Weightlifting
Explanatory Guide

August 2019
ABOUT THIS SPORT EXPLANATORY GUIDE

Published in August 2019, the series of Sport Explanatory Guides offer an introduction to each sport and discipline at Tokyo 2020 and provide a variety of information to help teams in their planning and preparation for the Games. This guide is divided into several sections:

• an introduction to Tokyo and the Games of the XXXII Olympiad
• sport-specific details such as competition format, schedule, venue descriptions, rules and qualification criteria
• general information regarding accreditation, ticketing, accommodation, medical services, doping control and transport
• a directory of contact details, maps and the daily competition schedule for all sports

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

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

Team Leaders’ Guides explaining Games-time plans for sports in greater detail will be distributed to NOCs in July 2020.
WELCOME

On behalf of the Tokyo 2020 Organising Committee I am delighted to present the Weightlifting Explanatory Guide for the Games of the XXXII Olympiad.

In line with the growing global focus on sustainability, Tokyo 2020 will make this publication available to clients in an electronic-only format.

We are planning to provide facilities and services which will allow everyone involved in the Games to achieve all three of Tokyo 2020’s core concepts: achieving personals bests, unity in diversity, and connecting to tomorrow.

The Olympic Village, Olympic Sailing Village and Olympic Cycling Village will greet athletes with comfort and warmth to allow them to perform at their peak while still enjoying Japan’s traditions.

By adopting the best of Japanese culture and innovation, we aim to deliver world class venues ranging from state-of-the-art facilities, locations steeped in the history and legacy of Tokyo 1964, and spiritual homes of Japanese sport for athletes to provide a wonderful sporting spectacle for the world to share.

This guide was produced with the generous cooperation of the International Weightlifting Federation and IOC Sport, and we trust it will assist you in your preparations for the Games.

And when you arrive in Tokyo in July 2020 we promise to welcome you with our famous omotenashi (Japanese spirit of hospitality).

Kind regards,

Koji MUROFUSHI
Sport Director, Tokyo 2020
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1

Introduction
Welcome to Tokyo 2020

The Olympic Games Tokyo 2020 will be a celebration of diversity and unity, traditions and technologies, reform and transformation, sustainability and the future. The following pages offer a brief introduction to Tokyo, Japan’s Olympic heritage, and how Japan as a mature society will harness the power of sport and bring positive changes that will benefit the host city, the nation and the world.

Tokyo, then and now

Tokyo is a city with 400 years of history and tradition. Ever since the Edo Shogunate was established in 1603 it has developed as the centre of politics in Japan and at the beginning of the 18th century, it became one of the world’s largest cities with a population of over 1 million people. After the Meiji Restoration, Tokyo became the capital of Japan. Although it was reduced to ashes twice; first by the Great Kanto Earthquake of 1923 and then by the bombings of the World War II, it was always able to rebuild itself and has continued to evolve. Tokyo maintains excellent public safety and a high-quality living environment. While the city disseminates cutting-edge technologies and new culture and trends such as anime and fashion to the world, the chic culture of Edo is still very much alive. Such a unique blend of tradition and sophistication is the allure of Tokyo. The city has many faces - if you leave the centre with its rows of skyscrapers and visit the suburbs, you will find beautiful scenery abundant with greenery and water. The islands in the Pacific Ocean, particularly the Ogasawara Islands which were added to UNESCO’s World Heritage List in 2011, are yet another face of Tokyo.

Climate

Tokyo has a humid subtropical climate with warm, wet summers. From late July to early September, the average daily high is 29.2–31.1 degrees Celsius (84.6–88.0 degrees Fahrenheit) and the average low is 21.8–23.3 degrees Celsius (71.2–73.9 degrees Fahrenheit), with relative humidity from approximately 60 per cent to approximately 80 per cent. The average monthly rainfall during August is 168 millimetres. The prevailing winds are from the south-west. Gale-force winds (34 knots or more for a period of 10 minutes, or gusts exceeding 43 knots) are rare, and mostly caused by typhoons. The average daylight hours in Tokyo at Games time (July to September) are from 05:00 to 18:00. Earthquakes perceptible to most people walking, or stronger, are rare, occurring on average less than once a year between 1998 and 2017 in Tokyo. More detailed ‘Weather Information by Venue Zone’ is available on Tokyo 2020 Connect and plans for heat countermeasures will be made available in the Team Leaders’ Guides.

Tokyo in 2020


Official language: Japanese

Currency: JPY (Japanese yen)

Local time: Greenwich Mean Time (GMT) +9 hrs

Area: 2,191 km² (Japan: 377,972 km²)

Latitude and longitude: 35°39' 29" N, 139°44' 28" E

Altitude: 24m

The city’s Olympic heritage

On 10 October 1964, the Games of the XVIII Olympiad began with the Opening Ceremony at Kasumigaoka National Stadium after which 5,133 athletes from 93 nations and regions demonstrated their exceptional abilities in 163 events across 20 sporting competitions. It was the first ever Olympic Games held in Asia and was an enormous success. In conjunction with this momentous event, Tokyo experienced dramatic development from its post-war infrastructure, including the construction of the Metropolitan Expressway and the Tokaido Shinkansen railway (the original “bullet train”). This type of major progress in its capital served as a stepping stone for an era of rapid economic growth in Japan and demonstrated to the world its miraculous restoration.

In 2020 Tokyo will become the first city to host the Paralympic Games for the second time and the Games will serve as a wonderful opportunity to embrace diversity. People from all over the world, with and without impairments, will gather in Tokyo. The Tokyo 2020 Paralympic Games will enable many people to witness the dynamic and breath-taking performances of the Para athletes, gain a real understanding of the rights and dignity of all people, and serve as a catalyst for Japan to become a fully-inclusive society.
Tokyo 2020

The Olympic Games in Brief

Sports: 33
Disciplines: 50
Medal events: 339
Athletes: 11,090
Competition venues: 42

Days of competition: 19
Competition sessions: 768*
Olympic Village official opening: 14 July 2020
Opening ceremony: 24 July 2020
Closing ceremony: 9 August 2020

*estimated

Competition venues

Many existing venues will be used for the Tokyo 2020 Games including several legacy venues from the Tokyo 1964 Games. A total of 42 venues in Tokyo and around Japan will be used for the 2020 Games.

