



18th ASIAN GAMES
**Jakarta
Palembang
2018**



OLYMPIC COUNCIL OF ASIA



WEIGHTLIFTING

Sport Technical Handbook

Ver. 2.0 - February 15, 2018

Indonesia Asian Games Organizing Committee

**Sport Technical Handbook for
The 18th Asian Games Indonesia 2018
(ver. 2.0)
February 15, 2018**

Weightlifting

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I. INTRODUCTION

1. Preface

The 18th Asian Games will be held in Jakarta and Palembang, Indonesia starting from August 18th to September 2nd, 2018.

The Asian Games is an exclusive property of the Olympic Council of Asia (OCA) where the members of OCA come together to enhance the ability of Asian athletes and promote mutual understanding through fair competition. It is the multi-sport festivity within the Asian region held every 4 years.

This publication is to provide the general information about the Olympic Council of Asia, the Member NOCs, Indonesia Asian Games Organizing Committee and overview of the 18th Asian Games Jakarta-Palembang 2018 as well as introduction of Indonesia, the Host Country and the Host City. This publication also contains the technical information for Weightlifting Sport in the 18th Asian Games Jakarta-Palembang 2018, which is the most important.

It is our honor to provide this Technical Handbook before the start of the 18th Asian Games Jakarta-Palembang 2018. This handbook will serve an important role to all the participating officials and athletes.

Thank you very much.

2. Organizing Bodies

OCA Executive Board

President

Sheikh Ahmad Al-Fahad Al-Sabah

Honorary Life Vice-President

Raja Randhir Singh

Mr. Jizhong WEI

Vice Presidents

Maj. Gen. Charouck Arirachakaran

Mr. Timothy Tsun Ting Fok

Lt. Gen. Syed Arif Hasan

HE Sheikh Isa Bin Rashed Al Khalifa

Mr Timur Kulibayev

Mr. Tsunekazu Takeda

Prof. Dr. Hoang Vinh Giang

Mr. Sapardurdy Toylyyev

Mr Song LUZENG

Mr. Yu Zaiqing

Mrs Rita Sri Wahyusih SUBOWO

Honorary Vice-President

Mr Hemasiri FERNANDO

Chairman/Chairwoman of OCA Standing Committees

Rules Committee

Sheikh Talal Fahad Ahmad J AL-SABAH

Women and Sports Committee

Mrs Natalya SIPOVICH

Advisory Committee

Mr Ng Ser Miang

Peace Through Sport Committee

HRH Prince Faisal Bin AL-HUSSEIN

Athletes Committee

Mr Koji Murofushi

Sports Environment Committee	Mr Kyung-Sun YU
Medical Committee	Dr M. Jegathesan
Sports for All Committee	Brig Gen Mowaffak JOUMAA
Media Committee	Mr Charles King Chiu LO
Finance Committee	Dr Kevin Kuo-I CHEN
Culture Committee	Mr Mohammad A. Alkamali
Entourage Committee	Mr Daesung MOON
Education Committee	HRH Prince Abdulhakim Bin Mosaad Bin Abdulaziz
Coordination Committee	Mr Tsunekazu TAKEDA
Ethics Committee	Mr Jizhong WEI
Information & Statistics Committee	Dr Demchigjav ZAGDSUREN
International Relations Committee	HRH Prince Jigyel Ugyen WANGCHUCK
Sports Committee	Mr Song LUZENG

Members

Executive Board Member	HRH Prince Haji Sufri BOLKIAH
Executive Board Member	Mr Kiumars Hashemi
Executive Board Member	Mr Raad Hammoodi Salman AL-DULAIMI

Honorary Members

Mr Habib Abdul Nabi Yousuf MACKI
Gen Souhail KHOURY

Director General & Technical Director

	Mr Husain A H Z AL-MUSALLAM
Director of Asian GameS	Mr. Haider Farman
Director of NOCs Relation	Mr. Vinod Kumar

OCA Adviser for INASGOC

Mr. Matthew Kidson

Mr. Ganesan Sundaram Moorthy

2.1 Indonesia Asian Games Organizing Committee (INASGOC)

2.1.1 Steering Committee (SC)

President	:	Vice President of Republic of Indonesia
Vice President I	:	Chairman of Coordinating Ministry for Human Development and Cultural Affairs
Members	:	Chairman of Indonesia Olympic Committee Chairman of Agency for Financial and Development Supervision Chairman of Agency for Government Procurement Policy Governor of DKI Jakarta Governor of South Sumatera Governor of West Java Governor of Banten

