



# Weightlifting

Explanatory  
Guide



# About the Explanatory Guides

Published in July 2015, the Explanatory Guides offer a detailed introduction to each sport at the Rio 2016 Olympic Games, as well as providing information on a variety of other fundamental topics that may be of importance to teams as they continue their planning and preparations. This guide is divided into several sections:

- A general introduction to Rio de Janeiro and to the Games;
- Sport-specific information on subjects such as the competition format, schedule and venue; rules; training; and qualification criteria;
- General information touching on accreditation, ticketing, accommodation, medical services, doping control and transport;
- A directory that contains contact details, maps and a daily competition schedule for all sports.

All information provided in this Explanatory Guide was correct at the time of publication in July 2015; however, please note that these details may change between this date and the Games. NOCs are advised to check the IOC's NOCnet ([extranet.olympic.org/nocnet](http://extranet.olympic.org/nocnet)) and Rio 2016's Rio Exchange ([rioexchange.rio2016.com](http://rioexchange.rio2016.com)) for important updates on topics, such as to the competition schedule.

Detailed Team Leaders' Guides, covering Games-time plans for every Olympic sport, will be distributed to NOCs in June 2016.



Welcome to the Weightlifting Explanatory Guide for the Rio 2016 Olympic Games. On behalf of Rio 2016, I am pleased to present this document, the content of which has been produced in close collaboration with the International Weightlifting Federation and IOC Sport.

As a commitment to sustainability, these guides are being presented in an electronic-only format. In addition, they have been developed for a mobile-friendly platform; this is an innovative feature Rio 2016 has utilised to make the information more convenient and accessible on a variety of devices.

As the host of the first Games on South American soil, Rio 2016 is committed to showcasing sport in its highest form against the stunning backdrops that Rio de Janeiro has to offer. A variety of competition and training venues, including new and renovated installations, will offer athletes the best conditions to excel in a fair and safe field of play.

In addition, accommodations and facilities at the Olympic Village will provide an engaging environment and offer the best services to meet the needs of athletes and team leaders during their stay in Rio de Janeiro. New transport services will connect the four competition zones and venues throughout Rio to provide easy access across the city during the Games.

We hope this guide will provide all the necessary information in preparation for your participation at the Games in August 2016. We look forward to welcoming you to the Marvellous City for what is sure to be a memorable experience.

**WARM REGARDS,**

A handwritten signature in black ink that reads "Rodrigo Garcia". The signature is fluid and cursive, with a small dot at the end.

**RODRIGO GARCIA**

Rio 2016 Sports Director

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# INTRODUCTION

## Welcome to Rio 2016

The Rio 2016 Olympic Games will demonstrate the determination of all Brazilians in delivering the greatest festival on Earth, proudly advancing, through sport, the national mantra of progress. These pages offer a brief introduction to Rio de Janeiro, its Olympic heritage, the city's plans for the Games and the benefits they will bring to Rio and Brazil.

## Rio de Janeiro, then and now

The former capital of Brazil, Rio de Janeiro is located in the state of the same name on the south-eastern strip of the country's Atlantic coast. It is one of the most visited cities in the southern hemisphere. In January 1502, the second exploratory expedition by the Portuguese, led by Captain Gaspar de Lemos, reached Guanabara Bay. Legend has it that he entered the bay believing it to be a river, so he named it Rio de Janeiro, literally translated as "River of January".

Rio is a picture-postcard city, with lush green mountains, lakes, blue oceans and miles of white, sandy beaches. It is the home of Sugarloaf Mountain, Maracanã stadium, Guanabara Bay and, overlooking it all, the statue of Christ the Redeemer. It is no wonder Rio is known as the "Marvellous City". The friendliness of cariocas (as Rio locals are known) can be witnessed in the streets, in the bars and at the beach.

### CLIMATE

Rio de Janeiro benefits from a mild to warm climate during the winter month of August. Based on statistics from recent years, athletes can expect an average daily high of around 21-22°C (70-72°F) in the Olympic Village. On average, relative humidity ranges from a minimum of approximately 60 per cent to a maximum of approximately 80 per cent. The average monthly rainfall during August is 42 millimetres; the prevailing winds are from the south-west and south-east. The average daylight hours in Rio de Janeiro at Games time (August and September) are from 6.00am to 6.00pm.

### RIO DE JANEIRO IN 2016

#### POPULATION:

6,453,682, estimated in 2014

#### OFFICIAL LANGUAGE:

Portuguese

#### CURRENCY:

Real/Reais (plural)

#### LOCAL TIME:

Greenwich Mean Time (GMT) -3

#### AREA:

1,197 km<sup>2</sup> (Brazil: 8,515,767km<sup>2</sup>)

#### LATITUDE AND LONGITUDE:

22°54'10" S, 43°12'27" W

#### ALTITUDE:

2m

#### GOVERNMENT:

*Prefeitura do Rio de Janeiro*

[www.rio.rj.gov.br](http://www.rio.rj.gov.br)

## The city's Olympic heritage

Brazil is a nation with sport in its blood and has always been a serious competitor in the Olympic Games. Never content with just taking part, the country has long dreamt of hosting the world's biggest sporting event. Brazil's first bid came in 1932, to host the 1936 Games, but Rio de Janeiro failed to advance past the International Olympic Committee's initial selection phase. Sixty years later, Brasilia was a candidate for the 2000 Games, until its bid was withdrawn in the first phase. But Brazilian hopes were not dashed, rooted as they were in a deep belief in the value of the Games, and with the certainty that hosting them would boost national development efforts. With firm, unyielding commitment, the groundwork was already being laid on a path that, with each bid, was taking on an ever more clearly defined direction.

Rio de Janeiro's next attempt was to host the 2004 Olympic Games, but again it did not pass the initial selection phase. The Committee's General Assembly made a strategic decision to focus on a Rio bid for the 2007 Pan American Games, with a commitment to making it the biggest and best such games ever held. Competitors and managers were determined to work towards ensuring that the cream of Brazilian athletes would compete on home soil, at a truly impressive event in state-of-the-art arenas. At the same time, Rio prepared its bid for the 2012 Games, in which the city was up against stiff competition. Despite the acknowledged quality of its bid, it was eliminated from the Candidate City shortlist.

Rio's 2004 and 2012 bids were part of an ongoing process in which the city's positive points were strengthened, and the weaker areas addressed, to provide the structure for the next Olympic bid. In 2007, the organisers of the Pan American Games exceeded all expectations, delivering the best edition in these games' history. The capacity to stage and promote a major sporting event had been proven, and recognition for all the effort expended did not take long to arrive: on 2 October 2009, after a hard-fought campaign, Rio de Janeiro won the right to host the 2016 Olympic and Paralympic Games, the first to be held on South American soil.

## Rio 2016

### THE OLYMPIC GAMES IN BRIEF

#### SPORTS:

28

#### DISCIPLINES:

42

#### MEDAL EVENTS:

306

#### ATHLETES:

10,903

#### COMPETITION VENUES:

37

#### DAYS OF COMPETITION:

19

#### COMPETITION SESSIONS:

698

#### OLYMPIC VILLAGE OFFICIAL

#### OPENING:

24 July 2016

#### OPENING CEREMONY:

5 August 2016

#### CLOSING CEREMONY:

21 August 2016

## COMPETITION VENUES

A total of 37 competition venues, across four (4) zones in Rio de Janeiro and the football cities, will be used for the Olympic Games.

### Barra zone

The Barra zone will be the heart of the Rio 2016 Olympic Games. Located in Zona Oeste (West zone), the area will be a beautiful setting for the competitions. Surrounded by lagoons, mountains and parks, this neighbourhood's idyllic natural setting will be home to the athletes, as well as welcome thousands of spectators and Games visitors. The Olympic Village, Barra Olympic Park, Riocentro, IBC/MPC and Barra Media Accommodation Villages are all located in the Barra zone. Barra will house 15 competition venues, with 16 sports taking place.

### Barra Olympic Park

#### CARIOCA ARENA 1:

Basketball

#### CARIOCA ARENA 2:

Judo, Wrestling (Freestyle, Greco-Roman)

#### CARIOCA ARENA 3:

Fencing, Taekwondo

#### FUTURE ARENA:

Handball

#### MARIA LENK AQUATICS CENTRE:

Aquatics (Diving, Synchronised Swimming)

#### OLYMPIC AQUATICS STADIUM:

Aquatics (Swimming, Water Polo)

#### OLYMPIC TENNIS CENTRE:

Tennis

#### RIO OLYMPIC ARENA

Gymnastics (Artistic, Rhythmic, Trampoline)  
Rio Olympic Velodrome:  
Cycling (Track)

### Other venues in the Barra zone

#### OLYMPIC GOLF COURSE:

Golf

#### PONTAL:

Cycling (Road – Time Trial),  
Athletics (Race Walk)

#### RIOCENTRO - PAVILION 2:

Weightlifting

#### RIOCENTRO - PAVILION 3:

Table Tennis

#### RIOCENTRO - PAVILION 4:

Badminton

#### RIOCENTRO - PAVILION 6:

Boxing

## COPACABANA ZONE

Copacabana is one of the city's most famous neighbourhoods. Located in Rio de Janeiro's *Zona Sul*, or southern area, it boasts a beautiful, crescent-shaped beach that stretches more than four kilometres and is one of the most eye-catching images in the city. On Sundays, the lanes of *Avenida Atlântica* — the beachfront avenue — are closed to cars, so that the carioca population and visitors can enjoy the pleasant promenade atmosphere. Families and people of all ages may practise sport, swim in the ocean or simply relax: this is the Copacabana spirit. With its world-famous beaches, beautiful mountains and globally recognisable landmarks, including Sugarloaf and Corcovado, the Copacabana zone will be the perfect setting for the road competitions. With a population of nearly two million people, the events will certainly benefit from an authentically energetic *carioca* vibe. Copacabana will house four (4) competition venues, with seven (7) sports taking place.