Infinite Excitement

The venue plan for the Olympic and Paralympic Games Tokyo 2020 consists predominantly of two thematic and operational zones: the Heritage Zone which houses several iconic venues used at Tokyo 1964 and further sustain its enduring legacy; and the Tokyo Bay Zone which serves as a model for innovative urban development and symbolises the exciting future of the city. These two zones expand across the city to form an ‘infinity’ symbol with the Athletes’ Village positioned at the point where the two zones intersect - at the physical and spiritual heart of the Games. The ‘infinity’ symbol embodies the boundless passion, commitment and inspiration of the world’s elite athletes, the limitless potential of future generations, and the lasting legacy that will be passed on to the people of Tokyo, Japan and the world.
## Heritage Zone

1. **Olympic Stadium**  
   Opening and Closing Ceremonies  
   Athletics  
   Football

2. **Tokyo Metropolitan Gymnasium**  
   Table Tennis

3. **Yoyogi National Stadium**  
   Handball

4. **Nippon Budokan**  
   Judo  
   Karate

5. **Imperial Palace Garden**  
   Athletics [Race Walk]

6. **Tokyo International Forum**  
   Weightlifting

7. **Kokugikan Arena**  
   Boxing

8. **Equestrian Park**  
   Equestrian [Dressage, Eventing, Jumping]

9. **Musashino Forest Sport Plaza**  
   Badminton  
   Modern Pentathlon [Fencing]

10. **Tokyo Stadium**  
    Football  
    Rugby Sevens  
    Modern Pentathlon [Swimming, Fencing, Riding, Laser-Run]

11. **Musashinonomori Park**  
    Cycling Road

## Tokyo Bay Zone

12. **Ariake Arena**  
    Volleyball

13. **Ariake Gymnastics Centre**  
    Gymnastics [Artistic, Rhythmic, Trampoline]

14. **Ariake Urban Sports Park**  
    Cycling [BMX Freestyle, BMX Racing]  
    Skateboarding

15. **Ariake Tennis Park**  
    Tennis

16. **Odaiba Marine Park**  
    Aquatics [Marathon Swimming]  
    Triathlon

17. **Shiokaze Park**  
    Beach Volleyball

18. **Aomi Urban Sports Park**  
    3x3 Basketball  
    Sport Climbing

19. **Oi Hockey Stadium**  
    Hockey

20. **Sea Forest Cross-Country Course**  
    Equestrian [Eventing]

21. **Sea Forest Waterway**  
    Canoe Sprint, Rowing

22. **Kasai Canoe Slalom Centre**  
    Canoe Slalom

23. **Yumenoshima Park Archery Field**  
    Archery

24. **Tokyo Aquatics Centre**  
    Aquatics [Swimming, Diving, Artistic Swimming]

25. **Tatsumi Water Polo Centre**  
    Aquatics [Water Polo]

26. **Makuhari Messe Hall A**  
    Taekwondo  
    Wrestling

27. **Makuhari Messe Hall B**  
    Fencing
Other Venues

- Tsurigasaki Surfing Beach
  Surfing

- Saitama Super Arena
  Basketball

- Asaka Shooting Range
  Shooting

- Kasumigaseki Country Club
  Golf

- Enoshima Yacht Harbour
  Sailing

- Izu Velodrome
  Cycling Track

- Izu MTB Course
  Cycling Mountain Bike

- Fuji International Speedway
  Cycling Road

- Fukushima Azuma Baseball Stadium
  Baseball
  Softball

- Yokohama Stadium
  Baseball
  Softball

- Sapporo Dome
  Football

- Miyagi Stadium
  Football

- Ibaraki Kashima Stadium
  Football

- Saitama Stadium
  Football

- International Stadium Yokohama
  Football
READY STEADY TOKYO

Tokyo 2020 test events are branded as “READY STEADY TOKYO” and aim to express the excitement that continues to build as the Olympic and Paralympic Games Tokyo 2020 edge closer. The events began in autumn 2018 and will run until May 2020. Fifty-six test events in total will be held - some during scheduled international sporting events already taking place in Japan during the build-up to the Tokyo 2020 Games, with others comprising dedicated Olympic and Paralympic test competitions organised by Tokyo 2020.

The test events will give organisers and the Japanese public the opportunity to experience sporting events in the Olympic and Paralympic venues, in some cases for the first time. Other events will allow the Japanese public to get a glimpse of the world’s best athletes in those disciplines, including potential Olympic and Paralympic Games competitors, in an exciting chance to discover new sports and new heroes ahead of the Games.

For Tokyo 2020, the objective of the test events will be to provide its management and operational staff with hands-on experience of running events and allow them to collaborate with delivery partners to ensure the smooth operation of the Games.

The test event calendar will be implemented in three waves, with the first focusing on outdoor sports and due to be held between June and September 2019. A second series of test events will be held from October 2019 to February 2020, with a final series taking place between March and May 2020, which will primarily focus on the confirmation of communication and reporting lines.

For more details, see https://tokyo2020.org/en/games/sport/testevents/

Tokyo 2020 Cultural Olympiad

The Olympic and Paralympic Games are not only a celebration of sport, they are also a cultural festival. As the grand finale of the Tokyo 2020 Participation Programme the Tokyo 2020 Organising Committee aims to increase momentum and excitement to the highest levels by hosting the Tokyo 2020 NIPPON Festival, which will promote Japan’s diverse culture to domestic and global audiences.

The Tokyo 2020 NIPPON Festival is the official Cultural Olympiad of the Tokyo 2020 Games and will be held from April to September 2020 when the eyes of the world will be on Tokyo and Japan. Along with expressing Japanese culture, the festival will serve as an opportunity to engage a diverse array of people and encourage a wide range of interactions as part of its aim to realise a fully-inclusive society, engage as many people as possible in the Tokyo 2020 Games through cultural and artistic activities, and raise expectation levels for the Games.
After the Games

The Tokyo 2020 Games are more than a sporting tournament. The success of the Games also depends on the positive legacies that the Games will leave Japan and the world in a diverse variety of fields other than sport.

The Tokyo 2020 Organising Committee is collaborating with multiple stakeholders to promote a range of projects that will leave a host of enduring legacies based on the five core themes that make up the Tokyo 2020 Action and Legacy Plan: Sport and Health; Urban Planning and Sustainability; Culture and Education; Economy and Technology; and Recovery, Nationwide Benefits and Global Communication. With a successful delivery of the Games, the Tokyo 2020 Organising Committee will leave a wealth of lasting legacies across a broad range of areas to future generations.
2

Weightlifting overview
Weightlifting at the Olympic Games

Weightlifting is one of the oldest and most natural competitive activities in the world: images of athletes lifting heavy objects for sport appear in ancient Egyptian records, Chinese texts and Greek carvings. Shortly after the first organised competitions were held in Europe in the late 1800s, the first Weightlifting World Championships were held in London in 1891, with seven men representing six countries. At these early competitions, there were no bodyweight categories with the winner being whoever lifted the greatest weight, regardless of their size.

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

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

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

Key Personnel

International Weightlifting Federation (IWF)

IF Technical Delegates: Nicu Vlad (ROU), Attila Ádámfi (HUN)

Tokyo 2020 Competition Management

Reiko Kato Chinen
Weightlifting Sport Manager, Tokyo 2020

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

For details of how to contact Tokyo 2020, IOC, IWF and JWA, see p42-46 [Directory].
Weightlifting competition

The Weightlifting competition at Tokyo 2020 will be held from Saturday 25 July to Wednesday 5 August 2020 at the Tokyo International Forum in the Heritage Zone. The competition will consist of 14 medal events (bodyweight categories), summarised below:

**Medal Events**

<table>
<thead>
<tr>
<th>Men (7)</th>
<th>Women (7)</th>
</tr>
</thead>
<tbody>
<tr>
<td>61kg</td>
<td>49kg</td>
</tr>
<tr>
<td>67kg</td>
<td>55kg</td>
</tr>
<tr>
<td>73kg</td>
<td>59kg</td>
</tr>
<tr>
<td>81kg</td>
<td>64kg</td>
</tr>
<tr>
<td>96kg</td>
<td>76kg</td>
</tr>
<tr>
<td>109kg</td>
<td>87kg</td>
</tr>
<tr>
<td>+109kg</td>
<td>+87kg</td>
</tr>
</tbody>
</table>

A total of 196 athletes may take part in the Tokyo 2020 Weightlifting competition. This figure comprises 98 male and 98 female athletes, which will be the first time gender equality has been achieved in Weightlifting at the Olympic Games. For details about qualification requirements, see p41 (Sport entries and qualification).
Competition format

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

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

Athletes are allowed one (1) minute between the calling of their names and the start of each attempt, or two (2) minutes if they are making consecutive attempts. 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 competition rankings.

