



Asian Weightlifting Championships Jinju 2023

Olympic Qualification Event for Paris 2024

"Charm" Jinju Raises Your Dreams,

Asia Becomes One!

꿈을 드는 잠진주, 하나되는 아시아



2023 Jinju **AWC** Asian Weightlifting Championships



IWF
INTERNATIONAL
WEIGHTLIFTING
FEDERATION



ASIAN
WEIGHTLIFTING
FEDERATION



KWF



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INVITATION - Welcome Remarks

Welcome

Dear President and Secretary-General of the Asian Weightlifting Federation member states,
Athletes and officials,

It is an honor for the Korea Weightlifting Federation, Jinju City, and the Organizing Committee of the Events to host you and the federations at the Asian Weightlifting Championships Jinju 2023(Olympic Qualification Event for Paris 2024) held in Jinju, Korea from May 3 to 13, 2023.

Jinju is a municipality of culture with the UNESCO crafts-folk arts creative city designation. Also, Jinju is the city of light registered in LUCI(Lighting Urban Community International) for its beautiful night scenery and the IFEA(International Festival & Events Association) world festival city, holding the Jinju Namgang Yudeung Festival, Gaecheon Arts Festival, and Nongae Festival.

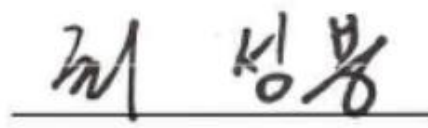
The Asian Weightlifting Championships Jinju 2023 will be a chance to bring out new energy in Asian weightlifting. Also, it will raise the pride of Asian weightlifters and become a stepping stone with the hopes of leaping into the international stage.

We promise to meet you in Jinju, Korea - a culture and education city with a millennium of history.

2023. 01.



Jo, Kyoo-il



Choi, Sung Yong

Chairman of the Asian Weightlifting Championships
Jinju 2023 Organizing Committee

Mayor of Jinju City

President of Korea Weightlifting Federation

Vice President of Asian Weightlifting Federation

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Competition Regulations

1. Dates & Place

03-13 May 2023, Jinju, Republic of Korea

2. Competition / Training Venue

Jinju Arena

(52733) 1655, Namgang-ro, Jinju-si, Gyeongsangnam-do, Republic of Korea

3. Accommodations

The Asian Weightlifting Championships Jinju Korea 2023 designates 5 accommodations as the official hotels of participants. All accredited people should keep their stays at the official hotels to get transportation, notice, and FNB(Food and Beverage) services.

Detailed information on each accommodation can be referred to in the appendix. Plus, the organizing committee will allocate participants based on their request but the final room type/accommodation can be changed and the grand fee adjusted accordingly. This will be informed to the subject member federation/organizations before the invoice is issued.

Accommodation will be at the following hotels:

- Hotel DongBang
- J Square Hotel
- Golden Tulip Hotel Namgang
- New Raon Stay Hotel
- RAON Stay in Perla

4. Financial Conditions

Parts	Subject	Fee (Currency: USD \$)	Remark
Accommodation	<ul style="list-style-type: none"> • Hotel DongBang • J Square Hotel 	Single room 150 Double room 130	Incl. Full Board
	<ul style="list-style-type: none"> • Golden Tulip Hotel Namgang • New Raon Stay • RAON Stay in Perla 	Single room 140 Double room 120	
Entry	Athletes	170	Incl. 50 USD \$ IWF Special Anti-Doping Fee
	Team officials	120	

Additional request or changes

Should you require any additional hotel rooms after the submission of the Accommodation & Transportation Form on April 2nd of 2023, OC will try its best to accommodate additional team members in the same hotel - however, this cannot be guaranteed.

***Cancellation/Refund Deadline: 2023.4.10. (GMT+9)**

Payment

The payments must be made in US Dollar currency through bank transfer or onsite at the Championships accreditation center. Any bank charges for transfers or other transactions are the responsibility of the Member Federation and participants. No accommodations/accreditation cards for unpaid members regardless of their registration status.

At least 50% of the total payment must be transferred by 2023.04.10(Mon.) to the bank account of the Organizing Committee. Right after sending payments through the bank, please send us the bank document that confirms the funds' transfer to the Committee email to validate your payment with our bank.

Bank Name	Kyongnam Bank, Jinju City Hall Branch
Account Number	281-0003-2670-06
Swift Code	KYNAKR22XXX
Beneficiary	2023JINJU ASIAN WEIGHTLIFTING
Address	155, DONGJIN-RO, JINJU-SI, GYEONGSANGNAM-DO, 52789 KOREA
Currency	USD
Contact	Organizing Committee for the Asian Weightlifting Championships Jinju 2023 (+82 55 753 2023)

5. Registrations – Preliminary / Final

Athletes must be registered via the IWF Online Entry System:

https://iwf.net/e-entry_2023KOR/

If you have any questions or difficulties, please contact the organizing committee.