**BEACH VOLLEYBALL ARENA:**

Volleyball (Beach Volleyball)

**FORT COPACABANA:**Aquatics (Marathon Swimming),  
Triathlon, Cycling (Road – Road Race)**LAGOA STADIUM:**

Canoe (Sprint), Rowing

**MARINA DA GLÓRIA:**

Sailing

**DEODORO ZONE**

Located in the western part of Rio, the Deodoro zone is connected to the city centre and beyond by train lines. Venue construction for the Rio 2007 Pan American Games resulted in an increase in the number of youngsters practising sport, and it is anticipated that this level of participation will increase further with the opening of new venues for the Rio 2016 Games. Deodoro will house nine (9) competition venues, with (8) sports taking place.

**DEODORO AQUATICS CENTRE:**

Modern Pentathlon (swimming)

**OLYMPIC BMX CENTRE:**

Cycling (BMX)

**OLYMPIC SHOOTING CENTRE:**

Shooting

**DEODORO STADIUM:**Modern Pentathlon (riding,  
combined event), Rugby**OLYMPIC EQUESTRIAN CENTRE:**Equestrian (Dressage,  
Eventing, Jumping)**WHITEWATER STADIUM:**

Canoe (Slalom)

**MOUNTAIN BIKE CENTRE:**

Cycling (Mountain Bike)

**OLYMPIC HOCKEY CENTRE:**

Hockey

**YOUTH ARENA:**Basketball, Modern  
Pentathlon (fencing)**Maracanã zone**

The Maracanã zone includes two of Rio's most iconic venues: Maracanã and the Sambódromo, in addition to the Olympic Stadium, built for the Rio 2007 Pan American Games, and nicknamed "Engenhão", after the Engenho de Dentro neighbourhood in which it is located. The zone, though part of Zona Norte, the northern area, is located close to the city centre. Hundreds of people visit the Maracanã complex every day, where they take advantage of its spaces for physical exercise, such as walking and jogging. Maracanã will host the Opening and Closing ceremonies of the Olympic Games, as well as Football and the adjacent Maracanãzinho will host the Volleyball competition. The Marathon (Athletics) and Archery competitions will take place in the Sambódromo, while the Olympic Stadium will be home to Athletics (track and field) and Football. In total, the Maracanã zone will house four (4) Olympic venues, with four (4) sports taking place.

**MARACANÃ:**Opening and Closing  
Ceremonies, Football**MARACANÃZINHO:**

Volleyball

**SAMBÓDROMO:**

Archery, Athletics (Marathon)

**OLYMPIC STADIUM:**

Athletics, Football

## Football cities

In addition to Rio de Janeiro, Football events will take place in five (5) other cities, taking the Rio 2016 Games around Brazil. The tournament will benefit of world class stadia, which have hosted the 2014 FIFA World Cup Brazil.

### MARACANÃ STADIUM AND OLYMPIC STADIUM:

Rio de Janeiro

### AMAZÔNIA ARENA:

Manaus

### FONTE NOVA ARENA:

Salvador

### MANÉ GARRINCHA STADIUM:

Brasília

### MINEIRÃO:

Belo Horizonte

### ITAQUERA ARENA:

São Paulo

## AQUECE RIO

*Aquece Rio* ('Rio Warms Up') is the test event programme for the Olympic Games. The test events organised by Rio 2016 will be under the banner of the Aquece Rio series, while others will be staged by the respective International Sports Federations or Brazilian Sport Federations.

In total, 45 test events will have been staged when the programme, which finishes in May 2016, is completed.

The programme will include 34 Olympic, six Paralympic and four joint Olympic and Paralympic test events. More than 7,700 athletes will get a taste of the host city and around 16,000 volunteers will participate in the test events, which will take place across 156 days of competition in total.

There will be three clusters of events, the first between July and October 2015, focusing on outdoor events to provide athletes with the same climatic conditions that can be expected at Games time. The second, from November 2015 to February 2016, will be more focused on indoor events, while the last, between March and May 2016, will allow preparations to be finalised.

Just before the one-year-to-go mark, the International Volleyball Federation (FIVB) will organise the first 2015 test event, with the FIVB World League Finals taking place from 15 to 19 July in the Maracanãzinho, followed by the Olympic and Paralympic Triathlon event in Copacabana on 1 and 2 August; the World Rowing Junior Championships at Lagoa Rodrigo de Freitas, from 5 to 9 August; and the equestrian event at the Olympic Equestrian Centre in Deodoro from 6 to 9 August.

The events provide an important opportunity to test the competition areas and results systems, as well as integrating all the relevant stakeholders and training the team of people who will be responsible for running the events during the Games.

For more details about the test events schedule, please visit [www.aquecerio.com/en](http://www.aquecerio.com/en).

## Celebra

*Celebra*, the Rio 2016 culture programme, will consist of a great celebration of Brazilian and international culture, mainly through free events to be held in public spaces, aiming to expand access to culture and incorporate it into day-to-day city life. Besides interactive installations encouraging engagement with the Rio 2016 Games, there will be a strong artistic programme, emphasising proponents of national and international culture.

The Celebra programme will embody Brazilian history and take it to the streets like never before. Access to culture, in the broadest sense, is at the heart of the programme, which is divided into six segments: literature, dance, music, visual arts, performing arts and everyday life.

## After the Games

The Rio 2016 Games will be a catalyst for change in Rio de Janeiro and Brazil, leaving a positive transformation and lasting legacy not only in terms of sport, but also for society, the economy, urban infrastructure and environment. More details about Rio 2016's legacy can be found on the [Rio Exchange](#).



# COMPETITION

## 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. 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 bodyweight categories: 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 1920, with the women's events added for Sydney 2000.

The Olympic weightlifting programme (Snatch and Clean & Jerk to be added for a Total) has been unchanged since 1976. The significant difference between the two types of lifts — the Snatch, which requires speed, balance and flexibility; and the Clean and Jerk, which demands more power — and the fact that athletes are ranked for the combination of the two provides for the all-round character of weightlifting and a complex expression of the Olympic values 'Citius, Altius, Fortius'.

From 1896 to 2012, altogether 3,305 male and 361 female participations have been registered.

### KEY PERSONNEL

#### International Weightlifting Federation (IWF)

Technical Delegates	Sam Coffa (AUS) Attila Ádámfi (HUN)
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#### Rio 2016 competition management

Weightlifting Manager	Pedro Meloni (BRA)
Weightlifting Service Manager	TBD
Weightlifting Technical Operations Manager	TBD



**Pedro Meloni**  
Weightlifting Manager, Rio 2016

Pedro Meloni began his career as a project manager for high-performance sports and grassroots athletes. During his academic career, he published the first thesis in Brazil about Weightlifting while obtaining his master's degree. In parallel with his work as a researcher, Pedro was also the main fundraiser and director of a national training centre at the Federal University of Viçosa, located in the state of Minas Gerais, Brazil. As a Weightlifting coach, he achieved national success and medals in South American and Pan American junior and U17 championships.

For details of how to contact the IOC, Rio 2016, the IWF and CBLP, see pp.35-37.

## The Weightlifting competition

The Weightlifting competition at the Rio 2016 Olympic Games will be held from Saturday 6 August to Tuesday 16 August 2016 at Riocentro - Pavilion 2 in Rio de Janeiro. 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 may take part in the Weightlifting competition. This figure comprises 147 male and 98 female athletes, plus five (5) places — three (3) male and two (2) female — allocated to the host country and 10 tripartite commission places: six (6) male and four (4) female. For details of the qualification requirements, see [p33](#).

## Competition format

Each competition consists of two (2) parts: the Snatch and the Clean and Jerk, with usually a 10-minute break between them. Each athlete may make three (3) attempts in both parts of the competition unless he or she fails to make a valid lift in the Snatch, in which case he or she is 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 their names 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 group will be conducted by technical officials from the IWF at the competition venue two (2) hours before the start of each group/session 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 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 2013-2016

(available at [www.iwf.net/downloads/?did=598](http://www.iwf.net/downloads/?did=598))

### THE OLYMPIC CHARTER

(available at [www.olympic.org/olympic-charter/documents-reports-studies-publications](http://www.olympic.org/olympic-charter/documents-reports-studies-publications))

In accordance with Rule 46 of the IOC Olympic Charter, the IWF will be responsible for the technical control and direction of Weightlifting at the Rio 2016 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 TECHNICAL AND COMPETITION RULES & REGULATION

(available at [www.iwf.net/downloads/?did=598](http://www.iwf.net/downloads/?did=598)), with particular reference to Section 4: Athlete's outfit

### THE OLYMPIC CHARTER

(available at [www.olympic.org/olympic-charter/documents-reports-studies-publications](http://www.olympic.org/olympic-charter/documents-reports-studies-publications))

- Rule 50: Advertising, demonstrations, propaganda and Bye-law to Rule 50

### GUIDELINES REGARDING AUTHORISED IDENTIFICATIONS FOR THE GAMES OF THE XXXI OLYMPIAD, RIO 2016

(distributed by the IOC to all NOCs)

## Weightlifting competition schedule

SATURDAY 6 AUGUST 2016 (DAY 1), RIOCENTRO - PAVILION 2		
WL01 19.00 - 21.00	19.00 - 20.40	Women's 48kg group A
	20.50 - 21.00	Women's 48kg victory ceremony

