newly constructed permanent buildings, ranging in height from seven to 13 levels. The buildings will contain a combination of apartments (for four, six or eight beds) and self-contained townhouses. All apartments will have social spaces with soft furnishings, a coffee table, and a television with Olympic feed and free internet access.

Resident centres and services

Each of the 11 residential blocks will have a resident centre that will provide a front desk, hotel-like service to assist with the resolution of issues relating to accommodation services in the Village. The centres will be able to assist with housekeeping requests, maintenance issues and lost keys, and will also provide a concierge service, Info+ terminals, internet access, and a lounge and meeting facilities. A free-of-charge serviced laundry will be provided for all residents in the Olympic Village.

LOCOG will provide a multi-faith centre for worship and meditation. The centre will contain representatives of Buddhism, Christianity, Hinduism, Islam and Judaism, and will also provide support and links to other religions and faiths.

Food services

The Main Dining Hall will be located adjacent to the Transport Mall in the Residential Zone and will be open 24 hours a day. Additional dining options in the Village will include four 'grab and go' carts, an outdoor dining area and the Village Plaza café.

Athlete Venue Meals (AVMs) will be available for athletes and officials who will be away from the Village for competition and training for more than four hours. The meals will be prepared on site at the competition venue and may be collected at the athlete lounge.

During Ramadan, athletes who are fasting may order fasting packs through the catering desk in the NOC Services Centre 48 hours in advance.

Resident entertainment and recreation

An athlete lounge, an entertainment area, a DVD lounge, an internet lounge and an electronic games room will be available to Village residents for relaxation and entertainment. All recreational facilities will be open 24 hours a day.

Athlete fitness and sport recreation

The Olympic Village will contain recreational sports facilities for general use, but it should be noted that all sport-specific training facilities will be located outside the Village. The in-Village recreational facilities will include playing fields (with general grass areas), courts (including basketball, tennis and five-a-side football) and an artificial grass pitch, and will be designed to suit general fitness activities.

In addition, the Village will contain a gymnasium with a significant selection of cardiovascular equipment and free weights, and space for stretching and warming up/down. There will also be plenty of safe places for jogging, both within the Village and in the Village-specific jogging area to the west of the Village. These facilities will operate 24 hours a day except when temporarily closed for cleaning or maintenance.

Village Plaza

LOCOG has designed the Village Plaza area as a significant focal point of the Village. Retail outlets and services will include banking, shipping and postal services, a calling centre, an internet centre (with free internet access for residents), dry cleaning and laundry services, a general store and a ticket office. The plaza will act as an interface with athlete-specific entertainment areas and support services such as the internet lounge and the Village Plaza café. All Team Welcome Ceremonies will take place in the Village Plaza.

NOC Services Centre

The NOC Services Centre will be located in the Residential Zone, and is designed to centralise and facilitate communication and services between LOCOG and NOCs. Along with the front desk, which will assist with general information, mail distribution, meeting room bookings, the distribution of participation medals and certificates and selected other services, the NOC Services Centre will provide assistance with certain aspects of the arrivals and departures process, catering, customs and freight forwarding, Rate Card, transport and finance. The IOC will also have offices in the centre. Adjoining the NOC Services Centre is the Sport Information Centre ([see p13](#)).

Medical services

Hospital and ambulance services will be provided free of charge by the UK National Health Service (NHS) from 9 July to 12 September 2012 for acute illnesses and injuries or acute exacerbations of pre-existing illnesses or injuries. Treatment of stable, pre-existing conditions will not be covered under this agreement. Olympic Family members covered under the agreement will include accredited NOC Presidents, Secretaries General, Chefs de Missions, athletes and team officials.

A basic summary of medical services at the Games is given below; full details will be provided in the Health Care Guide, which will be distributed by LOCOG to NOCs no later than six (6) months before the Games.

