



Weightlifting Sport Update

December 2020

About this Sport Update

Published in December 2020, the series of Sport Updates offer a summary of competition-related material about each sport at Tokyo 2020 and provide a variety of information to help teams in their planning and preparation for the Games.

General information such as accreditation, accommodation, transport, COVID-19 countermeasures, etc., is not included because it is still in the process of being finalised, but interim information relating to these areas is continually being published on Tokyo 2020 Connect as it is confirmed.

All information provided in this Sport Update was correct at the time of publication, but some details may have changed prior to the Games.

NOC representatives are advised to regularly check the IOC's NOCnet and Tokyo 2020 Connect for the latest updates, especially regarding competition schedules.

Team Leaders' Guides explaining Games-time plans for sports in greater detail will be distributed to NOCs in May 2021.

WELCOME



On behalf of the Tokyo Organising Committee of the Olympic and Paralympic Games, I am delighted to present the Weightlifting Sport Update for the Games of the XXXII Olympiad.

We have been working diligently to provide facilities, services and protocols which will allow everyone involved in the Games to achieve all three of Tokyo 2020's core concepts: achieving personal bests, unity in diversity, and connecting to tomorrow.

Included is information about:

- processes relating to competition and training
- key dates and personnel
- competition schedule, format and rules
- venue facilities and services

We trust it will assist you with your planning for the Olympic Games Tokyo 2020. If you require any additional information that is not found in this guide, do not hesitate to check Tokyo 2020 Connect or contact the sport manager.

Please rest assured that the Olympic flame will not go out and will continue to burn in our hearts until the Olympic Games Tokyo 2020 next summer.

We look forward to welcoming you all with our unique Japanese hospitality when you arrive in Tokyo in July 2021.

Kind regards,

小谷 実可子

KOTANI Mikako
Sport Director, Tokyo 2020

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Weightlifting at the Olympic Games

Weightlifting is one of the oldest and most natural competitive activities in the world: images of athletes lifting heavy objects for sport appear in ancient Egyptian records, Chinese texts and Greek carvings. Shortly 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 men representing six countries. At these early competitions, there were no bodyweight categories with the winner being whoever lifted the greatest weight, regardless of their size.

Weightlifting featured at the first modern Olympic Games in Athens in 1896 and again at St Louis 1904 before becoming a permanent fixture on the Olympic programme from Antwerp 1920 onwards. Women's events were added for the first time at Sydney 2000.

The Olympic Weightlifting programme (Snatch and Clean & Jerk which are added for a Total) has been unchanged since 1976. There are significant differences between the two types of lifts - the Snatch requires speed, balance and flexibility while the Clean & Jerk demands more power. The fact athletes are ranked by a combination of the two scores proves the all-round character of Weightlifting and is an expression of the Olympic values 'Citius, Altius, Fortius'.

From Athens 1896 to Rio 2016, 3,609 male and 464 female weightlifters have participated in Olympic competition.

Key Personnel

International Weightlifting Federation (IWF)

Interim President: Michael IRANI (GBR)

General Secretary: Mohammed JALOOD (IRQ)

Director General: TBD

IF Technical Delegates: Nicu VLAD (ROU), Sam COFFA (AUS)

Tokyo 2020 Competition Management

Weightlifting Sport Manager:

CHINEN Reiko Kato (JPN)

Weightlifting Services Manager:

OHASHI Sayaka (JPN)

Weightlifting Technical Operations Manager:

OCHI Tsubasa (JPN)

Weightlifting IF Services Manager:

Eduardo VILLANOVA (BRA)

Weightlifting Administration Supervisor:

SAEKI Yoshimi (JPN)

Weightlifting Sport Information Supervisor:

Karol WIECZOREK (POL)

Weightlifting Athlete Services Supervisor:

SATO Hiromi (JPN)

Weightlifting TOs Services Supervisor:

Hugo AIROSA (FRA)

Weightlifting FOP and Sport Equipment Supervisor:

Anastasios PAPPAS (GRE)

Weightlifting Training Venue Supervisor:

Kris KIMURA (USA)