SUNDAY 7 AUGUST 2016 (DAY 2), RIOCENTRO - PAVILION 2		
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	15.30 - 17.10	Women's 53kg group A
	17.20 - 17.30	Women's 53kg victory ceremony
WL04 19.00 - 21.00	19.00 - 20.40	Men's 56kg group A
	20.50 - 21.00	Men's 56kg victory ceremony
MONDAY 8 AUGUST 2016 (DAY 3), RIOCENTRO - PAVILION 2		
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	15.30 - 17.10	Women's 58kg group A
	17.20 - 17.30	Women's 58kg victory ceremony
WL07 19.00 - 21.00	19.00 - 20.40	Men's 62kg group A
	20.50 - 21.00	Men's 62kg victory ceremony
TUESDAY 9 AUGUST 2016 (DAY 4), RIOCENTRO - PAVILION 2		
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	15.30 - 17.10	Women's 63kg group A
	17.20 - 17.30	Women's 63kg victory ceremony
WL10 19.00 - 21.00	19.00 - 20.40	Men's 69kg group A
	20.50 - 21.00	Men's 69kg victory ceremony
WEDNESDAY 10 AUGUST 2016 (DAY 5), RIOCENTRO - PAVILION 2		
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	15.30 - 17.10	Women's 69kg group A
	17.20 - 17.30	Women's 69kg victory ceremony
WL13 19.00 - 21.00	19.00 - 20.40	Men's 77kg group A
	20.50 - 21.00	Men's 77kg victory ceremony



FRIDAY 12 AUGUST 2016 (DAY 7), RIOCENTRO - PAVILION 2		
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	15.30 - 17.10	Women's 75kg group A
	17.20 - 17.30	Women's 75kg victory ceremony
WL16 19.00 - 21.00	19.00 - 20.40	Men's 85kg group A
	20.50 - 21.00	Men's 85kg victory ceremony
SATURDAY 13 AUGUST 2016 (DAY 8), RIOCENTRO - PAVILION 2		
WL17 15.30 - 17.30	15.30 - 17.30	Men's 94kg group B*
WL18 19.00 - 21.00	19.00 - 20.40	Men's 94kg group A
	20.50 - 21.00	Men's 94kg victory ceremony
SUNDAY 14 AUGUST 2016 (DAY 9), RIOCENTRO - PAVILION 2		
WL19 19.00 - 21.00	19.00 - 20.40	Women's +75kg group A
	20.50 - 21.00	Women's +75kg victory ceremony
MONDAY 15 AUGUST 2016 (DAY 10), RIOCENTRO - PAVILION 2		
WL20 15.30 - 17.30	15.30 - 17.30	Men's 105kg group B*
WL21 19.00 - 21.00	19.00 - 20.40	Men's 105kg group A
	20.50 - 21.00	Men's 105kg victory ceremony
TUESDAY 16 AUGUST 2016 (DAY 11), RIOCENTRO - PAVILION 2		
WL22 15.30 - 17.30	15.30 - 17.30	Men's +105kg group B*
WL23 19.00 - 21.00	19.00 - 20.40	Men's +105kg group A
	20.50 - 21.00	Men's +105kg victory ceremony

\*Group B sessions are an estimation and will be finalised once the entries per category are released.



## COMPETITION AND TRAINING VENUES

# Competition venue

## RIOCENTRO - PAVILION 2

Av. Salvador Allende nº 6555

Barra da Tijuca

One of Brazil's most renowned exhibition spaces, Riocentro is famous for hosting major conventions and international exhibitions, as well as the Rio 2007 Pan American Games. It is located in the Barra zone, close to the Olympic Park. Riocentro - Pavilion 2, which will host the Weightlifting competition, will have a gross capacity of approximately 5,900.

## FIELD OF PLAY

The field of play for the Weightlifting competition at Riocentro - Pavilion 2 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 rest area
- saunas (in the competition venue)
- scales (official and test-scale)
- mixed zone, where accredited media may conduct interviews with athletes after competition
- Sport Information Desk (for details, see [p31](#))
- medical facilities (for details, see [p30](#))
- doping control station (for details, see [p30](#))

# Training venue

## **RIOCENTRO - PAVILION 5**

Av. Salvador Allende nº 6555

Barra da Tijuca

Training for the Weightlifting competition will take place at Riocentro - Pavilion 5, located a short distance from the Olympic Village.

The venue will be open for training from Sunday 24 July, the day the Olympic Village opens, until Tuesday 11 August. NOC teams may have access to the training facilities as per a fixed schedule.

The Weightlifting facilities at Riocentro - Pavilion 5 will include:

- **fifty (50) platforms;**

Facilities at the training venue will include:

- **lounge area for athletes and officials**
- **changing rooms and showers (separate facilities for men and women)**
- **saunas (separate facilities for men and women)**
- **test-scale**
- **sport equipment storage**
- **physiotherapy area**
- **gym room**
- **catering services**
- **medical facilities**
- **internet access in designated areas**



## 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. Accreditation also ensures that all Games participants are granted entry into Brazil for the Games. A basic summary of the Accreditation process is given below; full details will be provided in the Accreditation application materials that will be available on the [Rio Exchange](#) in December 2015 and distributed by Rio 2016 to NOCs in January 2016.

### ACCREDITATION TIMELINE

The deadline for accreditation applications is 11.59pm Rio de Janeiro time (GMT-3) on 29 April 2016. The accreditation application must be submitted together with an acceptable photograph.

NOCs are responsible for submitting all accreditation applications directly to Rio 2016. To ensure compliance with data protection principles, all applications should be submitted through the eAccreditation (ECR) module of the Games Management System.

### Eligibility Conditions Form

As required by the IOC and in accordance with Rule 40 of the Olympic Charter, all individuals submitted in the following NOC accreditation categories must complete an Eligibility Conditions Form (ECF), acknowledging their compliance with IOC and International Federation (IF) rules regarding Games participation:

- Aa - athletes
- Ac - Chef de Mission, Deputy Chefs de Mission, Olympic Attaché
- Ao - Primary and Additional Team Officials (including grooms)
- P - alternate athletes, personal coaches and training partners
- NOC - NOC President and Secretary General, all dignitary categories (including entourage), NOC horse owners, NOC drivers
- NOC\*\* - Accompanying guests of individuals in the NOC category (where applicable)

Without a signed form, an athlete will not be able to compete and team officials will not be eligible for accreditation at the Rio 2016 Olympic Games.

## THE FOLLOWING ARE KEY ACCREDITATION DATES FOR ATHLETES, TEAM OFFICIALS AND DIGNITARIES:

DATE	APPLIES TO	ACTIVITY
4 January 2016	ALL	Rio 2016 distributes the NOC Accreditation Manual, Sport Entries Manual and associated materials, in electronic format (CD/USB) by courier to NOCs
29 April 2016	ALL	Deadline for NOCs to submit all athlete, team official and dignitary (Aa, Ac, Ao, P, NOC, NOC**) accreditation applications to Rio 2016 through the eAccreditation system
June 2016	ALL	Rio 2016 produces and dispatches Pre-Valid Cards (including those for NOC accredited press) to NOCs
1 June 2016	ATHLETES	Sport Entries (SEQ) module opens for sport entries submission
18 July 2016	ATHLETES	Deadline for NOCs to submit sport entries to Rio 2016 through the SEQ module

### PRE-VALID CARDS (PVCs)

Rio 2016 will produce Pre-Valid Cards for all NOC delegates whose attendance at the Games has been confirmed during the Pre-DRMs. The production and distribution process will commence as soon as the Pre-DRMs have been completed.

Holders of Pre-Valid Cards (PVCs) or Olympic Identity and Accreditation Cards (OIAC), which is the PVC once it has been validated, may enter Brazil multiple times from 5 July 2016 until 28 October 2016 upon presentation of their card and a valid travel document (passport or national ID for Mercosur nationals) without requiring a separate entry visa. Rio 2016 will work with airlines and immigration services worldwide to ensure that all necessary authorities are aware that the PVC can be used as a visa waiver to travel to Brazil for the Games.

Note that the PVC will not act as a visa waiver or transit visa for any other country. Individuals transiting through another country are responsible for obtaining the necessary entry/transit documentation.

Individuals using their PVC or validated OIAC as an entry document must ensure that their travel document is valid beyond 31 December 2016, and that it is the same document that was provided to Rio 2016 during the accreditation application.

## ACCREDITATION CARD VALIDATION

Individuals arriving in Brazil through Rio de Janeiro's Tom Jobim International Airport (GIG) will be able to validate their PVCs at the airport, provided that their NOC's DRM has been completed. Validation desks will be located at both terminals after immigration and before baggage claim.

Individuals arriving through other ports of entry (including the Santos Dumont Domestic Airport or the football co-host city airports) should proceed to the appropriate main accreditation centre to complete the accreditation validation process. Each individual must attend an accreditation facility in person to complete the validation process. Individuals should bring their PVC and the valid identity document that was provided to Rio 2016 in the accreditation application.

### Accreditation facilities

Accreditation Centres and Venue Accreditation Offices (VAOs) will be located at strategic locations at official Olympic venues. The main accreditation centre for NOC delegations will be the Olympic Village Welcome Centre. Please be aware that only PVC validation services will be provided at the accreditation desks at Tom Jobim International Airport. Full accreditation services will be available at the football co-host city accreditation centres.