2.1.2 Organizing Committee (OC)

Executive Board

President	:	Erick Tohir
Vice President	:	Sjafrie Sjamsoedin
Secretary General	:	Eris Herryanto
Vice Secretary General	:	Dendi T. Danianto
Assistant of Finance (Deputy)	:	Gatot S. Dewabroto
Vice Assistant of Finance (Vice Deputy)	:	Soewartomo
Head of Monitoring (Deputy)	:	Meris Wiryadi
Vice Head of Monitoring (Vice Deputy)	:	Deddy Yulianto
Deputy 1 Games Operation	:	Harry Warganegara Harun
Deputy 2 Games Administration	:	Francis Wanandi

Vice Deputy 2	:	Devy Wildasari Adjiningsih
Deputy 3 Games Support	:	Ahmed Solihin
Vice Deputy 3	:	Bambang Rus Effendi
Deputy 4 Games Security	:	Asop Kapolri
Vice Deputy 4	:	Asop Panglima TNI
Assistant of Finance		
Coordinator	:	Brigjend TNI Dr.Yudi Sutrasna, MM
Vice Coordinator	:	Indra Bayu
Verification Department		
Director	:	Julian Alhaj
Vice Director	:	Iwan Kurniawan Anggaraharja Tri Sujatmiko
Treasury Department		
Director	:	Deny Alvar
Vice Director (Secretariat)	:	Lina Nurhasanah
Vice Director Deputy 1	:	Arman Saputra Siregar
Vice Director Deputy 2	:	Margono
Vice Director Deputy 3	:	Sriyanti
Accounting and Asset Department		
Director	:	Parwoto Dwi Putranto
Unit Accounting		
Vice Director	:	Eddy Dharmawan
Unit Asset		
Vice Director	:	Syahrul Hidayatulloh
Monitoring Team		
Coordinator	:	Brigjen TNI Cecep Rahmad Mujono
Associate	:	Erwin Aksa Sofyan Wanandi Muhammad Iksan Wijayanto Samirin Daulat Tampubolon Dholfi OFP Kol. Inf Chanlan Adilane Kol Laut (T) Irmandala

Kol Laut (KH) Dr. Dwi Hartono
Kol Laut (P) Sayuti
Kol Kes Saefullah
Kol Cpl Jimmy Alexander Adirman
Kol Arh Bambang Murtiyoso
Kol Laut (T) Catur Sudarsono
Juliande Darwis
Ginrey Shandy Algam
I Ketut Pasek Prihadhy
David Sidjabat
Taufiequrachman Ruki
Sumirat Kriswasana

Vice Coordinator : Letkol Cku Djoko Kuntoyo

SECRETARIAL GENERAL

Coordinator : Letkol Inf. Mahudin Latupono
Vice Coordinator – General Affairs : Letkol Laut Daniel Martinus Lakollo
Vice Coordinator – Secretariat : Okkie Nur Hamida
Planning & Budgeting Department
Coordinator : Mayjen TNI Tjuk Agus Minahasa
Vice Coordinator : Kapnten Inf. Samsudin
Procurement Department
Coordinator : Laksma TNI Listyanto
Vice Coordinator : Kol Laut (T) Endro Legowo
Vice Coordinator for Administration & Support : Kol Laut Rizal Junaidi
Legal Department
Coordinator : Finsa Noorcahya
Government Relation
Coordinator : Raja Parlindungan Pane
Vice Coordinator : Haryo Sasongko
International Relations & Protocol Department

Coordinator : Indra Kartasasmita
Vide Coordinator : Nur Laily Rahmawati
Media & Public Relation Department
Coordinator : M.Buldansyah
Vice Coordinator : Ratna Irsana
Accreditation Department
Coordinator : Brigjen Pol. Teddy Minahasa
Vice Coordinator : Claudia Regina Roe Roe
Human Resources & Volunteer Department
Coordinator : Pusparani Hasjim Chappy Hakim
Vice Coordinator : Demayanti Nasution
Jenny Soeseno