CHINEN Reiko Kato

Weightlifting Sport Manager, Tokyo 2020

Chinen Reiko Kato was a weightlifting athlete and is recognised as one of the female pioneers of the sport in Japan. She coached the Japan national junior team and has officiated at domestic and international weightlifting events. Chinen decided to focus more on the technical side of the sport and officiated at five Olympic Summer Games from 2000 to 2016, including twice as Jury President. She has served as an International Weightlifting Federation (IWF) Technical Committee Member since 2005 and as editor of the IWF Technical and Competition Rules & Regulations since 2013. As a member of the IWF Sport Programme Commission, she helped create the new individual Olympic Qualification System introduced in 2018 and also served as Technical Director for the Organising Committee of the 2014 and 2018 IWF World Championships in Almaty, Kazakhstan and Ashgabat, Turkmenistan respectively. Chinen worked for the Tokyo 2016 and 2020 Olympic Bid Committees and holds a Master of Science as well as a Master of Arts degree in Sport and Olympic Studies.

International Technical Officials (ITOs)

60 ITOs (TBD)

National Technical Officials (NTOs)

63 NTOs (TBD)

Weightlifting competition

The Weightlifting competition at Tokyo 2020 will be held from Saturday 24 July to Wednesday 4 August 2021 at the Tokyo International Forum in the Heritage Zone. The competition will consist of 14 medal events (bodyweight categories), summarised below:

Medal events

| Men (7) | Women (7) |
|---------|-----------|
| 61kg | 49kg |
| 67kg | 55kg |
| 73kg | 59kg |
| 81kg | 64kg |
| 96kg | 76kg |
| 109kg | 87kg |
| +109kg | +87kg |

A total of 196 athletes may take part in the Tokyo 2020 Weightlifting competition. This figure comprises 98 male and 98 female athletes, which will be the first time gender equality has been achieved in Weightlifting at the Olympic Games.

Key dates

| | |
|------------------------|--|
| 5 JULY 2021 | Sport entries final deadline (23:59 JST) |
| 13 JULY 2021 | Olympic Village official opening |
| 14 JULY 2021 | Start of official training |
| 23 JULY 2021 | Olympic Games Opening Ceremony |
| 24 JULY 2021 (DAY 1) | Start of Weightlifting competition |
| 4 AUGUST 2021 (DAY 12) | End of Weightlifting competition |
| 8 AUGUST 2021 (DAY 16) | Olympic Games Closing Ceremony |
| 11 AUGUST 2021 | Olympic Village closes |

Competition format

Each competition consists of two parts - the Snatch and the Clean & Jerk - with a 10-minute break between each discipline. 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 cannot compete in the Clean & 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 number first), the order of the athletes' previous attempt(s) (the athlete who lifted earlier comes first); and the start number of the athlete (lowest first).

Athletes are allowed one minute between the calling of their names and the start of each attempt, or two minutes if they are making consecutive attempts. Three 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 competition rankings.

If there is a tie, the athlete who made the total first in time will win. The following factors are considered to decide this:

1. The athlete who snatched more (has the lowest Clean & Jerk result) wins
2. If still tied, the athlete who achieved the Clean & Jerk result on the lowest attempt number wins
3. If still tied, the athlete who lifted the lightest weight at the previous attempt(s) wins
4. If still tied, the athlete with the lower lot number (who lifted first) wins

In the case of tie(s) in different group(s), the athlete(s) who competed earlier in time will be ranked higher, regardless of the attempt number at which the athletes reached the relevant result.

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 Technical and Competition Rules & Regulations

www.iwf.net/downloads/?did=598

The Olympic Charter

www.olympic.org/documents/olympic-charter

In accordance with Rule 46 of the IOC Olympic Charter, the IWF will be responsible for the technical control and direction of Weightlifting at Tokyo 2020.

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 Technical and Competition Rules and Regulations

www.iwf.net/downloads/?did=598 with particular reference to Section 4: Athletes' Outfit

The Olympic Charter

www.olympic.org/documents/olympic-charter with particular reference to Rule 50: Advertising, Demonstrations, Propaganda and Bye-law to Rule 50.

Guidelines Regarding Authorised Identifications for the Games of the XXXII Olympiad, Tokyo 2020 (IOC will distribute these guidelines to all NOCs)

The prohibition of any advertising and publicity in and above Olympic sites (as expressed in the Olympic Charter) is one of the aspects that differentiate the Olympic Games from other international events.