### THE TABLE BELOW LISTS ALL ACCREDITATION FACILITIES AND THE SERVICES PROVIDED:

FACILITY	ZONE	PRIMARY POPULATION	SERVICE TYPE	SERVICE START DATE
GIG - Tom Jobim International Airport (Terminals 1 and 2)	Maracanã	All	Validation	5 July 2016
Olympic Village Welcome Centre (OLV)	Barra	Athletes and Team Officials	Full service	24 July 2016
Media Accreditation Centre (MPC/IBC)	Barra	Press and broadcast	Full service	5 July 2016
Deodoro Main Accreditation Centre	Deodoro	All	Full service	TBC*
Venue Accreditation Offices (VAOs) at competition venues only	All zones	All	Validation, reissuing lost/stolen cards	TBC*

\*To be confirmed in the Rio 2016 NOC Accreditation Manual.



# Tickets and accredited seating

## GAMES-TIME TICKET SALES

At Games time, available tickets may be purchased through [www.rio2016.com](http://www.rio2016.com) or at any of the following locations:

- Olympic Village (ticket box office at the Village Plaza)
- Competition venue (ticket box offices will operate on competition days at the relevant venues)

## COMPLIMENTARY SPORT TICKETS

Athletes and officials may access the athletes' stand during competition for their own discipline(s) 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 a ticket.

NOC Chefs de Mission may request complimentary sport tickets (except in the case of Football in co-host cities) for their delegation members a day before the event through the Client Ticket Portal (CTP). Complimentary tickets will be limited in number, and demand is expected to exceed supply for many venues. NOC Relations and Services will allocate tickets according to availability, delegation size and NOC participation in the relevant sport. Chefs de Mission, or their ticketing proxy card holders, will be able to collect tickets from the NOC Services Centre in the Olympic Village the evening before the sessions.

# Accommodation

During the Rio 2016 Olympic Games, the Olympic Village will accommodate 18,000 athletes and team officials. Athletes, officials and grooms will also reside in specific grooms' accommodation, Football hotels around Brazil and Additional Team Officials' (ATOs') accommodation.

A brief summary of the Olympic Village follows below. For details of medical services at the Olympic Village and other accommodations, see [p29](#).

## OLYMPIC VILLAGE

The Olympic Village is located in the Barra venue zone, in the south-west part of the city, 2km from Riocentro and 3km from the Barra Olympic Park. The Village will officially open at 8.00am on 24 July 2016 and close at 6.00pm on 24 August 2016.

The Olympic Village will have a Plaza and a residential zone. The residential zone is restricted to residents. It contains the accommodation, recreational and catering facilities, as well as transport services to competition and training venues. The Village Plaza and residential zones will be separated by internal fencing and access control. Guests may enter the residential zone from the Village Plaza only if accompanied by a Village resident with 'R' on their OIAC.

Beginning at 8.00am on 24 July, and once DRMs and Inventory & Inspections (I&Is) have been completed for an NOC, all athletes and team officials from that NOC residing in the Olympic Village may arrive at the Welcome Centre, where luggage and equipment will be screened.

### **Accommodation**

Athletes and officials will be accommodated in 31 buildings with 17 floors each, divided into seven condominiums. The apartments have between two and five bedrooms with up to nine beds. All social spaces will have soft furnishings (sofa and beanbags), a coffee table and a television with Olympic feed and free wireless internet (Wi-Fi) access.

### **Resident centres and services**

There will be a resident centre in each of the seven condominiums, with three centres open 24 hours a day. Each resident centre will provide a front desk, hotel-like service that will assist with the resolution of issues relating to accommodation services in the Village, including housekeeping requests, maintenance issues and lost keys. They will also provide a concierge service, Info+ terminals internet access, and a lounge and meeting facilities.

The Village will provide a multi-faith centre for worship and meditation. It will contain representatives of the following religions: Buddhism, Christianity, Hinduism, Islam and Judaism, along with support for other religions and faiths.

### **FOOD SERVICES**

The Main Dining Hall will be located in the residential zone adjacent to the Athlete Transport Mall and will operate on a 24-hour basis from 24 July until 24 August 2016. A menu, rotated on an eight-day cycle, will provide a wide range of meal choices and cater to all nutritional needs. A McDonald's restaurant and café will also be located in the Main Dining Hall. Additional dining options in the Village will include one 'grab-and-go' station in each of the seven condominiums, an outdoor casual dining area and the Plaza Café.

From 24 July until 21 August 2016, Athlete Venue Meals (AVM) will be available for athletes and officials who will be away from the Village for competition or training for more than four hours. AVMs must be ordered from the Sport Information Centre in the Olympic Village 48 hours in advance. Meals will be prepared at the venue to be collected from the Athletes' Lounge.

### **RESIDENT ENTERTAINMENT AND RECREATION**

An Athletes' Lounge, music area and video game room will be available to Village residents for relaxation at the Village Entertainment Centre. An internet lounge will be located in the Village Plaza and will be open 24 hours a day.

### **ATHLETE FITNESS AND SPORT RECREATION**

The Olympic Village will contain a gym with a good selection of cardiovascular equipment, resistance machines and free weights, as well as space for stretching and warming up/down.

Each condominium will have a dedicated recreational shallow swimming pool, which will be available for use by residents from 9.00am until 5.00pm daily.

The Olympic Village will also have an area with courts for recreational basketball, football, handball, tennis and volleyball (indoor). Note that equipment will not be provided.

Residents will also be able to use a transport service from the Athlete Transport Mall to the Olympic Village Beach, which is located in the Barra zone. Lounge chairs and beach umbrellas will be available free of charge to athletes and team officials.

## VILLAGE PLAZA

The Village Plaza is a place for residents and guests to purchase retail items and souvenirs, as well as providing essential support services. It is also an area where Village residents and their guests can meet. Some shops and services within the Olympic Village Plaza will operate on a user-pay basis, while others are free of charge for athletes and officials. Retail outlets and services will include a bank, postal services, phone centre, internet lounge, dry cleaning, a general store and a ticket office. Team Welcome Ceremonies will also take place in the Plaza.

# Transport

During the Rio 2016 Olympic Games, the TA (Transport for Athletes) system will provide transport services for athletes and team officials (Aa, Ac, Ao and P alternate athletes) and their accompanying luggage and personal sport equipment from 24 July until 24 August 2016. The TA bus system will provide the following transport services:

- arrivals and departures services from/to the airports in Rio de Janeiro to/from the Olympic Village
- arrivals and departures services from/to the airports in the Football co-host cities to/from the official hotels
- transport between the Olympic Village and official competition and training venues
- Internal Village Transport Service (IVTS) operating inside the Olympic Village
- Different Discipline Spectating Athlete (DDA) services
- ceremony services
- additional services to the Sugar Loaf Mountain, Christ the Redeemer, Metropolitan Shopping Mall and the beach

## TA TRAINING AND COMPETITION SERVICES

Transport services for athletes and team officials for training and competition have been planned and developed in consultation with the IFs and in accordance with the requirements for each sport. TA system vehicles will vary in size, seating capacity and model.

Regularly scheduled transport services will connect athletes to designated training venues. The service will commence on 24 July 2016 and will continue until the close of each sport's individual training session.

On competition days, the TA service will start approximately two or three hours prior to competition starting, with the last bus leaving the venue a maximum of two hours post-competition.

## INTERNAL VILLAGE TRANSPORT SERVICE

A daily Internal Village Transport Service (IVTS) shuttle will operate in the Olympic Village. The IVTS will connect key locations inside the Village, including the Welcome Centre, the Main Dining Hall and the Residential Zone. This service will operate 24 hours a day from 24 July until 24 August 2016. Frequency will vary depending on the time of day.

### Equipment transfer

Rio 2016 Logistics will operate a scheduled free service for the transfer of athlete sport equipment between the Olympic Village and competition and training venues (non-competition venues other than the Olympic Village are not included). NOCs can request assistance with inter-venue transfers from the Logistics desk in the NOC Services Centre in the Olympic Village.

## PUBLIC TRANSPORT

- A number of public transport options are available to get around in Rio:
- Bus Rapid Transit system (BRT)
- Subway (Metrô Rio)
- Train (Supervia)
- Light Rail Train (LRT)
- Urban bus

Further details on public transport are available in the NOC Visit Guide on the Rio Exchange.

Information regarding the free-of-charge public transport options for accredited individuals will be made available in the Team Leaders' Guide.

# Medical services

Public health services, including disease surveillance, communicable disease control and health protection (such as food, water and air quality) will be in place throughout Brazil during the Games.

Local hospitals that include 24-hour emergency specialist services and tourist clinics are also available around the city. Local pharmacies can be found in all neighbourhoods, and some are open 24 hours a day.

There are no vaccination requirements for entering Brazil, but NOCs are advised to consult their local physician prior to travelling to Brazil to ensure that all routine vaccinations are up to date.

### Malaria and dengue fever

Cases of dengue fever and malaria have been documented across all regions of Brazil. Whilst cases of malaria in Rio de Janeiro are extremely rare, other states, such as those in which the football co-host cities of Brasília, Manaus and Belo Horizonte are located, have had a greater prevalence. NOCs are therefore advised to take the necessary precautions to protect themselves against mosquito bites.

## Yellow fever

The yellow fever vaccine is not a requirement for entry to Brazil. However, in the more remote areas, including the Football co-host cities of Manaus and Brasília, yellow fever has been documented; therefore, it is recommended that NOCs take the necessary precautions. It should also be noted that even though Brazil does not require the yellow fever vaccine for entry, delegates are advised to verify with their airline if the vaccine is a requirement of their destination upon leaving Brazil, or any transiting countries throughout the journey.

A basic summary of medical services at the Games is given below; full details will be provided in the Healthcare Guide, which will be distributed by Rio 2016 to NOCs no later than six (6) months before the Games.