Games-time medical services

The Olympic Village, Olympic Rowing and Canoe Sprint Village, Olympic Sailing Village and Football hotels will have the following services available, or will have access to services as follows:

Service	Olympic Village	Olympic Rowing and Canoe Sprint Village	Olympic Sailing Village	Football hotels
Sports medicine	yes	yes	yes	yes
Imaging (MRI, CT, X-ray, US)	yes	yes, only US**	yes, only US***	n/a*
Dental	yes	yes	yes	n/a*
Pharmacy	yes	yes	yes	yes
Primary care (family practice)	yes	yes	yes	yes
Laboratory services	yes	n/a*	n/a*	n/a*
Physiotherapy	yes	yes	yes	yes
Podiatry	yes	n/a*	n/a*	n/a*
Optometry	yes	n/a*	n/a*	n/a*
Emergency services	yes	yes	yes	yes
Overnight stay ward	yes	n/a*	n/a*	n/a*
IOC Medical Commission offices	yes	n/a*	n/a*	n/a*
Specialist clinics, eg, ENT, dermatology	yes	n/a****	n/a****	n/a****
Hydrotherapy (tbc)	yes	n/a	n/a	n/a

* Where a service is not available in these locations, it will be provided through private healthcare services free of charge.

** Athletes that require MRI or CT will transfer back to the Olympic Village or a local private hospital if urgent. X-rays will be available at a local private hospital.

*** X-rays in Weymouth; MRI and CT will be available at a local private facility in Dorchester.

**** Arranged as required with local healthcare providers.

Emergency services will be available 24 hours a day, and all other services will be available from 07:00 to 23:00 depending on demand. A number of services will be available on an on-call basis. The polyclinics will be open from 16 July to 15 August 2012 with limited services available from 9 July 2012.

Venue medical services

Medical facilities will be provided at competition, training and other official venues. Athlete and spectator services will be stocked with appropriate equipment, supplies and medication, and will be staffed by experienced medical personnel. Ambulances, staffed by paramedics and technicians, will be stationed at competition and some non-competition venues. All medical transportation will be coordinated by LOCOG Medical Services.

Competition and training venues

Emergency services and sports medicine for ill and injured athletes and team officials will be available at each competition and training venue. These services will be provided by physicians and therapists (physiotherapists and/or sports massage therapists).

Field-of-play response

Athletes injured on the field of play during competition or training will be evaluated on site. If necessary, they will be retrieved from the field of play and transported to the athlete medical room, polyclinic or hospital as appropriate. Field-of-play response will abide by IF rules.

Spectator medical services

Spectator medical services will be provided at competition venues for Olympic Family members, press, broadcast, marketing partners, contractors, workforce and spectators. Physicians, nurses and first responders will provide this service.

Olympic Family hospitals

Athletes and team officials who require services beyond the capabilities of the polyclinics will be transported to the Homerton Hospital in London, or the designated hospital in all other competition towns and cities.

Transport

The TA bus system will provide the following transport services for accredited athletes and team officials, including their accompanying baggage and sport equipment:

- Arrival and departure services between the official port of entry in London and Co-Host Cities (CHCs) and LOCOG official accommodation sites. Please note that a full range of arrival and departure services will be provided at London Heathrow Airport only, as the official port of entry. NOCs that have no alternative but to arrive at a port other than Heathrow Airport should speak to their NOC Relations representative.
- Training and competition services between LOCOG official accommodation sites and official competition and training venues.
- Inter-Village Connection Service (IVCS) connecting the Olympic Village, the Olympic Rowing and Canoe Sprint Village and the Olympic Sailing Village.
- In-Village Transport System (IVTS) operating inside two of the Villages to connect key locations inside the secure perimeter (the Olympic Village and the Olympic Rowing and Canoe Sprint Village).
- Services for accredited additional team officials between their official accommodation sites and the respective Village (the Olympic Village and the Olympic Sailing Village).
- Different Discipline Spectating Athletes (DDA) services.
- Ceremonies services.
- Team sport services including Football CHC services.