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

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

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

Weightlifting weigh-ins will be conducted by IWF Technical Officials at the Tokyo International Forum 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, which will be available close to the Official Weigh-In Room, before the official weigh-in. If any athlete fails to make the bodyweight of the category in which he/she is officially entered, he/she will be excluded from the competition. Test scales in changing rooms at the Weightlifting training venue will be available for non-competing athletes from 10:00 to 20:00.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date</th>
<th>Weight Categories</th>
<th>Weigh-in Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weightlifting</td>
<td>25 Jul 2020</td>
<td>W 49kg Group B</td>
<td>07:20 - 08:20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W 49kg Group A</td>
<td>10:50 - 11:50</td>
</tr>
<tr>
<td></td>
<td>26 Jul 2020</td>
<td>M 61kg Group B &amp; M 67kg Group B</td>
<td>09:50 - 10:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M 61kg Group A</td>
<td>13:50 - 14:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M 67kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
<tr>
<td></td>
<td>27 Jul 2020</td>
<td>W 55kg Group B</td>
<td>11:50 - 12:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W 55kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
<tr>
<td></td>
<td>28 Jul 2020</td>
<td>W 59kg Group B &amp; W 64kg Group B</td>
<td>09:50 - 10:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W 59kg Group A</td>
<td>13:50 - 14:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W 64kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
<tr>
<td></td>
<td>29 Jul 2020</td>
<td>M 73kg Group B</td>
<td>11:50 - 12:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M 73kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
<tr>
<td></td>
<td>1 Aug 2020</td>
<td>M 81kg Group B &amp; M 96kg Group B</td>
<td>09:50 - 10:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M 81kg Group A</td>
<td>13:50 - 14:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M 96kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
<tr>
<td></td>
<td>2 Aug 2020</td>
<td>W 76kg Group B</td>
<td>11:50 - 12:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W 76kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
<tr>
<td></td>
<td>3 Aug 2020</td>
<td>W 87kg Group B &amp; W +87kg Group B</td>
<td>09:50 - 10:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W 87kg Group A</td>
<td>13:50 - 14:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W +87kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
<tr>
<td></td>
<td>4 Aug 2020</td>
<td>M 109kg Group B</td>
<td>11:50 - 12:50</td>
</tr>
<tr>
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<td></td>
<td>M 109kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
<tr>
<td></td>
<td>5 Aug 2020</td>
<td>M +109kg Group B</td>
<td>11:50 - 12:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td>M +109kg Group A</td>
<td>17:50 - 18:50</td>
</tr>
</tbody>
</table>

Competing athletes in Weightlifting and their accompanying Team Officials (maximum three (3) Team Officials per athlete) may be served a hot meal in the Athletes’ Lounge after their weigh-in without booking AVMs. Only athletes with an Athlete Pass and Team Officials with a Warm-Up Pass for the relevant session will be able to access the Athletes’ Lounge for competing athletes.
Rules

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

IWF Technical and Competition Rules & Regulations
[www.iwf.net/downloads/?did=598]

The Olympic Charter
[www.olympic.org/documents/olympic-charter]

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

Clothing and equipment

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

IWF Technical and Competition Rules and Regulations
[www.iwf.net/downloads/?did=598] with particular reference to Section 4: Athletes’ Outfit.

The Olympic Charter

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
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<th>Event name</th>
<th>Time</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Sat 25 Jul</td>
<td>WLF01</td>
<td>Women’s 49kg: Group B</td>
<td>9:20</td>
<td>2:10</td>
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<tr>
<td></td>
<td></td>
<td>WLF02</td>
<td>Women’s 49kg: Group A</td>
<td>12:50</td>
<td>1:50</td>
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<tr>
<td></td>
<td></td>
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<td>Women’s 49kg: Victory Ceremony</td>
<td>14:50</td>
<td>0:10</td>
</tr>
<tr>
<td>Day 2</td>
<td>Sun 26 Jul</td>
<td>WLF03</td>
<td>Men’s 61kg: Group B and Men’s 67kg: Group B</td>
<td>11:50</td>
<td>2:10</td>
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<tr>
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<td></td>
<td>WLF04</td>
<td>Men’s 61kg: Group A</td>
<td>15:50</td>
<td>1:50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Men’s 61kg: Victory Ceremony</td>
<td>17:50</td>
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<tr>
<td>Day 3</td>
<td>Mon 27 Jul</td>
<td>WLF05</td>
<td>Men’s 67kg: Group A</td>
<td>19:50</td>
<td>1:50</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Men’s 67kg: Victory Ceremony</td>
<td>21:50</td>
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<td></td>
<td>WLF06</td>
<td>Women’s 55kg: Group B</td>
<td>13:50</td>
<td>2:10</td>
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<td></td>
<td></td>
<td>WLF07</td>
<td>Women's 55kg: Group A</td>
<td>19:50</td>
<td>1:50</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Women’s 55kg: Victory Ceremony</td>
<td>21:50</td>
<td>0:10</td>
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### Day 4
#### Tue 28 Jul

<table>
<thead>
<tr>
<th>Session</th>
<th>Start</th>
<th>End</th>
<th>Event name</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF08</td>
<td>11:50</td>
<td>14:00</td>
<td>Women’s 59kg: Group B and Women’s 64kg: Group B</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>Start</th>
<th>End</th>
<th>Event name</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF09</td>
<td>15:50</td>
<td>17:40</td>
<td>Women’s 59kg: Group A</td>
</tr>
<tr>
<td></td>
<td>17:50</td>
<td>18:00</td>
<td>Women’s 59kg: Victory Ceremony</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>Start</th>
<th>End</th>
<th>Event name</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF10</td>
<td>19:50</td>
<td>21:40</td>
<td>Women’s 64kg: Group A</td>
</tr>
<tr>
<td></td>
<td>21:50</td>
<td>22:00</td>
<td>Women’s 64kg: Victory Ceremony</td>
</tr>
</tbody>
</table>

### Day 5
#### Wed 29 Jul

<table>
<thead>
<tr>
<th>Session</th>
<th>Start</th>
<th>End</th>
<th>Event name</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF11</td>
<td>13:50</td>
<td>16:00</td>
<td>Men’s 73kg: Group B</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>Start</th>
<th>End</th>
<th>Event name</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF12</td>
<td>19:50</td>
<td>21:40</td>
<td>Men’s 73kg: Group A</td>
</tr>
<tr>
<td></td>
<td>21:50</td>
<td>22:00</td>
<td>Men’s 73kg: Victory Ceremony</td>
</tr>
</tbody>
</table>