DEPUTY 1: GAMES OPERATION

SECRETARIAT DEPUTY

Budget & Finance

Head/ Vice Coordinator : Gustiawan Anthony

Secretariat, Administration & Operation

Head/ Vice Coordinator : Johar Manik Kusumo Wardhani

Sport, Medal Ceremony & Sport Presentation

Director : Wisnu Wardhana

Sub-Unit Sport Support & Administration

Vice Director : Abdul Rauf

Sub-Unit Jakarta 1 & Sport Preparation

Vice Director : Arif Hidayat

Sub-Unit Jakarta 2 & Overlay Sport

Vice Director : Adi Wirawan

Sub-Unit Jakarta Suburb, Palembang & Sport Equipment

Vice Director : Arsyad Achmadin

Unit Medal Ceremony & Sport Presentation

Vice Director : Nur Ali

Venues & Environment Department

Director : Teuku Arlan Perkasa Lukman

Unit Overlay Project, Technical Data & Administration

Vice Director : Ahmad Zacky Badrudin

Unit Jakarta & Jakarta Suburb Cluster

Vice Director : Natsir Gunawan

Unit Palembang

Vice Director : Basyaruddin

Medical & Doping Control Department

Director : Dr. Leane Suniar

Vice Director : Dr. Wiweka

Athlete Village & Service Department

Director : Tri Ananta Andrewan

Unit Jakarta Kemayoran

Vice Director : Glenn J. Rumawas

Unit Jakarta Suburb

Vice Director : Hermawan Halim

Arrival Departure & Hospitality Department

Director : Indra Gamulya

Vice Director : Andi Burhan Dwi Armien

DEPUTY 2: GAMES ADMINISTRATION

SECRETARIAT DEPUTY

Unit Secretary

Vice Coordinator : Trianti

Unit Administration

Vice Director : A.A Cakra Nugraha

Unit Client Service

Vice Director : Triputanta Wimbacahaya Aziz

Look Of The Games, Beautification & Activation Department
 Director : DRS. Tb. Lukman Djajadi K
 Ceremony Department
 Director : Rachmi Dewi Wulansari
 Vice Director : Wishnutama Kusubandio
 Unit Torch Relay
 Vice Director : Dra. Herty Paulina Purba
 Revenue Department
 Director : Hasani Abdulgani
 Unit Sales
 Vice Director : Cahyadi Wanda
 Unit Merchandise & Retail
 Vice Director : Mochtar Sarman
 Ticketing Department
 Director : Sarman Simanjorang
 Unit Ticket Management
 Vice Director : Mohammad Indra
 Communication Department
 Director : Elwin Chandra Mochsin
 Unit Projector Coordinator
 Vice Director : RA Trimaryanda Kunto
 Unit Digital
 Vice Coordinator : Indra Agustian Pribadi

DEPUTY 3: GAMES SUPPORT

SECRETARIAT DEPUTY

Vice Coordinator : Yarmanto
 Transportation Department
 Director : Purnomo S.IP
 Vice Director : Sudjianto Adji
 Broadcast Depart
 Director : Linda N Wahyudi
 Vice Director : Edy B Lasoma
 Catering Department
 Director : Felly Imsransyah
 Vice Director : Yooky Tjahrial
 Accommodation Department
 Director : Johanna Sri Ambarwati
 Vice Director : Ahmad Qodie Ibrahim

IT&T Department
 Director : Eddy Prabowo
 Vice Director : Sugianto Hirokerto

DEPUTY 4: GAMES SECURITY

Associate : Kombes Pol Drs Unggul Sedyanto, Msi
 AKBP Lalu Muhammad Iwan M.SJK
 Pembina Yahya Fitriadi, Skom
 Z. Pandra Arsyad, SH, Msi

2.2 OCA Members

No.	CODE	NOC	No.	CODE	NOC
1	AFG	Afghanistan	24	MDV	Maldives
2	BRN	Bahrain	25	MGL	Mongolia
3	BAN	Bangladesh	26	MYA	Myanmar
4	BHU	Bhutan	27	NEP	Nepal
5	BRU	Brunei Darussalam	28	OMA	Oman
6	CAM	Cambodia	29	PAK	Pakistan
7	CHN	China	30	PLE	Palestine

II. GENERAL INFORMATION

1. The 18th Asian Games Jakarta-Palembang 2018 in Brief

1.1 Games Overview

Duration	: August 18 - September 2, 2018 (16 days)
Host and Co-Host City	: Jakarta and Palembang, Indonesia
Games Venue	: 49 venues in total (39 in Jakarta, 10 in Palembang)
Sports Program	: 40 sports / 462 events
Patron	: Olympic Council of Asia
Host	: Indonesia Asian Games Organizing Committee (INASGOC)

1.2 Objectives

- 1.2.1 Bring forth mutual communication, reconciliation and peace in Asia
- 1.2.2 Asian Games that share joy and glory
- 1.2.3 Realize practical and economically efficient games

1.3 Slogan

ENERGY OF ASIA

1.4 Emblem



The design concept of the Brand mark 18th Asian Games 2018 logo is inspired by the shape of Gelora Bung Karno Main Stadium, with eight paths leading to the stadium and the shining sun emblem of the

Olympic Council of Asia logo in the center, represents the “Energy of Asia” theme.