This is reflected in particular in Bye-law to Rule 50 of the Olympic Charter as follows:

No form of publicity or propaganda, commercial or otherwise, may appear on persons, on sportswear, accessories or, more generally, on any article of clothing or equipment whatsoever worn or used by the athletes or other participants in the Olympic Games, except the identification [...] of the manufacturer of the article or equipment concerned, provided that such identification shall not be marked conspicuously for advertising purposes.

Placing the national and Olympic identity of athletes at the forefront helps to further distinguish the Olympic Games, whilst respecting the significant contribution that sporting goods manufacturers provide.



Weightlifting

Competition Schedule Event Details

Version: 2.00

| Day 1 | | Sat 24 Jul 2021 | | *Break between Snatch and Clean & Jerk is 10 mins |
|----------------|--------------|---|-------------------|---|
| Session | WLF01 | Start: 9:50 | End: 12:00 | Tokyo International Forum |
| Time | Total | Event name | | |
| 9:50 - 12:00 | 2:10 | Women's 49kg: Group B | | |
| Session | WLF02 | Start: 13:50 | End: 16:00 | Tokyo International Forum |
| Time | Total | Event name | | |
| 13:50 - 15:40 | 1:50 | Women's 49kg: Group A | | |
| 15:50 - 16:00 | 0:10 | Women's 49kg Victory Ceremony | | |
| Day 2 | | Sun 25 Jul 2021 | | *Break between Snatch and Clean & Jerk is 10 mins |
| Session | WLF03 | Start: 11:50 | End: 14:00 | Tokyo International Forum |
| Time | Total | Event name | | |
| 11:50 - 14:00 | 2:10 | Men's 61kg: Group B and Men's 67kg: Group B | | |
| Session | WLF04 | Start: 15:50 | End: 18:00 | Tokyo International Forum |
| Time | Total | Event name | | |
| 15:50 - 17:40 | 1:50 | Men's 61kg: Group A | | |
| 17:50 - 18:00 | 0:10 | Men's 61kg Victory Ceremony | | |
| Session | WLF05 | Start: 19:50 | End: 22:00 | Tokyo International Forum |
| Time | Total | Event name | | |
| 19:50 - 21:40 | 1:50 | Men's 67kg: Group A | | |
| 21:50 - 22:00 | 0:10 | Men's 67kg Victory Ceremony | | |
| Day 3 | | Mon 26 Jul 2021 | | *Break between Snatch and Clean & Jerk is 10 mins |
| Session | WLF06 | Start: 13:50 | End: 16:00 | Tokyo International Forum |
| Time | Total | Event name | | |
| 13:50 - 16:00 | 2:10 | Women's 55kg: Group B | | |
| Session | WLF07 | Start: 19:50 | End: 22:00 | Tokyo International Forum |
| Time | Total | Event name | | |
| 19:50 - 21:40 | 1:50 | Women's 55kg: Group A | | |
| 21:50 - 22:00 | 0:10 | Women's 55kg Victory Ceremony | | |

Day 4 **Tue 27 Jul 2021** *Break between Snatch and Clean & Jerk is 10 mins

| | | |
|----------------------|--------------------------------|---|
| Session WLF08 | Start: 11:50 End: 14:00 | Tokyo International Forum |
| Time | Total | Event name |
| 11:50 - 14:00 | 2:10 | Women's 59kg: Group B and Women's 64kg: Group B |
| Session WLF09 | Start: 15:50 End: 18:00 | Tokyo International Forum |
| Time | Total | Event name |
| 15:50 - 17:40 | 1:50 | Women's 59kg: Group A |
| 17:50 - 18:00 | 0:10 | Women's 59kg Victory Ceremony |
| Session WLF10 | Start: 19:50 End: 22:00 | Tokyo International Forum |
| Time | Total | Event name |
| 19:50 - 21:40 | 1:50 | Women's 64kg: Group A |
| 21:50 - 22:00 | 0:10 | Women's 64kg Victory Ceremony |