### Day 8
#### Sat 1 Aug

<table>
<thead>
<tr>
<th>Session</th>
<th>Start</th>
<th>End</th>
<th>Event name</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF13</td>
<td>11:50</td>
<td>14:00</td>
<td>Men’s 81kg: Group B and Men’s 96kg: Group B</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>Start</th>
<th>End</th>
<th>Event name</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF14</td>
<td>15:50</td>
<td>17:40</td>
<td>Men’s 81kg: Group A</td>
</tr>
<tr>
<td></td>
<td>17:50</td>
<td>18:00</td>
<td>Men’s 81kg: Victory Ceremony</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>Start</th>
<th>End</th>
<th>Event name</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF15</td>
<td>19:50</td>
<td>21:40</td>
<td>Men’s 96kg: Group A</td>
</tr>
<tr>
<td></td>
<td>21:50</td>
<td>22:00</td>
<td>Men’s 96kg: Victory Ceremony</td>
</tr>
<tr>
<td>Day 9</td>
<td>Sun 2 Aug</td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------------------</td>
<td>-----------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session WLF16</td>
<td>Start: 13:50  End: 16:00 Tokyo International Forum</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Total Event name</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13:50 - 16:00</td>
<td>2:10 Women’s 76kg: Group B</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day 10</th>
<th>Mon 3 Aug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session WLF18</td>
<td>Start: 11:50  End: 14:00 Tokyo International Forum</td>
</tr>
<tr>
<td>Time</td>
<td>Total Event name</td>
</tr>
<tr>
<td>11:50 - 14:00</td>
<td>2:10 Women’s 87kg: Group B and Women’s +87kg: Group B</td>
</tr>
</tbody>
</table>

| Session WLF19             | Start: 15:50  End: 18:00 Tokyo International Forum |
| Time                      | Total Event name                              |
| 15:50 - 17:40             | 1:50 Women’s 87kg: Group A                    |
| 17:50 - 18:00             | 0:10 Women’s 87kg: Victory Ceremony           |

| Session WLF20             | Start: 19:50  End: 22:00 Tokyo International Forum |
| Time                      | Total Event name                              |
| 19:50 - 21:40             | 1:50 Women’s +87kg: Group A                   |
| 21:50 - 22:00             | 0:10 Women’s +87kg: Victory Ceremony          |

<table>
<thead>
<tr>
<th>Day 11</th>
<th>Tue 4 Aug</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session WLF21</td>
<td>Start: 13:50  End: 16:00 Tokyo International Forum</td>
</tr>
<tr>
<td>Time</td>
<td>Total Event name</td>
</tr>
<tr>
<td>13:50 - 16:00</td>
<td>2:10 Men’s 109kg: Group B</td>
</tr>
</tbody>
</table>

<p>| Session WLF22             | Start: 19:50  End: 22:00 Tokyo International Forum |
| Time                      | Total Event name                              |
| 19:50 - 21:40             | 1:50 Men’s 109kg: Group A                     |
| 21:50 - 22:00             | 0:10 Men’s 109kg: Victory Ceremony            |</p>
<table>
<thead>
<tr>
<th>Session</th>
<th>Start:13:50</th>
<th>End:16:00</th>
<th>Tokyo International Forum</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF23</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Total</td>
<td>Event name</td>
<td></td>
</tr>
<tr>
<td>13:50</td>
<td>16:00</td>
<td>2:10</td>
<td>Men’s +109kg: Group B</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>Start:19:50</th>
<th>End:22:00</th>
<th>Tokyo International Forum</th>
</tr>
</thead>
<tbody>
<tr>
<td>WLF24</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>Total</td>
<td>Event name</td>
<td></td>
</tr>
<tr>
<td>19:50</td>
<td>21:40</td>
<td>1:50</td>
<td>Men’s +109kg: Group A</td>
</tr>
<tr>
<td>21:50</td>
<td>22:00</td>
<td>0:10</td>
<td>Men’s +109kg: Victory Ceremony</td>
</tr>
</tbody>
</table>
Competition venue

Tokyo International Forum (Hall A)

3-5-1 Marunouchi
Chiyoda-ku Tokyo
Japan

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

Field of play

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

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
• scales (official and test scales)
• mixed zone where accredited media interview athletes after competition
• sport information desk (p40 Sport information)
• medical services (p36 Medical services)
• doping control station (p38 Anti-Doping)
Training venue

Tokyo International Forum (Hall E)

3-5-1 Marunouchi
Chiyoda-ku Tokyo
Japan

Training for the Weightlifting competition will take place at Tokyo International Forum, in a separate hall nearby the competition venue.

The venue will be open for training from Tuesday 14 July to Sunday 9 August 2020. NOC teams will be able to access facilities according to the training schedule.

The Weightlifting training facilities at Tokyo International Forum will include fifty (50) platforms.

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

Other facilities at the training venue will include:

• lounge area for athletes and team officials
• changing rooms and showers (separate facilities for men and women)
• saunas (separate facilities for men and women)
• test scales
• gym area
• medical services
• internet access in designated areas
3

General information
Accreditation

Overview

The National Olympic Committees are responsible for completing the registration process for all members of its delegation. This includes:

- athletes
- team management
- team officials including veterinarians, grooms, caddies and Olympic Village administrative personnel
- alternate athletes, training partners and personal coaches
- NOC office holders
- dignitaries
- guests
- horse owners
- drivers
- press
- recipients of Olympic Village Guest Passes
- recipients of Training Venues Passes

The registration process for all populations will be completed using the Accreditation, Sport Entries and Guest Pass functionalities of the Tokyo 2020 Games Management System (GMS).

The Olympic Identity and Accreditation Card (OIAC) is the official document that identifies each person participating in the Olympic Games, and ensures they are granted appropriate access to Games venues to fulfil their roles. The accreditation process also ensures that Games participants are granted entry to Japan for the period of the Games.

Full details of the accreditation process for the Tokyo 2020, including categories, quotas, entitlements and policies will be published in the NOC Accreditation Manual in November 2019. The IOC’s ‘Accreditation at the Olympic Games Detailed Specifications’ (early 2019 version) is a useful reference document.

Sport Entries is a fundamental part of the registration process for athletes. The number of athletes in an NOC delegation determines the number of accreditations available to the NOC for many other populations, especially for team officials.
Below is the accreditation timeline for NOCs:

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 2019</td>
<td>Tokyo 2020 publishes NOC Accreditation Manual and associated registration materials on Tokyo 2020 Connect</td>
</tr>
<tr>
<td>2 Dec 2019</td>
<td>Accreditation functionality of Tokyo 2020 GMS opens (NOCs will only be provided with access after completing and returning Responsible Organisation Undertaking and User Account Request forms)</td>
</tr>
<tr>
<td>10 Apr 2020</td>
<td>Deadline for NOCs to submit all applications for accreditation [all categories] through Tokyo 2020 GMS</td>
</tr>
<tr>
<td>Apr - May 2020</td>
<td>Pre-Delegation Registration Meetings [Pre-DRMs]</td>
</tr>
<tr>
<td>May - Jun 2020</td>
<td>Tokyo 2020 produces and dispatches Pre-Valid Cards (PVCs) to NOCs</td>
</tr>
<tr>
<td>24 Apr - 6 Oct 2020</td>
<td>PVCs valid as an entry document for Japan</td>
</tr>
<tr>
<td>6 Jul 2020</td>
<td>Deadline for NOCs to submit Sport Entries through Tokyo 2020 GMS</td>
</tr>
<tr>
<td>8-22 Jul 2020</td>
<td>Delegation Registration Meetings (DRMs) at the Olympic Village Team Processing Centre</td>
</tr>
<tr>
<td>12 Jul 2020</td>
<td>Start of PVC validation for NOC delegation members at Tokyo International Airport (Haneda) and Narita International Airport, and at other accreditation facilities [participants will only be able to validate after completion of their NOC’s DRM]</td>
</tr>
<tr>
<td>24 Jul - 9 Aug 2020</td>
<td>Olympic Games Tokyo 2020</td>
</tr>
</tbody>
</table>
Application process

It is the NOC’s responsibility to appropriately register athletes, team officials, dignitaries and press from its territory, in compliance with the Olympic Charter and according to a defined role detailed in the IOC’s Accreditation at the Olympic Games Detailed Specifications (early 2019 version).