The design tells that the “Energy of Asia” will radiate throughout the world. The multi-coloured art design symbolized the multi-national culture and nature of Asia and Indonesia.

1.5 Mascots



BHIN BHIN

Cendrawasih Bird (*Paradisaea apoda*)

Strategy Representation

BHIN BHIN wearing a vest with detail pattern/
Asmat motive from Papua



ATUNG

Deer Bawean (*Hylaphus kuhlii*)

Speed Representation

ATUNG wearing sarong with Tumpal batik pattern
from Jakarta



KAKA

Rhinoceros (*Rhinoceros Sondaicus*)

Strength Representation

KAKA wear traditional clothing Palembang

2. Accreditation and Validation

Asian Games Identification and Accreditation Cards (AGIAC) will act as an entry visa to Indonesia and ensure special access to the Games venues including the HQ Hotel and competition venues. INASGOC will distribute Accreditation Guide and Accreditation Application Forms to Accreditation Responsible Organizations by December 2017. The online Accreditation System start from January 31 until April 30, 2018. INASGOC will distribute the Pre-valid AGIAC to the confirmed participants on July 2018. Upon the arrival in Jakarta – Palembang, pre-valid AGIAC holders should visit one of the accreditation center with their effective identification documents and validate their pre-valid AGIAC. Once validated, AGIAC becomes an official Games document.

3. Immigration and Visa

From July 30 to September 4, 2018, AD Card holders will be permitted upon presentation of their valid passports or travel documents. AD Cards holders will not need to apply for an Indonesian Entry Visa of Residence Permit in order to enter the country.

Any AD Card holders wishing to enter Indonesia before or after the valid period of the AD Card, or to remain in Indonesia after its expiry date, will need to make their own arrangements regarding visas according to Indonesian immigration law. AD Card holders should ensure that the information on their valid passport when entering Indonesia is exactly the same with the information on the certified document used for application for AD Card, and that their passport remain valid at least until February 5, 2019.

4. Transportation

4.1 Transport Services for Arrival and Departure

Shuttle Bus Services will be provided for arriving and departing athletes and team officials, depending on arrival and departure information and flight schedule. Before departure, Shuttle Bus Services require advance reservation.

4.2 Dedicated Vehicle Service

Dedicated Vehicle Services will be provided between Athletes' Village and the designated areas, depending on team events and on the size of NOC participants. Dedicated Vehicle Services require advance reservation and approval.

4.3 Transport Services for Competition (for non-team events)

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes' Village and the competition venues as per the competition schedule.

4.4 Transport Services for Training (for non-team events)

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes' Village and the training venues as per the training schedule.

4.5 Transport Services for Spectating

The AV-to-venues shuttle will be provided to athletes and team officials wishing to watch other sport competition events. The service is also available to all athletes and team officials who are involved in the same events: priority, however, will be given to athletes and team officials participating in their own events.

✂ Tickets are required for spectating.

4.6 Transport Services for Luggage

The luggage belonging to athletes and team officials should, in principal, be loaded onto the bus they take. If not possible due to insufficient storage space, another vehicle will be provided to the destinations.

5. Accommodation

During the Games time, over 13,000 athletes and team officials including extra officials will be accommodated at Kemayoran Block D10 in Jakarta and

Jakabaring Athletes Villages located in Palembang. Opening of Athletes' Village will be on July 16, 2018. A variety of amenities and recreational facilities will be offered for the Games family at Athletes' Village. For the sake of the safety, separate Accreditation Access is required for entering the area.

6. Media

6.1 Mixed Zone

The Mixed zone is an area in which athletes may be interviewed as soon as they leave the field of play. The Mixed Zone is designed to permit the broadcasters and press to interview athletes in a designated area near the field of play. In accordance with OCA's rules, all athletes must pass through the Mixed Zone. Mixed Zone interviews are recommended within limited time each to let the broadcasters and press to have an equal opportunity to speak to the athletes. The AFs and INASGOC Sports Operations Team will provide all necessary assistance to ensure the convenience of Mixed Zone.

6.2 Press Conference

After each event, the designated medallists will attend a press conference at the venue as well as coaches if circumstances dictate. They should accompany to the press conference room. Medallists press conference will be held right after the medal presentation ceremonies at the venue. Sports operational staff will bring athletes to the press conference room. Translation services will be provided with English and Indonesian during the press conferences at the venues. If medallists do not speak English or Indonesian, NOCs are requested to assign an interpreter with the medallists attending the press conference.