## GAMES-TIME MEDICAL SERVICES

The Polyclinic will be located in the Residential Zone of the Olympic Village and will be the main treatment provider for urgent and necessary services for athletes and NOC team officials during the Games. The Polyclinic will be open and fully operational from 24 July until 24 August 2016.

Services will be offered between 7.00am and 11.00pm, seven days a week, with an emergency-services department operating 24 hours a day. Services in the Polyclinic will include:

- first aid and emergency services
- sports medicine
- dentistry
- imaging services: X-ray, ultrasound and MRI will be available on-site
- laboratory: for urine, blood and biochemical testing (some tests will be available on-site in the Polyclinic lab, whilst others will be performed and sent to a laboratory outside the Olympic Village for analysis)
- ophthalmology
- pharmacy
- physiotherapy and massage therapy (this will include treatment areas and a rehabilitation gym)
- podiatry
- primary care and specialist services: consultation rooms will be available for scheduled and on-call primary care and specialised services (such as dermatology, cardiology)
- IOC Medical Commission Offices

NOC doctors will be able to request imaging and laboratory services and discuss results with Rio 2016 medical services clinicians. Hospital referrals can only be made by Rio 2016 medical personnel. NOC doctors will be able to accompany team members to hospital and discuss management with the admitting doctor at the hospital.

The Polyclinic will have a 24-hour emergency phone number in case emergency medical assistance is required outside the operational hours stated above.

## 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 per Brazilian legislation by nurses and doctors, will be stationed at all official Rio 2016 competition and training venues, the Village Polyclinic and the main Olympic Family Hotel.

### Competition and training venues

At least one dedicated athlete medical post will be present at all official Rio 2016 competition and training venues. Each medical post, staffed by physicians and therapists (physiotherapists and/or sports massage therapists), will provide services such as first aid and emergency care to athletes, team officials and technical officials. Athlete medical posts will be equipped with essential first aid and emergency equipment.

### Field-of-play response

Field of Play (FOP) response teams will provide first aid and emergency services to athletes and officials on the Field of Play, should such services be required. If necessary, the patient will be retrieved from the FOP and transported to the athlete medical post, Polyclinic or designated hospital, as appropriate. The order of response on the FOP and any decision-making will differ in each venue in accordance with the rules of the respective IF.

### Spectator medical services

All official Rio 2016 competition venues will have one or more spectator medical post that will provide first aid and emergency services to all other client groups, including spectators, workforce, media, sponsors and Olympic Family. There will also be mobile medical responders circulating throughout the venue to respond to any medical situation that occurs.

## OLYMPIC FAMILY HOSPITALS

Athletes and team officials who require services beyond the capability of the Polyclinic will be transported to Vitória Hospital - Americas Medical City located in the Barra venue zone, near the Village and Barra Olympic Park. Any patient suffering from a life-threatening condition that may occur at another competition or training venue located in any of the other venue zones (Copacabana, Deodoro or Maracanã) will be taken to the nearest pre-selected hospital.

# Doping control

Rio 2016 is committed to delivering a world-class anti-doping programme during the Olympic Games. In partnership with the IOC, Rio 2016's anti-doping programme will ensure that the integrity of sport is upheld, while protecting the rights and health of the athletes.

The programme will conduct testing anytime and anywhere, without prior notice, from 24 July until 21 August 2016 and will follow collection procedures consistent with IOC Anti-Doping Rules, which will be published in the third quarter of 2015, and the World Anti-Doping Code. There will be 38 Doping Control Stations in competition and non-competition venues, and sample analysis will be conducted at the WADA-accredited laboratory in Rio de Janeiro.

Rio 2016 encourages NOCs to take proactive and comprehensive measures to ensure athletes, support personnel and medical staff are informed of, for example, the anti-doping rules and procedures that will be in place during the Games, the latest 2016 prohibited list (published on 1 January 2016) and the importance of drug-free sport.

## Sport information

### SPORT INFORMATION DESKS

The Sport Information Centre (SIC) will be located in the Residential Zone of the Olympic Village and will provide key sport-specific information to teams through Sport Information Desks (SIDs) dedicated to each Olympic sport. SIDs will also be available at every competition venue. A variety of services and information will be available at the SIC, including:

- general competition-related information and sport-related communications from the Rio 2016 Sport Competition team or International Federations
- distribution of results, draws and start lists, daily training schedules and other key competition information
- booking of Games-time training slots and allocation of training sessions at competition venues for selected sports
- transport information and scheduling of team sport buses
- Athlete Venue Meal (AVM) bookings

The SIC will already be open on 24 July 2016, the day the Olympic Village officially opens, and will be open every day throughout the Games. The hours of operation will be as follows:

DATES	HOURS OF OPERATION
24 July - 20 August 2016	7.00am - 10.00pm
21-24 August 2016	8.00am - 8.00pm

### INFO+

Info+ is the official Games-time intranet for the Olympic Family. It will be available in all competition and non-competition venues from 24 July 2016 and will contain the following information in English and French:

INFO+ CONTENT	DETAILS
Background	Historical data, statistics, competition formats and rules, qualification criteria and venue descriptions
Biographies	Athlete biographies and team, coach, referee and judge profiles
Ceremonies	Details about ceremonies (Opening, Closing, medals), including timings and participants
Games news	Flash quotes, press conference highlights, sport previews, news articles, statistics-driven reports, media communication and IOC news
Medals	Medal standings by sport; overall medal standings; and medallists by day, sport and event

Records	World and Olympic records, including current records, record holders and new or equalled records
Results	Competition results viewable by sport, date and NOC. Includes entry lists, start lists and additional sport-specific reports
Schedules	Competition and non-competition schedules, including press conferences, IOC activities and Cultural Olympiad
Transport	Transport schedules and maps
Weather	Real-time weather conditions and forecasts

Info+ terminals will be available at NOC offices in the Olympic Village. NOCs with a delegation size of 25+ (Aa, Ac, Primary Ao) will receive additional desktop computer(s) with internet access and a myInfo+ account.

myInfo+ is the online version of Info+ and is available for anyone with an internet connection and login (username and password) from anywhere in the world. myInfo+ provides additional features not available on Info+, such as:

- **user customisation (the ability for users to create their own schedules by selecting only those sports and events that interest them)**
- **news/event alerts via SMS/text message or email**
- **bookmarking of results, reports and other Games information**
- **hyperlinking to other websites, such as those of the IOC and IFs**
- **downloadable results books**
- **ability to copy and paste information from results and news reports**

## Medals and diplomas

Medals and diplomas will be awarded in each event in accordance with the IOC Olympic Charter (Rule 56: Victory, Medal and Diploma Ceremonies) and the IOC Protocol Guide (Article 5.4).

### FIRST PLACE

A gold (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



## Qualification and entries

Entries to the Olympic Games are the responsibility of the National Olympic Committees (NOCs), upon recommendations provided by their respective National Federations (NFs) and based on qualification systems defined by the International Federations (IFs) and approved by the IOC. Detailed sport-by-sport qualification systems are available and regularly updated on the IOC extranet for NOCs, NOCnet:

[extranet.olympic.org/nocnet/en/games/og/rio2016/sports/Pages/qualification.aspx](http://extranet.olympic.org/nocnet/en/games/og/rio2016/sports/Pages/qualification.aspx)



# DIRECTORY

# Rio 2016 Organising Committee for the Olympic and Paralympic Games (Rio 2016)

Rio de Janeiro won the right to stage the Games of the XXXI Olympiad on 2 October 2009. The Rio 2016 Organising Committee for the Olympic and Paralympic Games (Rio 2016) is a private, not-for-profit sports association formed by the Brazilian Sports Federations, Brazilian Olympic Committee (COB) and Brazilian Paralympic Committee (CPB). It was assigned this 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 Brazilian law.

Rio 2016's key partners include the Olympic Public Authority (APO); the Olympic Public Council; the Ministry of Sport, EGP-Rio, the Municipal Olympic Company (EOM); the Brazilian Olympic Committee (COB); the Brazilian Paralympic Committee (CPB) and a variety of international and Brazilian commercial partners.

## RIO 2016

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Cidade Nova 20211-225  
Rio de Janeiro - RJ  
Brazil  
tel: +55 21 2016 2016  
URL: [www.rio2016.com](http://www.rio2016.com)

### President:

Carlos Arthur Nuzman

### Chief Executive Officer:

Sidney Levy

### Chief Operations Officer:

Leonardo Gryner

### Executive Director of Sport and Paralympic Integration:

Agberto Guimarães

### Sports Director:

Rodrigo Garcia

### Olympic & Paralympic Village and NOC/NPC Relations & Services

#### Director:

Mario Cilenti

### NOC Relations & Services

email: [nocrelations@rio2016.com](mailto:nocrelations@rio2016.com)

### Weightlifting Manager:

Pedro Meloni

email: [pedro.meloni@rio2016.com](mailto:pedro.meloni@rio2016.com)

## 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](http://www.olympic.org)

#### President:

Thomas Bach

#### Chairman of the Coordination Commission for the Games of the XXXI Olympiad:

Nawal El Moutawakel

#### Olympic Games Executive Director:

Christophe Dubi

#### Sports Director:

Kit McConnell

#### NOC Relations Director:

Pere Miró

## 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 189 affiliated national federations, overseeing official competitions in which more than 10,000 athletes compete each year.