TA training and competition services

Athlete and team official training and competition transport services will be planned to enable:

- arrivals for warm-up and preparation pre-session;
- arrivals and departures during the session time;
- departures immediately after the session;
- departures after the session following warm-down; and
- other requirements, such as doping control procedures.

Athlete Transport Mall to training venues

From 16 July 2012, regularly scheduled transport services will connect athletes to designated training venues. Services will run until the close of each sport's training session.

Athlete Transport Mall to competition venues

Competition venue shuttles will start approximately three (3) hours prior to the start time of each event, with the last vehicle leaving the venue two (2) hours after each event.

Inter-Village Connection Service (IVCS)

A daily IVCS will connect the Olympic Village with the Olympic Rowing and Canoe Sprint Village and the Olympic Sailing Village. This will allow athletes and team officials to travel between the Villages, and to connect to services departing from the Athlete Transport Mall at the Olympic Village. The service will operate from 16 July to 13 August 2012.

Team sport vehicles

Each team will be allocated one team bus with driver(s), to operate on a pre-agreed schedule for use during the training and competition period and cease 24 hours after the team's final competition. Team sports for which buses will be provided include Basketball, Football, Handball, Hockey, Volleyball and Water Polo. Buses may only be used to travel to official competition and non-competition venues.

NOC dedicated vehicles

The number of dedicated vehicles allocated to each NOC will be confirmed at the Delegation Registration Meeting (DRM) and will be based on the NOC delegation size. The vehicles will be a mix of cars (five seats) and multi-passenger vehicles (seven seats).

Equipment vans

Equipment vans will be allocated to those NOCs competing in team sports that have considerable equipment, as agreed with LOCOG Sport and the IOC. These vans will be in addition to the team buses.

Public transport

NOC accredited clients will be entitled to travel free of charge within zones 1–9 of the London public transport network over the course of the Games on London Underground (tube), London Overground (rail), Docklands Light Railway (DLR), buses, national rail and trams.

Please note that Heathrow Express, Gatwick Express and Stansted Express services are not included in zones 1–9. NOC clients will also be able to use the Javelin® service free of charge, which operates 24 hours a day on Olympic competition days between St Pancras International and Stratford International stations.

Directory



Venue

Competition and training venue

ExCeL

One Western Gateway
Royal Victoria Dock
London, E16 1XL
United Kingdom

International Weightlifting Federation (IWF)

The International Weightlifting Federation (IWF) was founded in 1905, and is the longstanding international governing body for Olympic Weightlifting: it sets and defines the rules for the sport, controls international events, and assists in the development of national federations. The IWF now represents 187 affiliated national federations, overseeing official competitions in which more than 10,000 athletes compete each year.

International Weightlifting Federation (IWF)

H-1146 Budapest
Istvánmezei ut 1-3
Hungary
tel: +36 1 353 0530
fax: +36 1 353 0199
email: iwf@iwfnet.net
URL: www.iwf.net

President: Dr Tamás Aján
General Secretary: Ma Wenguang

British Weightlifting

Founded in 1910 as the British Amateur Weight Lifters' Association (BAWLA), British Weightlifting was formed with the express purpose of bringing together all amateur weightlifters within the United Kingdom into a united, self-governing organisation. It is the governing body for all Weightlifting competitions in the UK, for both able-bodied athletes and athletes with a disability, and promotes all aspects of the sport.

British Weightlifting

110 Cavendish
Leeds Metropolitan University Headingley Campus
Headingley
Leeds, LS6 3QS
United Kingdom
tel: +44 (0)113 812 7098
email: support@bwla.co.uk
URL: www.britishweightlifting.org

President: Louis Martin MBE
Chairman: David Pendleton
Chief Executive Officer: Steve Cannon

International Olympic Committee (IOC)

The International Olympic Committee was created on 23 June 1894. Less than two years later, on 6 April 1896, the first Olympic Games of the modern era opened in Athens, and the Olympic Movement has not stopped growing ever since. The Olympic Movement encompasses organisations, athletes and other persons who agree to be guided by the principles of the Olympic Charter. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind, in a spirit of friendship, solidarity and fair play.