7. Medical Service

Medical stations for athletes will be installed at all competition venues and training facilities. On-site medical treatment and emergency transfer service will be provided during operating period. Polyclinic in the Athletes' Village will provide treatment and consultation by professional medical staff across the departments of internal medicine, general surgery (including

orthopaedics), ophthalmology, stomatology, medical imaging, physical therapy, pharmacy, etc.

It will also have an emergency room open 24 hours a day, with stand-by ambulances. Any patient who needs further diagnosis and treatment will be transferred to designated hospitals of the Games.

Where accredited persons including OCA Family VIP guests, NOC guests suffer from acute diseases, acute exacerbations of chronic diseases or acute injuries, they can receive treatment in Polyclinic or designated hospitals for free of charge. Services may include emergency treatment, in-patient service, special consultation and ambulance transfer, if required. However, free medical services will not include selective or unnecessary treatment.

8. Host Country/City Information

8.1 Indonesia in Brief

Indonesia, officially the Republic of Indonesia (Indonesian: Republik Indonesia) is located mainly in Southeast Asia with some territories in Oceania. Situated between the Indian and Pacific Oceans, it is the world's largest island country, with more than thirteen thousand islands. It has an estimated population of over 260 million people (September 2016) and is the world's fourth most populous. Muslim-majority country. The world's most populous island of Java contains more than half of the country's population.

Indonesia's republican form of government includes an elected legislature and president. Indonesia has 34 provinces, of which five have Special Administrative status. Its capital and most populous city is Jakarta. The country shares land borders with Papua New Guinea, East Timor, and the eastern part of Malaysia. Other neighbouring countries include Singapore, the Philippines, Australia, Palau and the Indian territory of the Andaman and Nicobar Islands. Indonesia is a founding member of ASEAN and a member of the G-20 major economies. The Indonesian economy is the world's 16th largest by nominal GDP and the 8th largest by GDP at PPP.

Indonesia consists of hundreds of distinct native ethnic and linguistic groups. The largest - and politically dominant - ethnic group are the Javanese. A shared identity has developed, defined by a national language, ethnic diversity, religious pluralism within a Muslim-majority population, and a history of colonialism and rebellion against it. Indonesia's national motto "Bhinneka Tunggal Ika" ("Unity in Diversity" literally, "many, yet one"), articulates the diversity that shapes the country. Despite its large population and densely populated regions, Indonesia has vast areas of wilderness that support the world's second highest level of biodiversity.

8.2 Jakarta in Brief

Geography

The Special Capital Region of Jakarta, is the capital and most populous city of Indonesia. Located on the northwest coast of the world's most populous island of Java, the city is the center of economics, culture and politics of Indonesia, with a population of 10,075,310 as of 2014. Greater Jakarta metropolitan area, which is known as Jabodetabek (a name formed by combining the initial syllables of Jakarta, Bogor, Depok, Tangerang and Bekasi), is the second largest urban agglomeration in the world, with population of 30,214,303 inhabitants as of 2010 census. Jakarta's business opportunities, as well as its potential to offer a higher standard of living, attract migrants from all over Indonesian archipelago, making the city a melting pot of many communities and cultures.

Climate

Jakarta has a tropical monsoon climate (Am) according to the Köppen climate classification system. The wet season in Jakarta covers the majority of the year, running from October through May. The remaining four months (June through September) constitute the city's drier season (each of these 4 months has an average monthly rainfall of less than 100 millimeters (3.9in)). Located in the western part of Java. Jakarta's wet season rainfall peak in January and February with average monthly rainfall of 299.7 millimeters (11.80 in), and its dry season low point is August with a monthly average of 43.2 mm (1.70 in).

Tourism

Most of the visitors attracted to Jakarta are domestic tourists from all over Indonesia. Jakarta is trying to attract more international tourist by MICE tourism, by arranging increasing numbers of conventions. As the gateway of Indonesia, Jakarta often serves as the stop-over for foreign visitors of their way to Indonesian popular tourist destinations such as Bali, Lombok and Yogyakarta. Most of the renowned international hotel chains have presence in the city.

Other than monuments, landmarks, and museums around Merdeka square and Jakarta Old Town, tourist attractions of the city include Thousand Islands, Taman Mini Indonesia Indah, Setu Babakan, Ragunan Zoo, Sunda Kelapa old port and the Ancol Dreamland complex on Jakarta Bay, including Duynia Fantasi (Fantasy World) theme park, Sea World, Atlantis Water Adventure, and Gelanggang Samudra.