Day 5 **Wed 28 Jul 2021** *Break between Snatch and Clean & Jerk is 10 mins

| | | |
|----------------------|--------------------------------|----------------------------------|
| Session WLF11 | Start: 13:50 End: 16:00 | Tokyo International Forum |
| Time | Total | Event name |
| 13:50 - 16:00 | 2:10 | Men's 73kg: Group B |
| Session WLF12 | Start: 19:50 End: 22:00 | Tokyo International Forum |
| Time | Total | Event name |
| 19:50 - 21:40 | 1:50 | Men's 73kg: Group A |
| 21:50 - 22:00 | 0:10 | Men's 73kg Victory Ceremony |

Day 8 **Sat 31 Jul 2021** *Break between Snatch and Clean & Jerk is 10 mins

| | | |
|----------------------|--------------------------------|---|
| Session WLF13 | Start: 11:50 End: 14:00 | Tokyo International Forum |
| Time | Total | Event name |
| 11:50 - 14:00 | 2:10 | Men's 81kg: Group B and Men's 96kg: Group B |
| Session WLF14 | Start: 15:50 End: 18:00 | Tokyo International Forum |
| Time | Total | Event name |
| 15:50 - 17:40 | 1:50 | Men's 81kg: Group A |
| 17:50 - 18:00 | 0:10 | Men's 81kg Victory Ceremony |
| Session WLF15 | Start: 19:50 End: 22:00 | Tokyo International Forum |
| Time | Total | Event name |
| 19:50 - 21:40 | 1:50 | Men's 96kg: Group A |
| 21:50 - 22:00 | 0:10 | Men's 96kg Victory Ceremony |

Day 9 **Sun 1 Aug 2021** *Break between Snatch and Clean & Jerk is 10 mins

| | | |
|----------------------|--------------------------------|----------------------------------|
| Session WLF16 | Start: 13:50 End: 16:00 | Tokyo International Forum |
| Time | Total | Event name |
| 13:50 - 16:00 | 2:10 | Women's 76kg: Group B |
| Session WLF17 | Start: 19:50 End: 22:00 | Tokyo International Forum |
| Time | Total | Event name |
| 19:50 - 21:40 | 1:50 | Women's 76kg: Group A |
| 21:50 - 22:00 | 0:10 | Women's 76kg Victory Ceremony |

Day 10 **Mon 2 Aug 2021** *Break between Snatch and Clean & Jerk is 10 mins

| | | |
|----------------------|--------------------------------|--|
| Session WLF18 | Start: 11:50 End: 14:00 | Tokyo International Forum |
| Time | Total | Event name |
| 11:50 - 14:00 | 2:10 | Women's 87kg: Group B and Women's +87kg: Group B |
| Session WLF19 | Start: 15:50 End: 18:00 | Tokyo International Forum |
| Time | Total | Event name |
| 15:50 - 17:40 | 1:50 | Women's 87kg: Group A |
| 17:50 - 18:00 | 0:10 | Women's 87kg Victory Ceremony |
| Session WLF20 | Start: 19:50 End: 22:00 | Tokyo International Forum |
| Time | Total | Event name |
| 19:50 - 21:40 | 1:50 | Women's +87kg: Group A |
| 21:50 - 22:00 | 0:10 | Women's +87kg Victory Ceremony |

Day 11 **Tue 3 Aug 2021** *Break between Snatch and Clean & Jerk is 10 mins

| | | |
|----------------------|--------------------------------|----------------------------------|
| Session WLF21 | Start: 13:50 End: 16:00 | Tokyo International Forum |
| Time | Total | Event name |
| 13:50 - 16:00 | 2:10 | Men's 109kg: Group B |
| Session WLF22 | Start: 19:50 End: 22:00 | Tokyo International Forum |
| Time | Total | Event name |
| 19:50 - 21:40 | 1:50 | Men's 109kg: Group A |
| 21:50 - 22:00 | 0:10 | Men's 109kg Victory Ceremony |

Day 12 **Wed 4 Aug 2021** *Break between Snatch and Clean & Jerk is 10 mins

| | | |
|----------------------|--------------------------------|----------------------------------|
| Session WLF23 | Start: 13:50 End: 16:00 | Tokyo International Forum |
| Time | Total | Event name |
| 13:50 - 16:00 | 2:10 | Men's +109kg: Group B |
| Session WLF24 | Start: 19:50 End: 22:00 | Tokyo International Forum |
| Time | Total | Event name |
| 19:50 - 21:40 | 1:50 | Men's +109kg: Group A |
| 21:50 - 22:00 | 0:10 | Men's +109kg Victory Ceremony |

Pre-competition procedures

Verification of final entries meeting

DATE: 22 July 2021

TIME: 10:00 - 11:00

LOCATION: Conference Room, Tokyo International Forum

The verification of final entries meeting will be the last chance for NOCs to confirm entries and modify the Entry Total(s) in line with the IWF Technical and Competition Rules.