### INTERNATIONAL WEIGHTLIFTING FEDERATION

Maison du Sport International  
H-1146 Budapest  
Istvánmezei ut 1-3  
Hungary  
tel: +36 1 353 0530 | fax: +36 1 353 0199  
email: [iwf@iwfnet.net](mailto:iwf@iwfnet.net)  
URL: [www.iwf.net](http://www.iwf.net)

#### President:

Dr Tamas Aján

#### Secretary General:

Ma Wenguang

#### Secretary General:

Tom Dielen

## Confederação Brasileira de Levantamento de Pesos (CBLP)

The first Weightlifting competitions in Brazil took place in 1910. The Health and Strength League was created in Rio de Janeiro in 1946 and renamed the following year as the Metropolitan Powerlifting Federation. The states of São Paulo, Minas Gerais and Rio Grande do Sul also established organisations for the sport. In 1979, the Brazilian Weightlifting Confederation (CBLP) was created.

### CONFEDERAÇÃO BRASILEIRA DE LEVANTAMENTO DE PESOS

Rua Tenente Brito Melo 1355, sala 1101

Barro Preto 30180-07

Belo Horizonte - MG

Brazil

tel: +55 31 2526 2414

email: [cblp@cblp.org.br](mailto:cblp@cblp.org.br) | URL: [www.cblp.org.br](http://www.cblp.org.br)

#### President:

Enrique Montero Dias

#### Vice-President:

Rogério Silva Leite Mattos



# Olympic competition schedule by day (accurate as of the publishing of this guide on 29/7/2015)

Rio 2016 - DAILY COMPETITION SCHEDULE - 1,92																					
VENUE	DISCIPLINE	3 AUG WED -2	4 AUG THU -1	5 AUG FRI 0	6 AUG SAT 1	7 AUG SUN 2	8 AUG MON 3	9 AUG TUE 4	10 AUG WED 5	11 AUG THU 6	12 AUG FRI 7	13 AUG SAT 8	14 AUG SUN 9	15 AUG MON 10	16 AUG TUE 11	17 AUG WED 12	18 AUG THU 13	19 AUG FRI 14	20 AUG SAT 15	21 AUG SUN 16	
<b>COPACABANA</b>																					
BEACH VOLLEYBALL ARENA	Beach Volleyball															1	1				
	Marathon Swimming														1						
FORT COPACABANA	Cycling - Road	1																			
	Triathlon																1			1	Spare day
	Rowing								2	4	4	4									
LAGOA STADIUM	Canoe Sprint															4	4				Spare day
MARINA DA GLORIA	Sailing												2			2	2				Spare day
<b>DEODORO</b>																					
DEODORO STADIUM	Modern Pentathlon																			1	1
	Rugby									1											
	Basketball																				
	Modern Pentathlon																				
DEODORO ATHLETICS CENTRE	Modern Pentathlon																				
	Equestrian - Dressage										1										
	Equestrian - Eventing																				
	Equestrian - Jumping																				
OLYMPIC EQUESTRIAN CENTRE	Equestrian - Dressage																				1
	Equestrian - Eventing								2												
	Equestrian - Jumping																				
OLYMPIC SHOOTING CENTRE	Shooting - Rifle & Pistol	2	1	1	1	1	1	1	1	1	1	1	1								
	Shooting - Shotgun					1	1		1		1	1									
OLYMPIC BMX CENTRE	Cycling - BMX																				
	Cycling - Mountain Bike																				
MOUNTAIN BIKE CENTRE	Cycling - Mountain Bike																				
WHITENATER STADIUM	Canoe Slalom								1	1	2										Spare day
OLYMPIC HOCKEY CENTRE	Hockey																			1	1

Competition Days      Finals      Ceremonies      Spare Day, Podium training, Gala

# Olympic competition schedule by day (accurate as of the publishing of this guide on 29/7/2015)

Rio 2016 - DAILY COMPETITION SCHEDULE - 1,92																					
VENUE	DISCIPLINE	3 AUG WED -2	4 AUG THU -1	5 AUG FRI 0	6 AUG SAT 1	7 AUG SUN 2	8 AUG MON 3	9 AUG TUE 4	10 AUG WED 5	11 AUG THU 6	12 AUG FRI 7	13 AUG SAT 8	14 AUG SUN 9	15 AUG MON 10	16 AUG TUE 11	17 AUG WED 12	18 AUG THU 13	19 AUG FRI 14	20 AUG SAT 15	21 AUG SUN 16	
<b>MARACANÃ</b>																					
OLYMPIC STADIUM	Athletics																				
	Football																				
	Ceremonies																				
	Football																				
MARACANÃZINHO	Volleyball																				
	Achery																				
SAMBODROMO	Athletics - marathon																				
<b>FOOTBALL CITIES</b>																					
MANÉ GARRINCHA STADIUM	Football																				
AMAZÔNIA ARENA	Football																				
FORTE NOVA ARENA	Football																				
ITAQUEBA ARENA	Football																				
MINEIRÃO	Football																				





MAPS

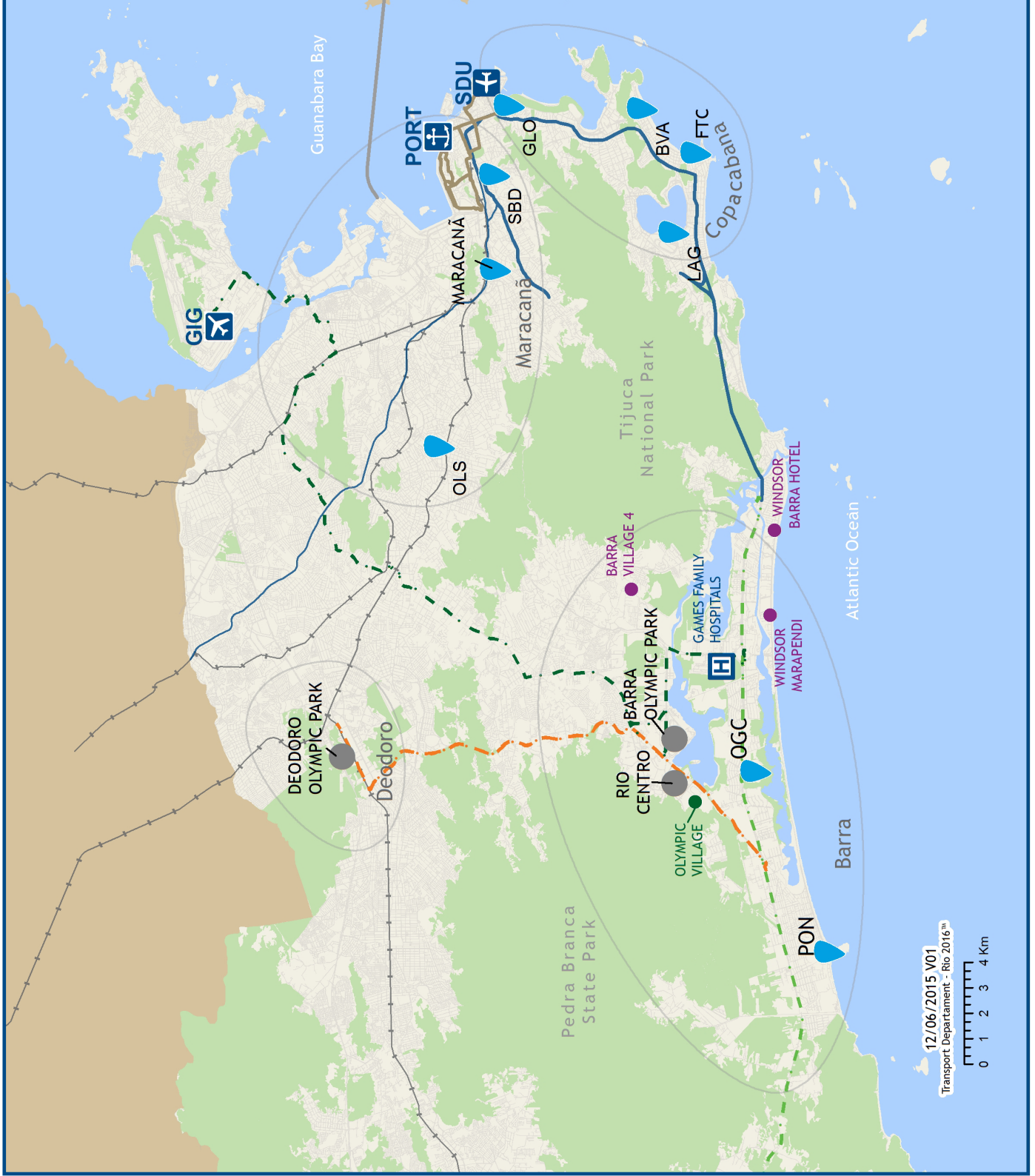
# Olympic Games: Rio de Janeiro Overview

## LEGEND

- COMPETITION VENUES
- OLYMPIC VILLAGE
- ACCOMMODATION
- LRT
- BRT - TRANSCARIOCA
- BRT - TRANSOESTE
- BRT - TRANSOLIMPICA
- METRO
- RAILWAY

- PORT
- DOMESTIC AIRPORT
- INTERNATIONAL AIRPORT
- GAMES FAMILY HOSPITALS






- COMPETITION VENUES
- BVA – BEACH VOLLEYBALL ARENA
- FTC – FORT COPACABANA
- GLO – MARINA DA GLÓRIA
- LAG – LAGOA STADIUM
- OLS – OLYMPIC STADIUM
- PON - PONTAL
- OGC – OLYMPIC GOLF COURSE
- SBD - SAMBÓDROMO