8.3 Palembang in Brief

Geography

Palembang is the second-largest city on Sumatra island after Medan and the capital city of the South Sumatra province in Indonesia. It is one of the oldest cities in the Malay Archipelago and Southeast Asia. Palembang is located on the Musi River banks on the east coast of Southern Sumatra, with a land area of 369.22 square kilometres (142.56 square miles) and Palembang is the sixth-largest city in Indonesia after Jakarta, Surabaya, Bandung, Medan and Semarang. Its built-up (or metro) area with Talang Kelapa and Rambutan was home to 1,620,429 inhabitants at the 2010 census.

At 2°59'10' S 104°45'20" E, Palembang occupies 400.61 km² of vast lowland area east of Bukit Barisan Mountains in southern Sumatra with average elevation of 8 metres (26 feet), approximately 105 kilometres (65 miles) from nearby coast at Bangka Strait. One of the largest rivers in Sumatra, the Musi River, runs through the city, dividing the city area into two major parts which are Seberang Ilir in the north and Seberang Ulu in the south. Palembang is also located on the confluence of two major tributaries of Musi River, which are Ogan River and Komering River. The river's water level is influenced by tidal cycle. In rainy season, many areas on the city are inundated by the river's tide.

Palembang's topography is quite different between Seberang Ilir and Seberang Ulu area. Seberang Ulu topography is relatively flat, meanwhile Seberang Ilir topography is more rugged with altitude variation between 4 and 20 metres (13 and 66 feet).

Climate

Palembang is located in the tropical rainforest climate with significant rainfall even in its driest months. The climate in Palembang is often described with "hot, humid climate with a lot of rainfall throughout the year". The annual average temperature is around 27.3 °C (81.1 °F). Average temperatures are nearly identical throughout the year in the city. Average rainfall annually is 2,623 millimeters. During its wettest months, the city's lowlands are frequently inundated by torrential rains. However, in its driest months, many peatlands around the city dried, making them more vulnerable to wildfires, causing haze in the city for months.

Tourism

Ampera Bridge, main city landmark, is a bridge crossed over 1,177 metres (3,862 feet) above the Musi River which connects Seberang Ulu and Seberang Ilir area of Palembang. Great Mosque of Palembang, also known as the Sultan Mahmud Badaruddin II Mosque, is located in the city centre.

Benteng Kuto Besak, situated on the northern bank of the Musi River and adjacent to Ampera Bridge, this fort is one of the Palembang Darussalam Sultanate of heritage buildings. The fort's interior has been turned into military hospital of the Tentara Nasional Indonesia, specifically the Health

Department of Military Area Command II/Sriwijaya (Kesehatan Daerah Militer II/Sriwijaya).

Kampung Arab Al-Munawar, a mixture of middle eastern and Palembang Malay culture and architecture. It has been long known that any visitors should dress politely in order to visit this area.

Kampung Kapitan, the home of one of the oldest Chinese stilt house in the city. The primary attraction is Tjoa Ham Hin's house with centuries-old furniture inside. There was also a nearby Chinese temple, which was one of the oldest in Palembang as well. Long before its existence as the Chinese settlement area, it was also called Tanggo Rajo where foreigners and newcomers from the archipelago stayed at.

Kantor Ledeng, located in the city centre, at first this building served as a water tower. Today this building serves as the mayor office of Palembang.

Kambang Iwak, a lake located in the tourist centre of the city close to Palembang mayor's residence. On the banks of this lake, there is a park and recreation arena which is always crowded during holidays.

Punti Kayu Tourism Forest, city forest located about six miles (9.7 kilometres) from the city centre with an area of 50 hectares (120 acres) and since 1998 designated as protected forests. In this forest there is a family recreation area and a local shelter a group of monkeys: long-tail macaque (*Macaca fascicularis*) and monkey (*Macaca nemistriana*) under the Sumatran Pine wood (*Pinus mercuri*).

Sriwijaya Kingdom Archaeological Park, the remnants of Sriwijaya site located on the banks of the River Musi. There is an inscription and stone relics, complex of ancient pond, artificial island and canals dated from the Sriwijayan kingdom in this area. The Sriwijaya Museum is located in this complex.

Bukit Seguntang archaeological park, located in the hills west of Palembang city. In this place there are many relics and tombs of the ancient Malay-Sriwijayan king and nobles.

Monumen Perjuangan Rakyat / Monpera, located in the city centre, adjacent to the Great Mosque and Ampera Bridge. As its name in this building there are relics of history in the colonial period.