Applications for accreditation for all NOC delegation members must be submitted to Tokyo 2020 no later than 10 April 2020 to ensure Pre-Valid Cards (PVCs) can be produced and dispatched for delivery to NOCs before the departure of delegates travelling to the Games.

NOCs should collect and submit required personal information from all potential members of the NOC delegation, including all athletes and team officials on the ‘long list’ through the Tokyo 2020 GMS Accreditation functionality.

A complete application for accreditation consists of the personal information required on the application form and a digital photograph of the applicant that meets specifications. A document explaining details of the required data fields, acceptable identity documents and photograph specifications can be found on Tokyo 2020 Connect.

Conditions of Participation

As required by the IOC and in accordance with Rule 40 of the Olympic Charter, all NOC delegation members must complete and sign a Conditions of Participation form, acknowledging their compliance with the IOC and International Federation (IF) rules regarding Games participation and the World Anti-Doping Code.

Each individual applicant must provide their original signature onto a hard-copy of the Conditions of Participation form. The form will be available in English and French. The NOC President, Secretary General or Chef de Mission must countersign each form (electronic signatures and signature stamps will not be accepted). Each form must also contain the NOC’s official stamp.

Only original signed (and countersigned as appropriate) copies of the Conditions of Participation form will be accepted by Tokyo 2020, and must be received at, or prior to, each NOC’s Delegation Registration Meeting (DRM). However, NOCs are strongly encouraged to return the forms to Tokyo 2020 by secure/tracked post, or in person if the opportunity arises, such as an NOC visit to Tokyo or the Pre-DRMs. Submitting the completed forms prior to the DRM will ensure that the accreditation section of the DRM can be completed promptly and that delegation members will not be delayed when validating their accreditation and entering the Olympic Village. Accreditation cannot be validated until the Conditions of Participation form has been received and confirmed in the Tokyo 2020 GMS.

A parent or legal guardian of all participants who have not reached 18 years of age (or the age of majority in their country where this is greater than 18 years) on the date of signing the Conditions of Participation form must also complete and sign a Parent/Legal Guardian Acknowledgement of Consent for Minors form. Without a signed form, underage athletes will not be able to compete, and underage officials will not be eligible for accreditation at Tokyo 2020.
Pre-Valid Cards and entry into Japan

The Tokyo 2020 Accreditation team will produce Pre-Valid Cards (PVCs) 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.

PVCs will be dispatched to a single location, usually the NOC’s head office. It is the responsibility of each NOC to distribute the PVCs to their delegation members before they travel to Japan for the Games.

The OIAC in the PVC format will serve as an entry document to Japan when accompanied by a valid passport or travel document from 24 April to 6 October 2020, for a maximum stay of 90 consecutive days. The OIAC will facilitate entry into Japan only; accredited Games participants coming to Japan via another country are responsible for obtaining the necessary documentation for entry/transit into that country if required for their nationality.

The PVC/OIAC is valid for multiple entries between these dates. The same passport or travel document used in the application for accreditation should be presented with the PVC/OIAC upon every entry into Japan.

The PVC/OIAC is valid in this way for all nationalities, through all ports of entry. Delegation members should travel with their PVC in their hand luggage ready for inspection with their passport or travel document by their airline, airport and immigration authorities if required during departure, transit and arrival. Accredited Games participants arriving with their PVC will be entitled to use dedicated or priority lanes at immigration and customs when entering Japan through selected Official Ports of Entry.

Tokyo 2020 and the relevant Japanese Government authorities 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 Japan for the Games.

Tokyo 2020 strongly recommends that all accredited Games participants travel with their PVC even if they would not normally need a visa to enter Japan due to their nationality. This is to demonstrate to airline, airport and immigration authorities the reason for travel, as well as to facilitate a smooth journey through the airport upon arrival in Japan and onward travel to accommodation.

All non-Japanese nationals will be required to complete a Disembarkation Card for Foreign Nationals and present it at the immigration counter. The cards are usually distributed by airlines during inbound flights to Japan. A separate card is required for each individual.

Accredited Games participants with requirements to stay in Japan for more than 90 consecutive days will be required to obtain a Certificate of Eligibility prior to departure from their country of residence, and present this to the immigration authorities alongside the PVC and valid passport or travel document upon entry to Japan. For more information and detailed instructions on how to obtain the Certificate of Eligibility, please refer to the Tokyo 2020 Visa and Entry Guide which can be found on Tokyo 2020 Connect.

Tokyo 2020 may not be able to produce and dispatch PVCs for individuals whose application for accreditation is submitted after the deadline. In such cases it will be the responsibility of the NOC and the individual to obtain an entry visa for Japan (if required for their nationality) through the normal process. This also applies to all non-accredited NOC personnel including recipients of Training Venue Passes and Olympic Village Guest Passes. Further information on the normal entry and visa processes can be found in the Tokyo 2020 Visa and Entry Guide.
Accreditation validation and Games-time operations

Individuals arriving in Japan through Tokyo International Airport (Haneda, HND) or Narita International Airport (NRT) will be able to validate their PVCs at the airport, provided their NOC’s DRM has been completed.

Individuals arriving through other Ports of Entry 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 Tokyo 2020 in the accreditation application.

The Tokyo 2020 Accreditation team will be present at all competition venues, as well as operating the main accreditation centres in the relevant locations for each stakeholder group.

The table below lists all accreditation facilities and the services provided.