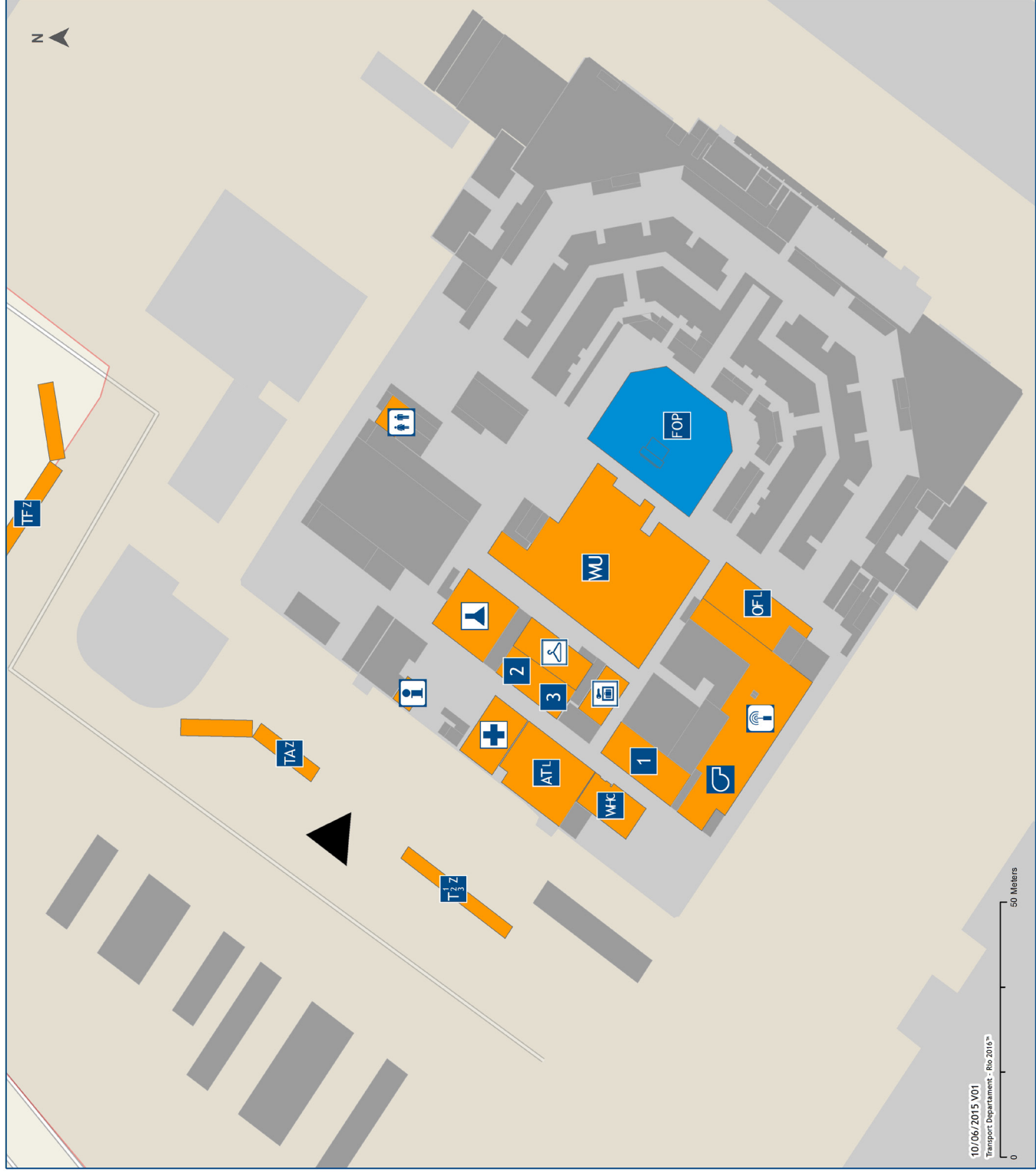


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# Weightlifting - Rioentro - Pavilion 2

## LEGEND

-  ATHLETES' CHANGE ROOM
-  TAZ ATHLETES' LOAD ZONE
-  ATHLETES' MEDICAL POST
-  ATHLETES' LOUNGE
-  COMPETITION MANAGEMENT
-  DOPING CONTROL
-  EQUIPMENT STORAGE
-  FIELD OF PLAY
-  FOP
-  ITO/NTO LOAD ZONE
-  ITO/NTO LOUNGE
-  OFFICIAL WEIGH-IN
-  OLYMPIC FAMILY LOAD ZONE
-  OLYMPIC FAMILY LOUNGE
-  SPORT INFORMATION
-  TOILETS
-  WARM-UP AREA
-  1 REST AREA
-  2 SAUNA
-  3 UNOFFICIAL WEIGH-IN
-  ▲ LOAD ZONE ENTRANCE/EXIT

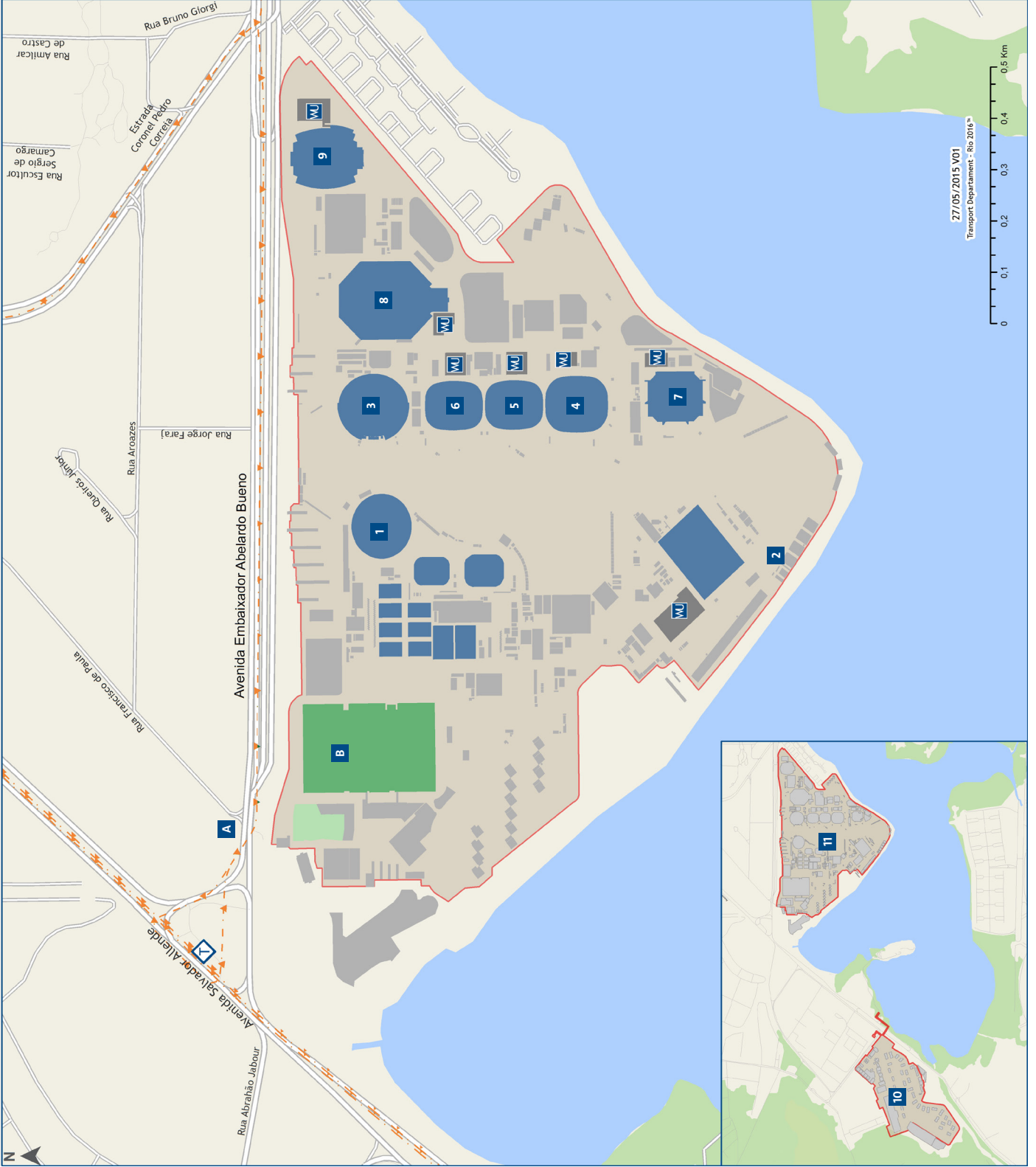


# Barra Olympic Park Overview

## LEGEND

- WARM-UP AREA
- COMPETITION VENUES
- COMPOUNDS
- BRT - TRANSOLÍMPICA
- BRT TERMINAL
- SECURITY PERIMETER

- A** MAIN PRESS CENTRE
- B** INTERNATIONAL BROADCAST CENTRE
- 1** OLYMPIC TENNIS CENTRE
- 2** OLYMPIC AQUATICS STADIUM
- 3** RIO OLYMPIC VELODROME
- 4** CARIOCA ARENA 1
- 5** CARIOCA ARENA 2
- 6** CARIOCA ARENA 3
- 7** FUTURE ARENA
- 8** RIO OLYMPIC ARENA
- 9** MARIA LENK AQUATICS CENTRE
- 10** OLYMPIC VILLAGE
- 11** OLYMPIC PARK