Preliminary Entry – **Submission Deadline: 2023.3.2**

The Preliminaries Entries must be uploaded into the IWF Online Entry System by no later than 02 March 2023.

- Member Federation must submit the Preliminary Entry (Long List) of a maximum number of athletes: TWENTY (20) MEN and TWENTY (20) WOMEN

THIS MEANS THAT THE MEMBER FEDERATION CANNOT ADD / CHANGE ATHLETES AFTER 02 March 2023

- At the same time, for administrative purposes, the Member Federation must declare the estimated number of athletes and Team officials who will participate in the Asian Weightlifting Championships Jinju 2023.
- Right after entry submission, all submitted participants should send a passport copy and photos for the accreditation card to the organizing committee email.

Final Entry – **Confirmation Deadline: 2023.4.2**

The Final List of Athletes must be confirmed in the IWF Online Entry System by no later than 02 April 2023.

Member Federation must select the final list of athletes from the Preliminary Entry (previously submitted by 02 March 2023): Max. TWELVE ATHLETES (10+2 Reserves by each gender)

THE FINAL LIST OF ATHLETES CAN BE SELECTED ONLY FROM THOSE INCLUDED IN THE PRELIMINARY ENTRY.

Media - **Submission Deadline: 2023.4.2**

All media participants must be approved in advance. Media applications should be submitted via an online platform(<https://forms.gle/DNQF5MwScAHiySBN8>)

6. Visa

Accredited personnel who needs a Visa to enter the Republic of Korea must apply Visa to each Korean Embassy in the respective country **at least two months before the entrance**. In case your country does not have Korean Embassy, please contact the Embassy in an adjacent country.

The organizing committee will send an invitation letter along with the submitted information to each Embassy. For any related queries or concerns, do immediately contact the organizing committee.

7. Epidemic Measures

Information related to the COVID-19 protocols for entry into the country can be found under the following LINK: <https://url.kr/21t3n6>

- IWF COVID-19 protocols and procedures must be adhered to by all personnel during this competition.
- Information related to the WHO-designated epidemic(not only limited to COVID-19) protocols for entry into the country shall be provided in advance of the Events begin. Participants must comply with the protocols informed by Local Government Authorities, Organizing Committee, IWF Medical Committee, and AWF Medical Committee.

8. Accreditation Card

All participants(Athletes, Team officials, Technical officials, VIPs, and forth) will be first headed to the accreditation centre from the arrival airport. Accreditation will take place in the accreditation center. Only participants who receive their AD card and complete the outstanding payment can move into each registered hotel. Anyone other than the person himself/herself cannot receive the card instead regardless of position/affiliation.

9. Flag & Anthem

Each Member Federation is responsible for bringing its national flag (100x150 cm) and anthem (USB). Each federation should submit them to the Organizing Committee during accreditation. The O.C / AWF / IWF cannot be held responsible for errors relating to the flag and anthem. It is strictly prohibited to display commercial, non-humanitarian, or disputes-related content.

10. Transportation Services

The O.C provides a shuttle bus between the Jinju and Gimhae International Airport(Main port)/Incheon International Airport(Sub port) for all registered participants. The local shuttle bus will be provided for all accredited participants to get to the venues (accommodation, competition/training venue, and any other official program).

- **Gimhae International Airport < - > Jinju: 1 hour 30 min*.**
- **Incheon International Airport < - > Jinju: 4 hours 30 min*.**

*This time may change upon the traffic situation.

Accommodation & Transportation Form must be provided by 02 April 2023. For any changes, please share the updates with the organizing committee. If not, the shuttle bus may not be ready upon arrival which causes the relevant personnel to wait the extra hours at the airport.

Accommodation/Transportation Form - Asian Weightlifting Championships Jinju 2023

<https://forms.gle/5ySoxNqNjgHRSt246>

Submission Deadline: 2023.4.2 (GMT+9)

11. Competition Regulations

The Asian Weightlifting Championships Jinju 2023 will follow the latest IWF Technical and Competition Rules & Regulations (TCRR).