<table>
<thead>
<tr>
<th>Location</th>
<th>PVC validation</th>
<th>Card production</th>
<th>Transfer requests</th>
<th>Lost - stolen replacement</th>
<th>Help desk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tokyo Narita Airport (NRT)</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Tokyo Haneda Airport (HND)</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Olympic Village Accreditation Centre (at the Team Processing Centre)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Olympic Family Accreditation Centre (at Okura Hotel)</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Main Press Centre [MPC] Accreditation Centre</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>International Broadcast Centre [IBC] Accreditation Centre</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Olympic Sailing Village Accreditation Centre</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Limited*</td>
</tr>
<tr>
<td>Olympic Cycling Village Accreditation Centre</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Limited*</td>
</tr>
<tr>
<td>Miyagi Stadium Venue Accreditation Office (VAO)</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Limited*</td>
</tr>
<tr>
<td>Sapporo Dome VAO</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Limited*</td>
</tr>
<tr>
<td>Izu Velodrome and MTB Course VAO</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Limited*</td>
</tr>
<tr>
<td>Enoshima Yacht Harbour VAO</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Limited*</td>
</tr>
<tr>
<td>Fukushima Azuma Baseball Stadium VAO</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Limited*</td>
</tr>
<tr>
<td>VAOs at all other competition venues</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

* In some cases, help may be provided remotely by the Accreditation team from the Olympic Village.
Ticketing and accredited seating

Games-time ticket sales
At Games time, available tickets may be purchased through https://tokyo2020.org/ or at any of the following locations:

- Olympic Village (ticket box office at the Village Plaza)
- competition venues (ticket box offices operate on competition days at 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 called DDA (Different Discipline Athlete) tickets for their delegation members before the event through the DDA ticket request system provided by Tokyo 2020. DDA tickets will be limited in number, and demand is expected to exceed supply for many venues.

NOC Services will allocate DDA tickets according to factors such as seating capacity, delegation size, NOC participation in a relevant discipline or sport, and so on. Chefs de Mission or their ticketing proxy card holders will be able to collect DDA tickets from the NOC Services Centre in the Olympic Village.

Accommodation
During the Tokyo 2020 Olympic Games, the Olympic Village will accommodate 18,000 athletes and team officials. Additional residential facilities will be provided in the Olympic Sailing and Cycling Villages, specific grooms’ accommodation, Football accommodation, Baseball and Softball accommodation and Additional Team Officials’ (ATOs’) accommodation.

A brief summary of the Olympic Village follows below.

Olympic Village
The Olympic Village is in the Harumi district on Tokyo’s waterfront. It will officially open at 08:00 on Tuesday 14 July 2020 and close at 18:00 on Wednesday 12 August 2020.

It is conveniently located to allow access to competition venues in both the Heritage Zone and Tokyo Bay Zone, as well as famous tourist landmarks of Tokyo.

The Satellite Villages are located outside Tokyo: the Olympic Sailing Village in Oiso-cho, Kanagawa Prefecture and the Olympic Cycling Village in Izu city, Shizuoka Prefecture.

Commencing from 08:00 on Tuesday 14 July 2020, once DRMs and Inventory & Inspections (I&Is)
Accommodation

The Olympic Village has 3,800 apartment units in 21 residential buildings of 14 to 18 floors each. The buildings are divided into four residential areas and the Village is surrounded by ocean on three sides. Apartments will contain two to eight beds and include bedrooms and a common space. The number of bathrooms per apartment will depend on the number of residents, and some apartments will contain a combined bedroom/common space. Free-of-charge wi-fi services will be available in residential buildings.

Please note, in Japan the ground floor is called “first floor” and it continues to the second and third floor onwards. Buttons in lifts start from 1 and continue to 2, 3, 4 onwards.

Residential Centre

To service the four residential areas in the Olympic Village, there are five residential centres. Four residential centres will operate 24 hours a day with the fifth open from 07:00 to 22:00. Each residential centre will have a front desk to assist resolving issues related to accommodation services in the Village, including housekeeping requests, maintenance issues and lost keys. The residential centres will also provide general information services, Info terminals, internet access, and lounge and meeting facilities.

Multi-Function Complex (MFC)

The Multi-Function Complex (MFC) in the Olympic Village is a building of three floors which houses a number of services including the Polyclinic, casual dining facilities, recreation rooms, fitness centre, gymnasium and multi-faith centre.

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 Tuesday 14 July to Wednesday 12 August 2020. A menu, rotated on an eight-day cycle, will provide a wide range of meal choices and cater to all nutritional needs.

Additional dining options in the Olympic Village will include ‘grab-and-go’ stations in the residence areas, casual dining in the MFC area as well as the Village Plaza Cafe in the Village Plaza.

From Tuesday 14 July to Sunday 9 August 2020, Athlete Venue Meals (AVMs) will be available for athletes and officials who will be away from the Olympic Village for longer than four hours due to competition or training.

AVMs must be ordered from the Sport Information Centre (SIC) at the Olympic Village in advance. Meals will be prepared at the venue and available for collection from the Athletes’ Lounge.

AVMs will be cold packed meals consisting of sandwiches, salads, fruits, desserts, yogurt, etc. Vegetarian meals are available but need to be specified when ordering.

Fitness Centre

The fitness centre and gymnasium is located on the third floor of the MFC. The facility is open 24 hours a day except when temporarily closed for cleaning or maintenance. There will be a significant
A selection of cardiovascular equipment and weights (benches and free weights), power racks, space for stretching and warming-up/down, and conditioning space for flexibility exercises. The shower and sauna areas are separated by gender and will be available for all residents.

**Athletes’ Lounges**

The Athletes’ Lounges, including socialising areas and TV lounge, are located in residential buildings and will be an area where athletes can congregate and relax.

**Electronic Games Room**

Arcade games and TV games are available in the electronic games room located on the second floor of the MFC and open between 10:00 and 24:00. Other recreation facilities besides those described above will be communicated in the Chefs de Mission Manual.

**Multi-faith Centre**

Tokyo 2020 will provide a multi-faith centre for worship and meditation on the third floor of the MFC. It will contain representatives of the following religions: Buddhism, Christianity, Hinduism, Islam and Judaism and will open between 07:00 and 22:00.

**Village Plaza**

The Village Plaza, located next to the main entrance of the Olympic Village, is designed as a communication spot for athletes, team officials, guests and media. The Village Plaza comprises a number of retail outlets with Tokyo 2020 commodities, bank, cafe, etc.

Sustainably constructed from locally-sourced timber, the materials will be re-used after the Games by various local governments to build legacy facilities.

The Village Plaza is a one-story temporary building with accessible toilet facilities.

**Olympic Sailing Village**

The Olympic Sailing Village is located in Oiso in Kanagawa Prefecture, approximately 21km away from the Sailing competition venue and 70km from the Olympic Village. All athletes and team officials involved in the Tokyo 2020 Sailing competition will stay at the Olympic Sailing Village.

The Olympic Sailing Village uses an existing hotel (Oiso Prince Hotel), which is located in an outstanding location on Sagami Bay. In addition, there is a hot spring facility adjacent to the hotel and a popular outdoor pool called Oiso Long Beach. These facilities can be used for a fee. This hotel is also a legacy facility which was used as the Sailing Village at Tokyo 1964 Games.

**Olympic Cycling Village**

The Olympic Cycling Village is located in Izu in Shizuoka Prefecture, about 20km from the cycling competition site and 160km from the Olympic Village. All Tokyo 2020 Cycling Track and Cycling Mountain Bike athletes and team officials will stay at the Olympic Cycling Village.