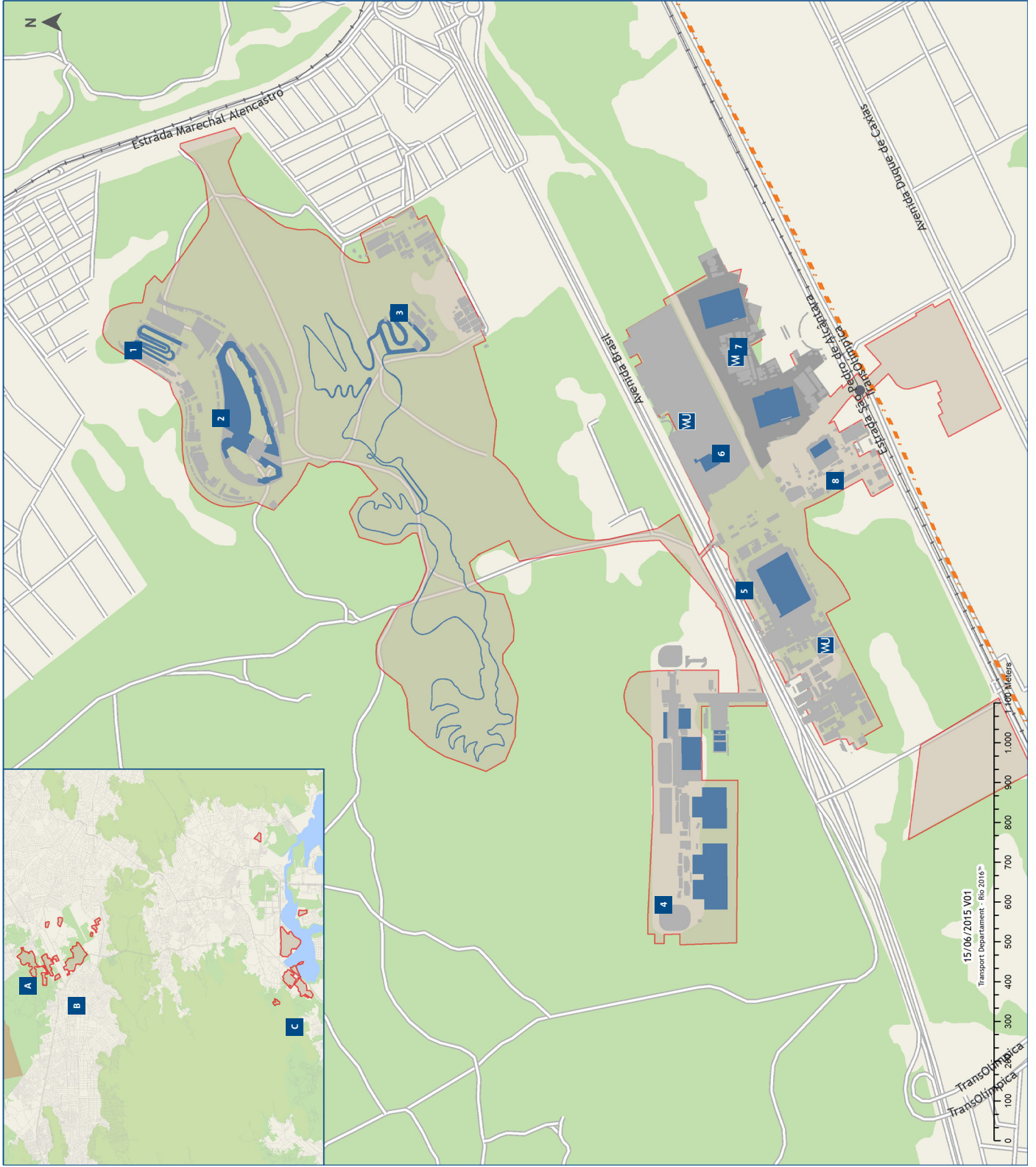
27/05/2015 V01  
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# Deodoro Olympic Park Overview

## LEGEND

- WARM-UP AREA
  - COMPOUNDS
  - COMPETITION VENUES
  - SECURITY PERIMETER
  - RAILWAY STATION
  - RAILWAY LINE
  - BRT - TRANSOLÍMPICA
- A** DEODORO OLYMPIC PARK
  - B** OLYMPIC EQUESTRIAN CENTRE
  - C** OLYMPIC VILLAGE
- 1** WHITEWATER STADIUM
  - 2** OLYMPIC BMX CENTRE
  - 3** MOUNTAIN BIKE CENTRE
  - 4** OLYMPIC SHOOTING CENTRE
  - 5** DEODORO STADIUM
  - 6** YOUTH ARENA
  - 7** OLYMPIC HOCKEY CENTRE
  - 8** DEODORO AQUATICS CENTRE

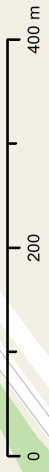
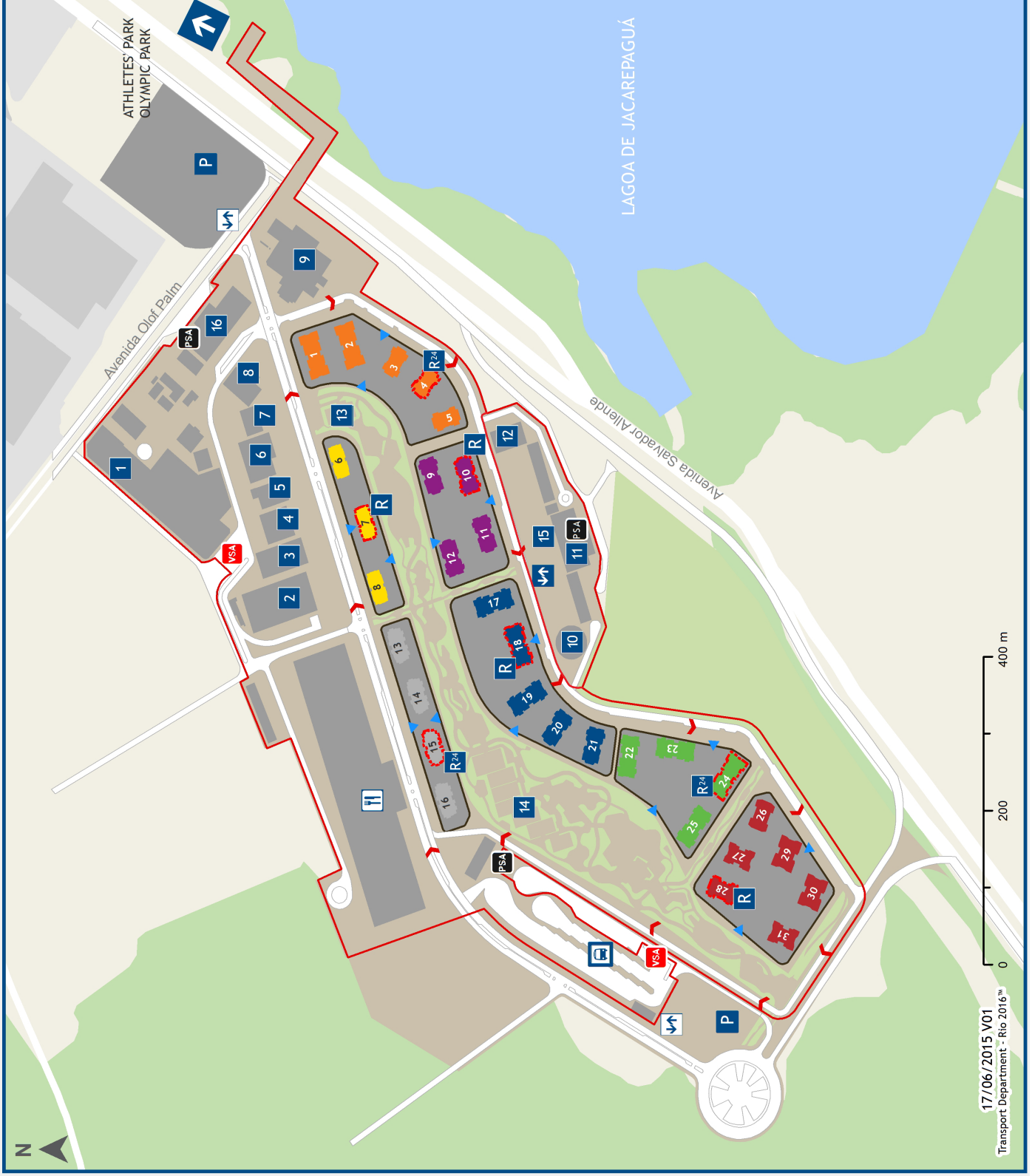


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# Olympic Village

## LEGEND

- 1 LOGISTICS COMPOUND
- 2 POLYCLINIC
- 3 VILLAGE GYM
- 4 WEIGH-IN AREA
- 5 SPORT INFORMATION CENTRE (SIC)
- 6 NOC SERVICES CENTRE
- 7 CHEFS DE MISSION MEETING HALL
- 8 CASUAL DINING
- 9 RECREATION CENTRE
- 10 TEAM WELCOME CEREMONIES
- 11 MAIN ENTRY/GUEST PASS CENTRE
- 12 MERCHANDISE STORE
- 13 MULTI-FAITH CENTRE
- 14 COURTS
- 15 VILLAGE PLAZA
- 16 WELCOME CENTRE
- R RESIDENT CENTRES
- R<sup>24</sup> RESIDENT CENTRES (24 HOURS)
- ↕ RESIDENTS' ENTRANCE
- ↔ VEHICLE ACCESS
- 🚚 MAIN DINING HALL
- 🛒 TRANSPORT MALL
- P NOC CAR PARK
- PSA PSA
- VSA VSA
- 📏 PERIMETER
- CONDOMINIUM FENCE LINES
- ➔ INTERNAL VILLAGE SHUTTLE
- CONDOMINIUM ENTRANCE/EXIT



## 10.2015

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