Venue familiarisation

DATE: 22 July 2021

TIME: 11:00 - 13:30

LOCATION: Tokyo International Forum

Technical congress

DATE: 22 July 2020

TIME: 15:30 - 16:30

LOCATION: Conference Room, Tokyo International Forum

Weigh-ins

Weightlifting weigh-ins will be conducted by IWF Technical Officials at the Tokyo International Forum two hours before the start of each group/session and will last for one hour. Athletes will have access to the test scale, which will be available close to the Official Weigh-In Room, before the official weigh-in.

If any athlete fails to make the bodyweight of the category in which he/she is officially entered, he/she will be excluded from the competition of the event. Test scales for non-competing athletes – athletes who are not scheduled to compete that day – are located in the changing rooms at the training venue and will be available between 10:00 and 20:00.

| DATE | WEIGHT CATEGORIES | WEIGH-IN TIMES |
|---------------|---|---|
| 24 July 2021 | W 49kg Group B W 49kg Group A | 07:20 - 08:20 10:50 - 11:50 |
| 25 July 2021 | M 61kg Group B & M 67kg Group B M 61kg Group A M 67kg Group A | 09:50 - 10:50 13:50 - 14:50 17:50 - 18:50 |
| 26 July 2021 | W 55kg Group B W 55kg Group A | 11:50 - 12:50 17:50 - 18:50 |
| 27 July 2021 | W 59kg Group B & W 64kg Group B W 59kg Group A W 64kg Group A | 09:50 - 10:50 13:50 - 14:50 17:50 - 18:50 |
| 28 July 2021 | M 73kg Group B M 73kg Group A | 11:50 - 12:50 17:50 - 18:50 |
| 31 July 2021 | M 81kg Group B & M 96kg Group B M 81kg Group A M 96kg Group A | 09:50 - 10:50 13:50 - 14:50 17:50 - 18:50 |
| 1 August 2021 | W 76kg Group B W 76kg Group A | 11:50 - 12:50 17:50 - 18:50 |
| 2 August 2021 | W 87kg Group B & W +87kg Group B W 87kg Group A W +87kg Group A | 09:50 - 10:50 13:50 - 14:50 17:50 - 18:50 |
| 3 August 2021 | M 109kg Group B M 109kg Group A | 11:50 - 12:50 17:50 - 18:50 |
| 4 August 2021 | M +109kg Group B M +109kg Group A | 11:50 - 12:50 17:50 - 18:50 |

Competing athletes – athletes scheduled to compete that day – and their accompanying team officials (maximum of three team officials per athlete or four team officials per two athletes for a combined Group B session) will be served a hot meal in the Athletes' Lounge after their weigh-in. The meal will be served 90 minutes after the scheduled start of each weigh-in. Only athletes with an Athlete Pass and team officials with a Warm-Up Pass for the relevant session will be able to access the Athletes' Lounge for competing athletes.

Competition procedures

Introduction of athletes and technical officials

The competition officially starts with the introduction of athletes. After the introduction of athletes and prior to the introduction of the Technical Officials, the timing clock starts a countdown of ten minutes. Athletes in the group are introduced in order of athlete start number. Once the introductions are complete, athletes will return to the warm-up area and continue/start warming up. The Technical Officials of the group, except Jury Members, are introduced on stage; Jury Members are introduced at their table.

Post-competition procedures

Leaving the field of play

All athletes are required to proceed to the mixed zone when leaving the field of play. Medallists will be guided directly to the mixed zone from the competition stage immediately after the Victory Ceremony, while non-medallists are requested to pick up their accreditation at the Warm-up check out table and proceed to the mixed zone.

Doping control

Athletes selected for doping control will be notified in person and escorted to the Doping Control Station by a chaperone as soon as practically possible after they have finished competing. It is the responsibility of the athlete to remain under continuous observation of the chaperone after notification. Athletes will collect the accreditation cards from the warm-up check-out table after being tagged by the chaperone.