Museum Sultan Mahmud Badaruddin II, located near the Ampera Bridge and adjacent to Benteng Kuto Besar. The building located in the former

royal palace of Palembang Sultanate. The museum displayed the relics and historical objects with collections spanned from Sriwijaya Kingdom period to Palembang Darussalam Sultanate era.

Rumah Limas of IDR 10000 banknote is now located in Museum Balaputradewa, Palembang.

Museum Balaputradewa, the home of Rumah Limas featured on IDR 10000 banknote. This type of stilt house is the traditional house of the people of Palembang.

8.4 West Java in Brief

The population of West Java was put at 43,054,000 in mid-2010 making it the most populous province of Indonesia, home to 18% of the national total on 1.8% of the national land. A side from the special district of Jakarta, it is the most densely populated province in the country with an average of 1,236 people per km² (2010 data). The population growth rate recorded in the ten years to 2010 was 1.9%

Tourism

Endowed with natural beauty and rich culture, tourism is also an important industry in West Java. The Puncak area and Bandung have long been known as popular weekend destinations for Jakartans. Today Bandung has developed into a chic and fashionable shopping destination, popular not only among local Indonesian especially Jakartans, but also a popular shopping destination for neighboring Malaysian and Singaporeans. The ancient coastal city of Cirebon is also popular as cultural tourism destination since the city has several kratons and many historical sites such as Gua Sunyaragi. Other popular tourism destinations include the Bogor Botanical Garden, Taman Safari Indonesia, Tangkuban Perahu crater, Ciater hot springs, Kawah Putih crater to the south of Bandung, Pangandaran beach, and various mountain resorts in Cianjur, Garut, Tasikmalaya, and Kuningan.

III. Technical Information

1. Competition Date

Weightlifting competition will be held from August 20 to 26, 2018 at Jakarta International Expo (JIExpo) Kemayoran Hall A

2. Venue

Competition Venue

Category	Competition Venue	Training Venue
Name	JIExpo Kemayoran Hall A	Training will take place at the competition venue
Distance from the Athletes' Village	10 – 15 minutes	
Size	- Stage : 12 x 10 m - Platform : 4 x 4m -	
Seating Capacity	2000 Seat	-

3. Competition Management

3.1 Technical Delegate : Attila Adamfi (HUN)

Director General, International Weightlifting Federation

3.2 Competition Manager : Alamsyah Wijaya (INA)

3.3 Venue Manager : Sonny Kasiran (INA)

4. Competition Events

The weightlifting competition will consist of fourteen (14) events including seven (7) categories for men's and seven (7) categories for women's

Men's (7)	Women's (7)
------------------	--------------------

Men's (7)	Women's (7)
56kg, 69kg, 77kg, 85kg 94kg, 105kg+105kg	48kg, 53kg, 58kg, 63kg, 69kg 75kg, + 75 kg,

5. Competition Schedule

Date	Session	Time	Gender	Event	Phase
20-Aug		09.00 – 11.00	F	48 KG B Group	
		11.00 – 13.00	M	56 KG B Group	
		14.00 – 16.00	F	48 KG A Group	Medal
		17.00 – 19.00	M	56 KG A Group	Medal
21-Aug		09.00 – 11.00	F	53 KGB Group	
		11.00 -13.00	M	69 KG B Group	
		14.00 – 16.00	F	53 KG A Group	Medal
		17.00 – 19.00	M	69 KG A Group	Medal
22-Aug		09.00 – 11.00	F	58 KG B Group	
		11,00 – 13.00	M	77 KG B Group	
		14.00 – 16.00	F	58 KG A Group	Medal
		17.00 – 19.00	M	77 KG A Group	Medal
23-Aug		09.00 – 11.00	F	63 KG B Group	
		11,00 – 13.00	M	85 KG B Group	
		14,00 – 16.00	F	63 KG A Group	Medal
		17.00 – 19.00	M	85 KG A Group	Medal
24-Aug		09.00 – 11.00	F	69 KG B Group	
		11,00 – 13.00	M	94 KG B Group	
		14,00 – 16.00	F	69 KG A Group	Medal
		17.00 – 19.00	M	94 KG A Group	Medal
25-Aug		09.00 – 11.00	F	75 KG B Group	
		11,00 – 13.00	M	105 KG B Group	
		14,00 – 16.00	F	75 KG A Group	Medal
		17.00 – 19.00	M	105 KG A Group	Medal
26-Aug		09.00 – 11.00	F	+75 KG B Group	
		11.00 - 13.00	M	+105 KG B Group	
		14,00 – 16.00	F	+75 KG A Group	Medal
		17.00 – 19.00	M	+105 KG A Group	Medal

Note:

1. This competition schedule is subject to change depending on the number of final entries.

2. According to the IWF TCRR, the weigh-in of each competition begins two (2) hours before the start of the group concerned and lasts for one (1) hour.