International Olympic Committee

Château de Vidy
1007 Lausanne
Switzerland
tel: +41 (0)21 621 6111
fax: +41 (0)21 621 6216
URL: www.olympic.org

President: Jacques Rogge
Chairman of the Coordination Commission for the Games of the XXX Olympiad:
Denis Oswald
Olympic Games Executive Director: Gilbert Felli
Sports Director: Christophe Dubi
NOC Relations Director: Pere Miró

London Organising Committee of the Olympic Games and Paralympic Games (LOCOG)

London won the right to stage the Games of the XXX Olympiad on 6 July 2005. The London Organising Committee of the Olympic Games and Paralympic Games (LOCOG) is responsible for preparing and staging the Games in 2012. LOCOG's key partners include the Olympic Delivery Authority (ODA), which is responsible for building the new venues and infrastructure for the Games and their use after 2012; the Mayor of London, the Greater London Authority (GLA) and the broader GLA family; the Government Olympic Executive and Department for Culture, Media and Sport, part of the UK Government; the Nations and Regions Group, which ensures all parts of the UK benefit from the Games; the British Olympic Association; ParalympicsGB; the Olympic Park Legacy Company; and a variety of international and UK commercial partners.

London 2012

One Churchill Place
Canary Wharf
London, E14 5LN
United Kingdom
tel: +44 (0)20 3 2012 000
fax: +44 (0)20 3 2012 001
URL: www.london2012.com

Chairman: Sebastian Coe
Chief Executive: Paul Deighton
Director of Sport: Debbie Jevans
Head of NOC and NPC Services and Relations: James Macleod

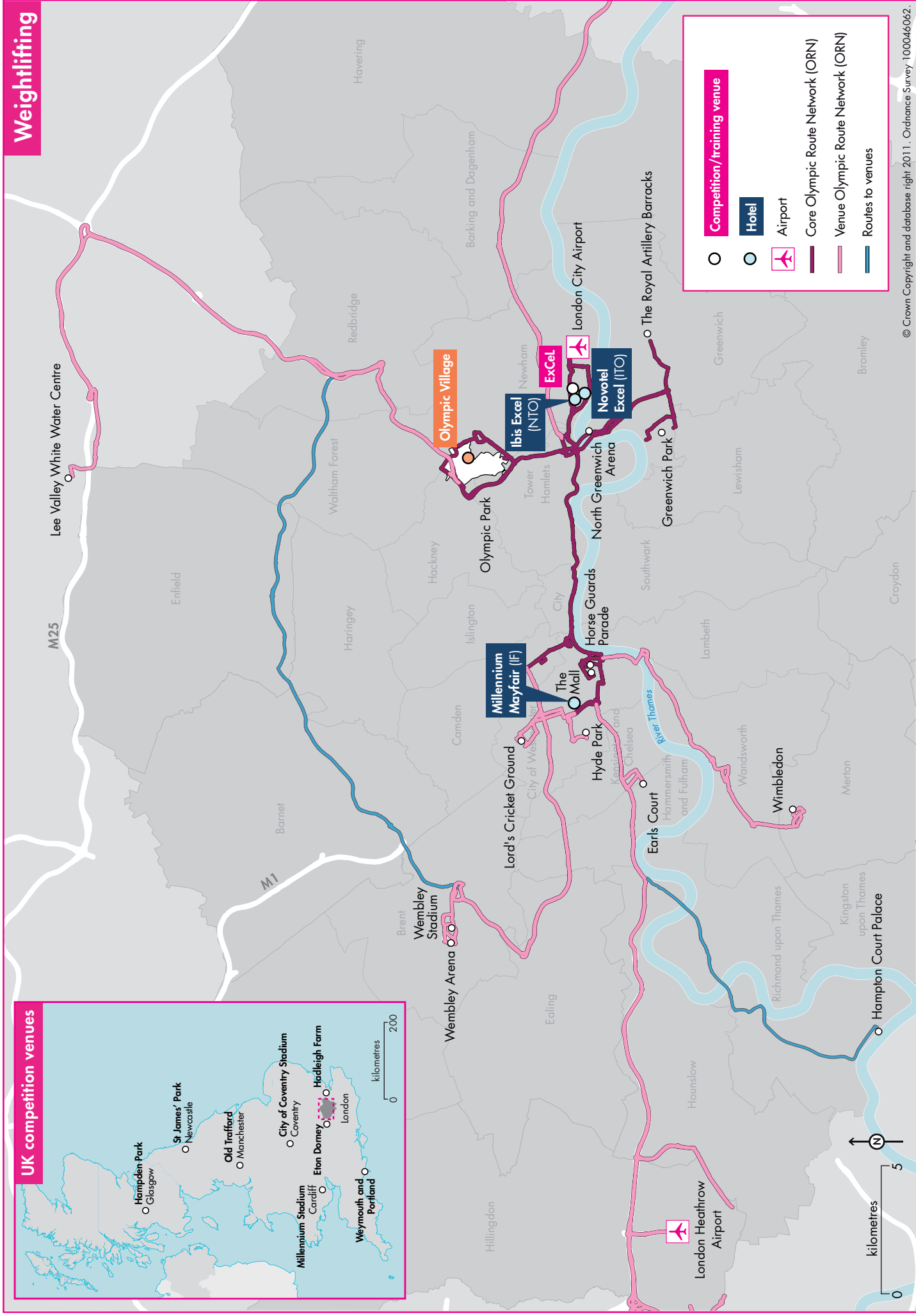
NOC and NPC Services and Relations
email: noc-npc@london2012.com