Mixed zone

TBD

Press conferences

TBD

Victory ceremonies

TBD

Competition venue

Tokyo International Forum (Hall A)

3-5-1 Marunouchi
Chiyoda-ku Tokyo
Japan

The Tokyo International Forum, which is located in Tokyo's central Marunouchi district, is a convention and arts centre equipped with a range of facilities. It is highly rated for its architecture and is known as one of Tokyo's leading landmarks. Tokyo International Forum will have a gross capacity of 5,000 for Weightlifting at Tokyo 2020.

Venue access

The venue will open for athletes and team officials one hour before the first weigh-in or one hour before the first training session, whichever is scheduled earlier. The venue will close one hour after competition concludes or one hour after the last training session has concluded, whichever is scheduled later.

Athletes travelling from the Olympic Village using TA transport will be dropped off at the athletes' load zone located underground, near the entrance to the training venue.

Field of play

The field of play for the Weightlifting competition at Tokyo International Forum will contain one competition platform and a warm-up area located behind the competition platform. The field of play and all equipment will be presented in accordance with IWF rules.

Venue transport

TBD

Venue facilities and services

Training facilities

The training venue is located in a separate hall on the second basement floor (B2) of Tokyo International Forum. The training venue contains 50 training platforms, changing rooms and a fitness space.

Changing rooms, showers and toilets

The changing rooms for competing athletes are located on the fourth floor of Tokyo International Forum. Each changing room contains showers, toilets, and test scales.

Athletes' Lounge

The Athletes' Lounge for competing athletes – athletes who are scheduled to compete that day – is located near the Official Weigh-in Room on the fourth floor and will contain a refreshment station serving whole fruits, cold snacks, Coca-Cola beverages and hot drinks. The lounge will also be equipped with tables, chairs, and a television displaying the live competition feed. Free-of-charge wireless internet access will also be available in the lounge. During competition, only athletes with an Athlete Pass and team officials with a Warm-Up Pass for the relevant session will be able to access the Athletes' Lounge for competing athletes.

Towels

Towels will be provided in the warm-up area for competing athletes. Athletes are requested to use towels provided by Tokyo 2020 in order to avoid any potential breach of Rule 50.

Food and beverage

A hot meal will be served on competition days in the Athletes' Lounge for competing athletes and team officials who hold an Athlete Pass and Warm-up Pass. The meal does not have to be ordered in advance and will be served 90 minutes after the scheduled start of each weigh-in. The meals will consist of rice, bread, pasta, meat or fish, beans, vegetables, fruit, dairy products, confectionery, and energy bars.

Athletes' rest area

The athletes' rest area is located on the south side of the field of play. The rest area will contain massage beds and chairs.

Saunas

Saunas for competing athletes – athletes who are scheduled to compete that day – are located on the third floor, on a different floor to the field of play.

Scales

Official scales are located in the Official Weigh-in Room on the fourth floor. A test scale is located in the Test Weigh-in Room and will be available for use before the official weigh-in. Test scales are also available inside the changing rooms for competing athletes, as well as the training venue changing rooms and sauna/shower area.

Sport Information Centre (SID)

The SID at Tokyo International Forum is located near the athletes' rest area, on the same floor as the field of play. The SID will only operate on competition days and open one hour before the first session commences and close 30 minutes after competition concludes.

Medical services

The athletes' medical station at Tokyo International Forum is located on the south side of the field of play, next to the doping control station. The medical station will provide services such as first aid, emergency care, sports medicine and physical therapy services to athletes and team officials. The athlete medical team will consist of at least one doctor and one physiotherapist, and nurses.

Doping control

The doping control station is located on the third floor, the same floor as the field of play.

Mixed zone and press conference room

There are three mixed zones located on the south side of the field of play where accredited media interview Weightlifting athletes after competition. The press conference room is also located on the same floor as the field of play.

Training venue

Tokyo International Forum (Hall E)

3-5-1 Marunouchi
Chiyoda-ku Tokyo
Japan

Training for Weightlifting will take place at Tokyo International Forum in a separate hall located on a different floor (second basement floor) to the competition venue.