The Olympic Cycling Village will use an existing resort hotel (Laforet Resort Shuzenji) which is surrounded by forest. Mt. Fuji can be seen from the premises and it is an ideal environment for athletes to relax as it includes natural hot springs.
Transport

During the Tokyo 2020 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 Tuesday 14 July to Wednesday 12 August 2020. The TA bus system will provide the following transport services:

- arrival and departure services from/to Tokyo International Airport (Haneda)/Narita International Airport to/from the Olympic Village
- arrival and departure services from/to Tokyo International Airport (Haneda)/Narita International Airport to/from the Olympic Sailing Village/Olympic Cycling Village
- arrival and departure services from/to the airports or stations in the Football co-host cities to/from the official hotels
- arrival and departure services from/to the stations in the Baseball/Softball co-host cities to/from the official hotels
- transport between the Olympic Village and official competition/training venues
- transport between the Olympic Sailing Village/Olympic Cycling Village and official competition/training venues
- transport between the official hotels and official competition/training venues in the Football co-host cities
- transport between the official hotels and official competition/training venues in the Baseball/Softball co-host cities
- Inter Village Connection Service (IVCS) connecting the Olympic Village, the Olympic Cycling Village and the Olympic Sailing Village
- Internal Village Transport Service (IVTS) operating inside the Olympic Village
- Different Discipline Athlete (DDA) spectator services
- Ceremony transport services between Villages (Olympic Village – Olympic Sailing Village/ Olympic Village – Olympic Cycling Village)

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 international federations 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 Tuesday 14 July 2020 and will continue until the close of each sport’s individual training sessions/competition schedule end.

On competition days, the number of buses serving competition venues will be reduced during hours of competition as demand is expected to be low. Peak periods are the three (3)-hour period before competition begins and the two (2)-hour period after the end of the competition.

Inter Village Connection Service (IVCS)

The Inter Village Connection Service (IVCS) will connect the Olympic Village and the satellite Villages daily. Athletes and team officials will be able to move between the Olympic Villages as well as connect with other transport services departing from the Village Transport Mall. This service will operate between Tuesday 14 July and Monday 10 August 2020. Operational hours and frequency will be communicated in January 2020 on Tokyo 2020 Connect.

Internal Village Transport Service (IVTS)

The Internal Village Transport Service (IVTS) shuttle will operate inside the Olympic Village and will connect the main points of the Village including the transport mall and the Main Dining Hall in the Residential Zone.

The operational information will be communicated in the Chefs de Mission Manual.
Equipment transfers

Tokyo 2020 Logistics will operate a scheduled free service for transferring athlete sport equipment between the Olympic Village and competition and training venues. Please note this service does not include transfers to and from non-competition venues other than the Olympic Village.

NOCs can request assistance with inter-venue transfers from the Logistics desk at the NOC Services Centre in the Olympic Village.

Public transport (TP)

Accreditation holders will be provided with a public transport card, which can be used an unlimited number of times to travel free of charge on railway, subway and monorails between Friday 10 July and Wednesday 12 August 2020.

Transport cards will be provided upon validation of Pre-Valid Card (PVCs), except at accreditation validation counters located outside of the transport card service area.

The service area will include competition venues, training venues and official hotels in the Tokyo area, and Narita and Tokyo (Haneda) International Airports (for details, see map below).

Users will need to pay additional fees if they go beyond the service area, use limited express trains or make seat reservations.

The public transport card is not transferable. Some details are currently under consideration, such as use of transport cards on buses, and procedures for loss and reissue. More information will be announced at a later date.
Medical services

Public health services, including disease surveillance, communicable disease control, food and water quality control and air quality monitoring will be in place throughout Japan during the Games.

There are no vaccination requirements for entering Japan, but all NOC representatives are advised to consult their local physician prior to travelling to Japan to ensure up to date vaccinations for all Vaccine Preventable Diseases according to pre-travel advice.

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 to NOCs by Tokyo 2020 no later than six (6) months before the Games.

Olympic Village Polyclinic

The Village Polyclinic will be located in the Residential Zone of the Olympic Village and will be the main treatment provider for athletes and NOC team officials during the Games. The Village Polyclinic will be open from Tuesday 14 July to Wednesday 12 August 2020 from 07:00 to 23:00, with emergency services operating 24 hours a day.

Services in the Polyclinic will include:
- emergency services
- orthopaedics (primary care and sports medicine for injury)
- internal medicine (primary care and sports medicine for illness)
- female athlete medicine (sports medicine for female athletes)
- dentistry
- ophthalmology
- specialised medical services
- physical therapy including cryotherapy (icing, ice baths)
- laboratory services
- imaging
- pharmacy

NOC doctors

NOC team doctors must register in advance with Tokyo 2020 to provide medical services to members of their delegation during the Games. Registration is free of charge. Full details of the registration process will be sent to NOCs in August 2019.

In cases where it is necessary for NOC delegation members to be transferred to a hospital, an NOC team doctor may accompany the patient and discuss clinical management with the hospital medical team. The hospital medical team will provide treatment as the NOC team doctor is not permitted to practice at hospitals in Japan. The clinical responsibility reverts to the NOC team doctor upon discharge from the hospital.

NOC team doctors will be able to prescribe medicine at the pharmacy in the Olympic Village Polyclinic and request imaging and laboratory testing.
Olympic Sailing Village
The Olympic Sailing Village medical station will operate from Tuesday 14 July to Saturday 8 August 2020 and will provide primary care and physical therapy services.

Olympic Cycling Village
The Olympic Cycling Village medical station will operate from Tuesday 14 July to Tuesday 11 August 2020 and will provide primary care and physical therapy services.

Venue medical services
Medical facilities will be provided at competition, training and other official venues. Athlete and spectator medical facility services will be stocked with appropriate equipment, supplies and medication, and will be staffed by experienced medical staff. Ambulance units will be stationed at all official Tokyo 2020 competition venues and some training venues.

Ambulance teams will comprise of three staff. One or more paramedics must be on hand and all ambulance teams in Japan are ALS (Advanced Life Support) compliant according to the law.

Competition and training venues
At least one dedicated athlete medical station will be present at all official Tokyo 2020 competition and training venues. Each medical station will provide services such as first aid and emergency care to athletes, team officials and technical officials. Athlete medical stations will be equipped with essential first aid and emergency equipment.

Field of play
Field of play (FOP) response teams will provide first aid and emergency services to athletes and officials on the FOP should such services be required. If necessary, the patient will be retrieved from the FOP and transported to the athlete medical station, Village 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 International Federation.

Spectator medical services
All official Tokyo 2020 competition venues will have at least one spectator medical station that will provide first aid and emergency medical services to all other client groups, including spectators, workforce, media, sponsors, volunteers, contractors, VIPs and Olympic Family. There will also be first responders circulating throughout venues to respond to any medical situation that occurs.

Designated Games hospitals
If the necessary medical services cannot be provided at the Olympic Village Polyclinic or at the venue medical station, the athlete or team official will be transferred to designated Games hospitals in central Tokyo or the co-host city. Details of Designated Games hospitals will be released at a later date.

Any patient suffering from a life-threatening condition at any of the venue zones will be taken to the nearest hospital.
Anti-Doping

Anti-Doping Programme

Tokyo 2020 is committed to delivering a world-class anti-doping programme during the Tokyo 2020 Olympic Games. Under the direction of the International Testing Authority (ITA), to which the IOC has delegated authority over the programme, the Tokyo 2020 anti-doping programme will ensure the integrity of sport is upheld and protect the rights and health of the athletes.