Matthew Curtain, Weightlifting Manager
email: matthew.curtain@london2012.com

Maps

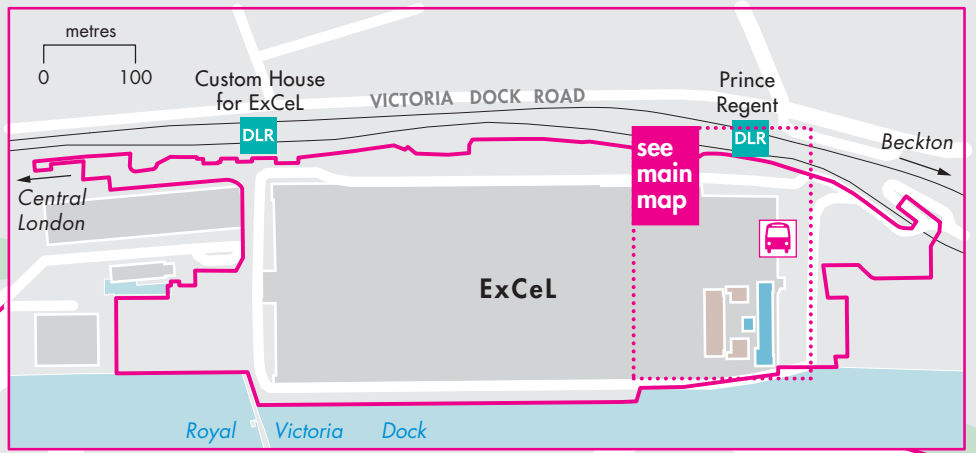


Weightlifting