The training venue will be open from Wednesday 14 July to Wednesday 4 August 2021. NOCs will be able to access facilities according to the training schedule.

The Weightlifting training facilities at Tokyo International Forum will include 40 platforms; which was reduced from the original 50 platforms due to COVID-19 countermeasures.

All equipment will be approved by the IWF and will comply with Rule 50 and Bye-law to Rule 50 of the IOC Olympic Charter.

Training transport

TBD

Training schedule

| Date | Start Time | Finish Time | NOC Group* | Location | Media Access |
|-------------|------------|-------------|------------|------------------------------------|--------------|
| TUE 14 JULY | 12:00 | 14:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 14:00 | 16:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 16:00 | 18:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 18:00 | 20:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| WED 15 JUL | 10:00 | 12:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| THU 16 JUL | 10:00 | 12:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| FRI 17 JUL | 10:00 | 12:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 3 | Tokyo International Forum - Hall E | Open |

| | | | | | |
|------------|-------|-------|---------|------------------------------------|------|
| SAT 18 JUL | 10:00 | 12:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| SUN 19 JUL | 10:00 | 12:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| MON 20 JUL | 10:00 | 12:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| TUE 21 JUL | 10:00 | 12:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| WED 22 JUL | 10:00 | 12:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| THU 23 JUL | 10:00 | 12:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| FRI 24 JUL | 10:00 | 11:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 11:00 | 12:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 12:00 | 13:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 13:00 | 14:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| SAT 25 JUL | 10:00 | 12:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| SUN 26 JUL | 10:00 | 12:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 2 | Tokyo International Forum - Hall E | Open |

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|------------|-------|-------|---------|------------------------------------|------|
| | 15:00 | 17:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| MON 27 JUL | 10:00 | 12:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| TUE 28 JUL | 10:00 | 12:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| WED 29 JUL | 10:00 | 12:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| THU 30 JUL | 10:00 | 12:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| FRI 31 JUL | 10:00 | 12:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| SAT 1 AUG | 10:00 | 12:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| SUN 2 AUG | 10:00 | 12:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| MON 3 AUG | 10:00 | 12:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 4 | Tokyo International Forum - Hall E | Open |

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|-----------|-------|-------|---------|------------------------------------|------|
| TUE 4 AUG | 10:00 | 12:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| WED 5 AUG | 10:00 | 12:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| THU 6 AUG | 10:00 | 12:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| FRI 7 AUG | 10:00 | 12:30 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| SAT 8 AUG | 10:00 | 12:30 | Group 2 | Tokyo International Forum - Hall E | Open |
| | 12:30 | 15:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 15:00 | 17:30 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 17:30 | 20:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| SUN 9 AUG | 10:00 | 11:00 | Group 3 | Tokyo International Forum - Hall E | Open |
| | 11:00 | 12:00 | Group 4 | Tokyo International Forum - Hall E | Open |
| | 12:00 | 13:00 | Group 1 | Tokyo International Forum - Hall E | Open |
| | 13:00 | 14:00 | Group 2 | Tokyo International Forum - Hall E | Open |

* The list of NOC group allocations will be available at the Sport Information Centre (SIC) and on Info.

Training facilities

Athletes' Lounge

The Athletes' Lounge at the training venue is located on the second basement floor (B2). The lounge is equipped with tables, chairs, and a refreshment station serving whole fruits, energy bars and Coca-Cola drinks. Only athletes and team officials participating in their allocated training session can access the Athletes' Lounge at the training venue.

Food and beverage

A refreshment station for athletes who are training and not scheduled to compete on that day and their Team Officials will be available inside the training venue Athletes' Lounge. Only athletes and team officials participating in their allocated training session can access the Athletes' Lounge at the training venue.

Changing rooms

There will be separate changing room facilities for men and women on the second basement floor (B2). The changing rooms do not contain showers or toilets; separate toilets are located nearby.

Test scales

Test scales for non-competing athletes are located inside the changing rooms at the training venue. The scales will be available for use between 10:00 and 20:00.

Saunas and showers

Saunas and showers for non-competing athletes – athletes who are training and not competing on the same day – are located on the third floor, with separate facilities for men and women.

Fitness space

The fitness space at the training venue will be equipped with bench press sets (free weights), back extension benches and abdominal boards.