Tokyo 2020’s anti-doping programme will:

• share intelligence mainly with ITA, but also with the World Anti-Doping Agency (WADA), International Sport Federations (IFs), National Anti-Doping Organisations (NADOs) and law enforcement agencies;
• conduct testing anytime and anywhere without prior notice from the opening of Olympic Village on Tuesday 14 July 2020 to the Closing Ceremony on Sunday 9 August 2020;
• implement in-Competition testing (commencing 12 hours before an athlete’s scheduled competition until the end of sample collection processes related to such competition) and out-of-competition testing (anytime outside of the in-competition testing period) as stipulated in the World Anti-Doping Code, International Standards and IOC Anti-Doping Rules;
• collect urine and blood samples;
• perform state-of-the-art analysis at WADA-accredited laboratory dedicated to the Games.

Pre-Games Education

Tokyo 2020 encourages each NOC to provide anti-doping education to their athletes, athlete support personnel (such as coaches) and any medical staff in close collaboration with their NADOs and/or Regional Anti-Doping Organisations. Each NOC should make sure to inform the above stakeholders of the following information:

1. anti-doping rules and procedures that will be in place during the Games*
2. 2020 Prohibited List International Standard*
3. risks associated with supplement use
4. athlete whereabouts requirements*
5. International Standard for Therapeutic Use Exemption (ISTUE)*
6. basic principles of anti-doping in preserving the values of Olympism and sport

* The IOC will release the anti-doping rules one year before the Games. Detailed procedures for TUE and athlete whereabouts will accompany these rules.

In addition, all NOC medical doctors participating in the Games will be required to complete the WADA’s Sports Physician’s Tool Kit.
Games-time Operations

Transportation from the competition venue to the Olympic Village will be available for athletes and representatives once they have completed doping control.

If an athlete is residing outside the Olympic Village, it will be the responsibility of the NOC to provide transport for the athlete back to his/her accommodation.

Therapeutic Use Exemptions

Athletes competing at the Olympic Games must have a TUE certificate for permission to use substances or methods contained in the Prohibited List for therapeutic purposes. A TUE for the Games will be granted and recognised in accordance with IOC Anti-Doping Rules.

Further details are available in the Chefs de Mission Dossier and will be available in the Doping Control Guidebook scheduled for publication at the beginning of 2020.
Sport information

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

- general competition-related information and sport-related communications from Tokyo 2020 sport competition teams or International Federations
- distribution of results, draws, start lists, daily training schedules and other key information
- booking of Games-time training slots and allocation of training sessions at competition and training venues for selected sports
- transport information and scheduling of team sport buses
- Athlete Venue Meal (AVM) bookings (SIC only)

The SIC will be open every day from Tuesday 14 July to Wednesday 12 August 2020 between the hours of 07:00 and 22:00. Hours may change depending on demand.

Please note, athletes are not permitted in the SIC/SID. To ensure the best possible service levels, only properly accredited NOC team officials will be allowed into SIC/SID spaces.

Info

Info is the official Games-time intranet for the Olympic Family. It will be available in all competition and non-competition venues from the day the Olympic Village opens on Tuesday 14 July 2020 and will contain the following information in English (with limited content also available in French).

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<thead>
<tr>
<th>Info Content and Details</th>
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<td>Background</td>
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<td>Historical data, statistics, competition formats and rules, qualification criteria and venue descriptions</td>
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<td>Biographies</td>
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<td>Athlete biographies and team, coach, referee, umpire, judge and NOC profiles</td>
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<td>Ceremonies</td>
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<td>Details about Opening Ceremony, Closing Ceremony and medal ceremonies, including timings and participants</td>
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<td>Games News</td>
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<td>Flash quotes, press conference highlights, sport previews, news articles, statistic-driven reports, media communications and IOC news</td>
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<td>Medals</td>
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<td>Medal standings by sport, overall medal standings, and medallists by day, sport and event</td>
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<td>Records</td>
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<td>World and Olympic records, including current records, record holders and new/equalled records</td>
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<tr>
<td>Results</td>
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<tr>
<td>Competition results viewable by sport, date and NOC. Includes entry lists, start lists, results and additional sport-specific reports</td>
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<tr>
<td>Schedules</td>
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<td>Competition and non-competition schedules, including press conferences, IOC activities and Cultural Olympiad</td>
</tr>
</tbody>
</table>

Info terminals will be available at NOC offices in the Olympic Village.

myInfo is the online version of Info and is available for users with an internet connection and login account (username and password) from anywhere in the world. myInfo provides additional features not available on Info, such as:
customisation (ability for users to create their own schedules by selecting only those sports and events of interest to them)
news/event alerts via email
bookmarking of results, reports and other Games information
hyperlinking to other websites, such as those of the IOC and IFs
downloadable results books
copy and paste functionality

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, an Olympic medallist’s pin and a medal box
Second place: a silver medal, a diploma, an Olympic medallist’s pin and a medal box
Third place: a bronze medal, a diploma, an Olympic medallist’s pin and a medal box
Fourth, fifth, sixth, seventh and eighth places: a diploma

Sport entries and qualification
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 will be regularly updated on the IOC’s NOCNet.
4
Directory
The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020)

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

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


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Japan
Tel: +81-(0)570-09-2020 (general enquiries)
Online enquiries: https://enquiry.tokyo2020.org/CPR_Enquiry
URL: https://tokyo2020.org

President:
Yoshiro Mori

Chief Executive Officer:
Toshiro Muto

Chief Operations Officer:
Yukihiro Nunomura

Games Delivery Officer:
Hidemasa Nakamura

Sports Director:
Koji Murofushi

Olympic & Paralympic Village Director:
Kazuhiko Yashima

NOC/NPC Relations & Services Director:
Toru Kobayashi
email: noc.svc@tokyo2020.jp

Weightlifting Sport Manager:
Reiko Kato Chinen
email: reiko.chinen@tokyo2020.jp
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.

President: Thomas Bach

Chairman of the Coordination Commission for the Games of the XXXII Olympiad: John Coates

Olympic Games Executive Director: Christophe Dubi

Sports Director: Kit McConnell

NOC Relations Director: James Macleod
International Weightlifting Federation (IWF)

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

President:
Dr Tamás Aján

General Secretary:
Mohammed Jalood

Director General:
Attila Ádámfi
Japan Weightlifting Association (JWA)

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

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

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

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

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

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

Japan Weightlifting Association

President:
Yoshiyuki Miyake

General Secretary:
Tetsuo Komiyama

Director General:
Osamu Kano

Japan Sport Olympic Square
4-2 Kasumigaokamachi
Shinjuku-ku Tokyo
Japan
Tel: +81 3 6434 0681
e-mail: weightlifting@japan-sports.or.jp
URL: www.j-w-a.or.jp
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*The competition schedule of boxing is provisional due to the decision made by the IOC Executive Board on 30 November 2018 that freezes the planning for the Olympic boxing tournament at Tokyo 2020.
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* Surfing Festival will be held from Day 2 to Day 9. Starting from 26 July, the schedule will depend on the wave conditions.
5
Maps for Weightlifting
Olympic Games Venue
Master Plan as of February 2019
この地図の作成に当たっては、国土地理院長の承認を得て、同院発行の基盤地図情報を使用した。(承認番号 平28情使、第734-206号)
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