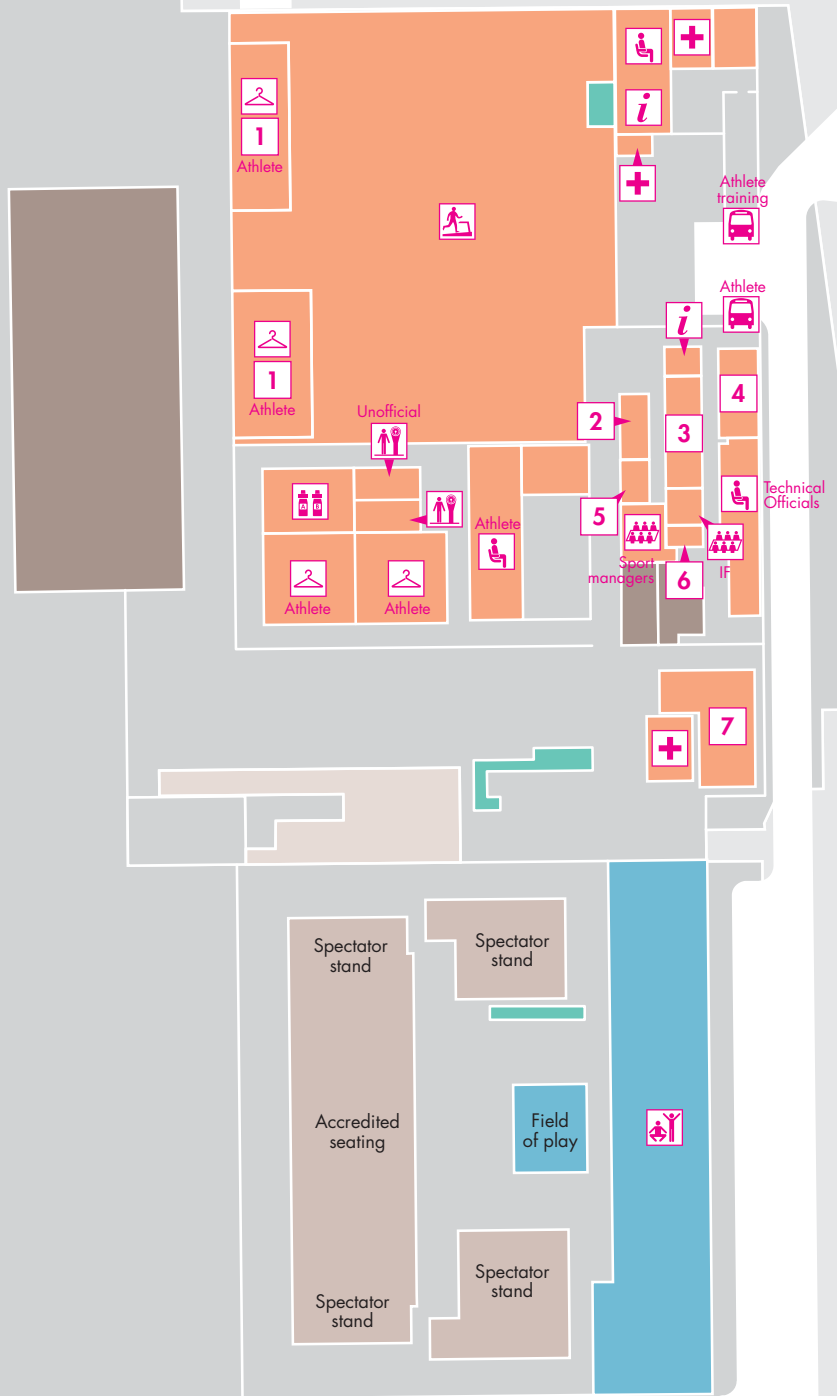


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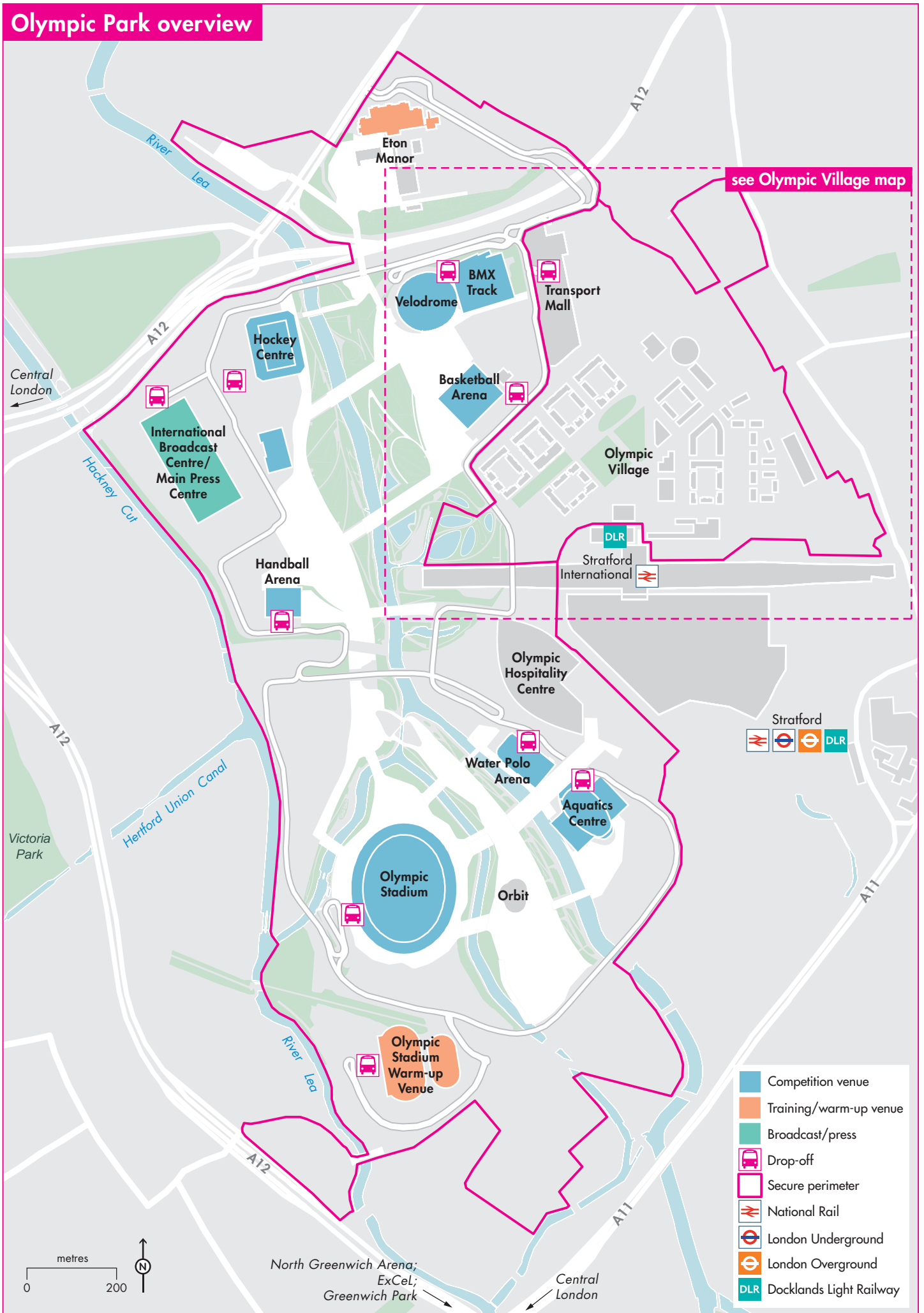
Weightlifting – ExCeL