Medical services

There will be an athletes' medical station at the training venue. At least one doctor and a nurse or physiotherapist and one further Basic Life Support provider will be present at the Weightlifting training venue during official training sessions to perform minor illness and injury management to athletes and team officials and organise transfers to the designated Games hospitals or Olympic Village Polyclinic as necessary.

Training Access Pass (TAP)

TBD

2

Directory

The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020)

Tokyo won the right to stage the Games of the XXXII Olympiad on 7 September 2013. The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) is a private, not-for-profit sports association that was officially formed on 24 January 2014. Spearheaded by former prime minister of Japan, Yoshiro Mori, as president, the organising committee is composed of members from various organisations including the Japanese Olympic Committee (JOC), Japanese Paralympic Committee (JPC), Tokyo Metropolitan Government (TMG) and the national government of Japan.

Tokyo 2020 was assigned its mission by the International Olympic Committee (IOC) and International Paralympic Committee (IPC) and must follow their guidance, the Host City Contract, the Olympic Charter, the IPC Handbook, World Anti-Doping Agency (WADA) regulations and Japanese law.

Tokyo 2020 works in cooperation with Olympic and Paralympic Worldwide Partners, Gold Partners, Official Partners and Official Supporters.

Tokyo 2020

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Chief Executive Officer:
MUTO Toshiro

Chief Operations Officer:
NUNOMURA Yukihiro

Games Delivery Officer:
NAKAMURA Hidemasa

Sports Director:
KOTANI Mikako

Olympic & Paralympic Village Director:
YASHIMA Kazuhiko

NOC/NPC Relations & Services Director:
KOBAYASHI Toru
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Weightlifting Sport Manager:
CHINEN Reiko Kato
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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

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URL: www.olympic.org

President:
Thomas BACH

**Chairman of the Coordination
Commission for the Games of
the XXXII Olympiad:**
John COATES

**Olympic Games Executive
Director:**
Christophe DUBI

Sports Director:
Kit McCONNELL

NOC Relations Director:
James MACLEOD

International Weightlifting Federation (IWF)

The International Weightlifting Federation (IWF) was founded in 1905 and is the longstanding international governing body for Weightlifting at the Olympic Games. It sets and defines the rules for the sport, controls international events and assists in the development of national federations. The IWF now represents 193 affiliated national federations, overseeing official competitions in which more than 10,000 elite athletes compete each year.

International Weightlifting Federation

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URL: www.iwf.net

President:
Dr Michael IRANI

General Secretary:
Mohammed JALOOD

Japan Weightlifting Association (JWA)

In 1933, former IOC member Jigoro Kano bought two sets of barbells in Vienna, Austria which arrived in Japan in 1934. The country's first Weightlifting competition - the Tokyo Civic Championships - took place at the Tokyo YMCA two years later, and that same year the Japan Weightlifting Federation (JWF) was established.

In 1946 the JWF was renamed the Japan Weightlifting Association (JWA) and became fully affiliated with the International Weightlifting Federation (IWF) in 1950. Japanese weightlifters participated at the 1951 Asian Games, and the following year Japan sent a lone weightlifter to the Helsinki 1952 Olympic Games.

Delegations from Japan have competed in Weightlifting ever since, apart from Moscow 1980, including female athletes from Sydney 2000 when women's Weightlifting was first introduced to the Olympic programme.

Japan's first Olympic medallist was Miyake Yoshinobu who won silver in the 56kg (Bantamweight) Category at Rome 1960, before later claiming consecutive Olympic gold medals at Tokyo 1964 and Mexico City 1968. The first Japanese women's Weightlifting medal winner was Miyake Hiromi who took silver in the 48kg Category at London 2012.

Hiromi is the niece of Miyake Yoshinobu and daughter of the current JWA president, Miyake Yoshiyuki, himself a 60kg (Featherweight) Category bronze medallist at Mexico City 1968. Hiromi also won a bronze medal in the 48kg Category at Rio 2016.

The JWA is not only represented by athletes - the organisation has three IWF officials and regularly provides International Technical Officials to various IWF events.

Japan Weightlifting Association

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email: weightlifting@japan-sports.or.jp
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President:

MIYAKE Yoshiyuki

General Secretary:

KOMIYAMA Tetsuo

Director General:

KANO Osamu



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