6. Competition Rules

The Weightlifting competition of the 18th Asian Games will be held in accordance with the latest Technical and Competition Rules and Regulations (TCRR) of the International Weightlifting Federation (IWF).

In case of any disagreement in the language interpretation of the rules and regulations, the English version shall prevail. Any unforeseen cases not covered by the regulations and rules shall be resolved as follows :

- General issues : Resolved in accordance with OCA Constitution and Rules
- Technical issues : Resolved in accordance with the IWF Rules and Regulations

7. Competition Format

Competition will be held in according to the latest IWF TCRR, of which the snatch and the clean and jerk are included. The results will be ranked according to the total weight achieved of the two types of lifts (the snatch and the clean and jerk). Gold, silver and bronze medals are awarded respectively to the first three (3) places for the total in each of the bodyweight categories.

8. Sport Entries

8.1 Eligibility

- Only OCA member NOC's are entitled to send athletes to participate in the Weightlifting competition of the 18th Asian Games

- Only athletes who comply the OCA Constitution and Rules and its Bye-law are entitled to participate in the Weightlifting Competition

8.2 Entry Timeline

- Entry by Sport – Deadline: 24:00; 9 March 2018 (Jakarta Time, GMT +7)
- Entry by Number – Deadline: 24:00; 30 April 2018 (Jakarta Time, GMT +7)
- Entry by Name – Deadline: 24:00; 30 June 2018 (Jakarta Time, GMT +7)

8.3. Entry Policies

Individual Events : Athletes from each NOC must be distributed amongst the bodyweight categories with a maximum of two (2) athletes per category.

Total : Each NOC may enter a team of maximum of Seven (7) men and Seven (7) women athletes.

NOCs that withdraw their athletes or teams after the submission of the final entries by name and Team Sport Draw will be faced with disciplinary action by the OCA EB.

9. Technical Officials

International Technical Officials shall be approved by the IWF in consultation with the AWF.

AF/IF has the right to appoint the Technical Delegate and ITOs in coordination and approval of OCA. In case of violation of the IF/AF Rules and Games Rules and Regulations by any participant, the OCA has the right to revoke the AD Card and propose change of the person to the concerned party.

10. Technical Meeting/ Verification Meeting

-Date : August 19, 2018
-Time and Place : 16.00 – 18.00
JIEXPO Hall A Kemayoran, Jakarta

11. Protests and Appeals

No protest and Appeal according to the IWF rules

Any Athlete/NOC can appeal to CAS, in case he feels that there is violation of IF/AF Technical Rules or OCA Constitution which is not related to reversing the decision of the referee or result.

12. Equipment and Clothing

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and IWF in force. ELEIKO Barbell will be used in the Competition, Training and warm up (IWF-approved Sport Equipment).

Neither athletes nor technical officials can attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA and INASGOC.

13. Doping Control

Doping Control during the 18th Asian Games will be conducted in accordance with OCA Anti Doping Rules applicable to the Asian Games and will follow the standards and procedures under the World Anti-Doping Code

INASGOC, in collaboration with the medical committee of the OCA will have in place the resources to assist in the investigation of any cases of disorders of sexual

determination, should the need arise. The need for such tests and the processes to be followed will be as per the rules/procedures laid down by the OCA.

14. Victory Ceremony

Gold, silver and bronze medals will be awarded to the athletes ranked the top three of each event respectively. Before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the Victory Ceremony. Medalists must wear their NOC official uniforms.

15. Sport Information Center (SIC)

All sport-specific information for Weightlifting will be available at the sport information desks. They are located at the competition venue and at the Sport Information Center (SIC) in the Athletes' Village.

IV. GENERAL CONTACT

1. International Weightlifting Federation (IWF)

- President : Tamas Aian (HUN)
- Secretary General : Mohammed Hasan Jaloud (IRQ)
- Address : House of HS, Istvanmezei ut 1-3,
1146 Budapest Hungary
- Phone : +36 1353 0530
- Fax : +36 1353 0199
- Email : iwf@iwfnet.net
- Web : www.iwf.net

2. Asian Weightlifting Federation (AWF)

- President : Mohamed Yousef Al-Mana (QAT)
- Secretary General : Mrs. Boossaba Yodbangtoey (THA)
- Address : 4th Floor, Al Bidda Tower
P.O. BOX 2473, Doha Qatar

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