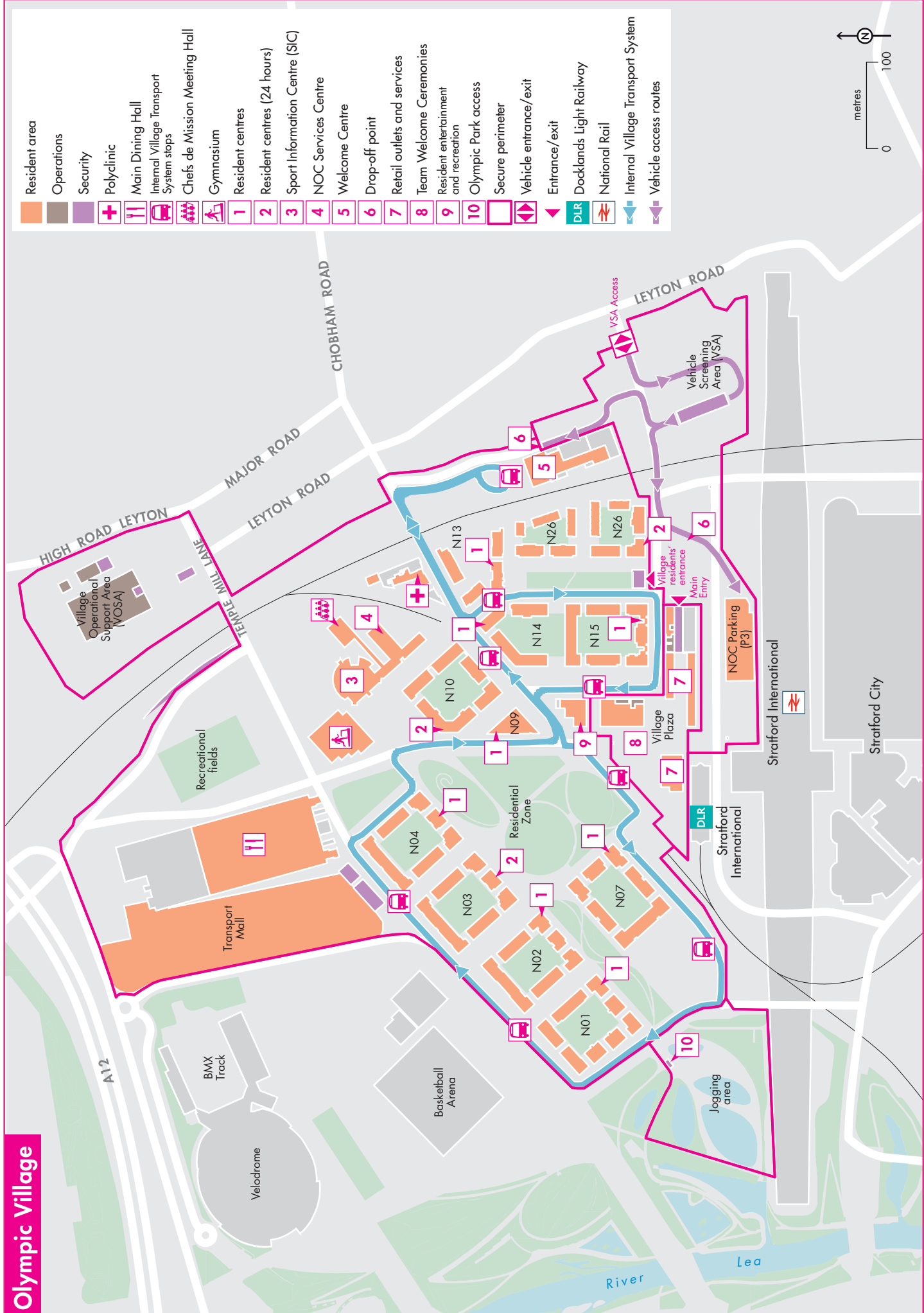
- Sport area
- Field of play
- Operations
- Mixed zone
- Spectator area/stand
- Athlete medical
- Call room
- Changing rooms/showers
- Doping control
- Drop-off
- Lounge
- Meeting room
- Sport Information Desk
- Training area
- Warm-up area
- Weigh-in
- Sauna
- Competition jury room
- IF rooms
- Technical delegate's office 2
- Technical delegate's office 1
- Sport manager's office
- Athlete rest area
- Venue perimeter
- Docklands Light Railway



Olympic Park overview



Olympic Village



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