12. Terms and Conditions of Participation

Accredited Participants – athletes, team officials, technical officials (TO), media, guests, etc. must:

- Acknowledge and fully comply with IWF Constitution & Rules, IWF TCRR, IWF Anti-Doping Rules (ADR), and IWF COVID-19 Protocols;
- Abide by all reasonable directions given by the IWF, the AWF, the Local Organizing Committee (LOC), and TOs;
- Should accept any prize or award given by IWF/AWF/LOC/Sponsors, and will attend all special award ceremonies where prizes or awards are presented;
- Should attend Press Conference upon request of IWF/AWF/LOC;
- Should not participate in, support, or promote illegal betting;
- Should be responsible for all property they bring into the Event – the IWF/AWF/LOC shall have no responsibility for any loss or damage of this property;
- Should irrevocably release IWF/AWF/LOC from liability for any loss, injury, or damage that they may suffer concerning their participation in the Event;
- Should guarantee that they participate in the Event with the permission of their parent(s) or guardian(s) in case they are minors;
- Should acknowledge that by not following the above-mentioned terms and conditions, sanctions may be imposed;
- Agree that entry is subject to payment of all fees inclusive of entry, anti-doping, accommodation, food, and transportation payment before use of any LOC or IWF/AWF facility, or for airport transfers;
- Should acknowledge that no accommodation or arrangement is guaranteed until full payment is received in advance;
- All participating Federations should undertake full moral and financial responsibility of their registered/accredited delegates regarding their health and wellness, and in the case of accidents or damages not attributable to the LOC.

13. Eligibility of Athletes

1. Who meets the senior age group;

Participating athletes must be 15 years of age and over (year of birth 2008 or earlier).

2. Who submits the whereabouts information;

An effective out-of-competition testing programme is essential to the fight against doping in sports. This largely depends on accurate and complete athlete whereabouts information.

In accordance with article 5.5.16 of the IWF Anti-Doping Rules & the Olympic Qualification System, whereabouts information of the athletes shall be submitted at minimum three (3) months before the event (**05 February 2023**).

In case you and/or your Athletes encounter any difficulties related to whereabouts submission, please report it IMMEDIATELY at iwf@ita.sport

14. WADA ADeL Online Course

All participating athletes are recommended to complete the **WADA ADeL online course for Athletes** before competing.

a. The course can be found at the following link: <https://adel.wada-ama.org/>

b. Just as in the case of the IWF ILiftClean platform, athletes and the supported personnel (coaches, team doctors) shall register at the site, watch the videos, and complete the quiz at the end to receive the certificate.

c. In case Athletes and athlete support personnel (coaches, team doctors, etc.) have any problem with the registration process, please contact WADA at adel@wada-ama.org.

15. Event Categories

MEN: 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, 109kg, +109kg

WOMEN: 45kg, 49kg, 55kg, 59kg, 64kg, 71kg, 76kg, 81kg, 87kg, +87kg

16. Awards – Medal & Trophy

Gold, Silver, and Bronze medals will be awarded in the Snatch, the Clean & Jerk, and the Total in each bodyweight category. Trophies will be awarded to the best male and female athletes, as well as to the top six men's and women's teams, according to the IWF Team Classification.

17. Doping Control

Doping control will be carried out by the sample collection authority appointed by ITA on behalf of IWF under the IWF Anti-Doping Rules. The athlete will be advised of the type of sample collection and followed with any conditions that need to be adhered to before the sample collection. The athlete will also be notified of their rights and responsibilities:

Rights

Have a representative and, if available, an interpreter accompany him/her;

Ask for additional information about the sample collection process;

Request a delay in reporting to the doping control station for valid reasons, such as participation in a venue or victory ceremony, fulfilment of media commitments, competing in further competitions, completing a training session, obtaining necessary medical treatment, locating a representative and/or interpreter, or any other reasonable circumstances, as determined by the organizing committee doping control personnel taking into account any instructions of the IWF/AFW;

Request modifications to the sample collection process in the case of a minor;

Be advised of the possible consequences of failure to comply.

Responsibilities

Remain within direct observation of the organizing committee's doping control personnel at all times from the point the initial contact is made by the Jinju 2023 doping control personnel until completion of the sample collection procedure;

Present appropriate identification, such as the accreditation card;

Comply with sample collection procedures;

Report immediately for sample collection, unless there is a valid reason for a delay.

18. Sport Equipment

IWF approved ELEIKO barbells and sports equipment will be used during the competition and training.

19. Insurance

According to IWF Regulations, all participants must be under coverage for travel and accident/injury/illness(COVID-19) by their respective federations before their departure from their hometown.

20. Weather

May, the last month of the spring in Jinju, is a warm month, with an average temperature varying between 11.5°C (52.7°F) ~ 24.1°C (75.4°F).

Temperature	In Jinju, the average high-temperature in May slightly increases from a pleasant 20°C (68°F) in April to a warm 24.1°C (75.4°F). In Jinju, South Korea, in May, the average low-temperature is 11.5°C (52.7°F).
Humidity	In Jinju, the average relative humidity in May is 70.4%.
Rainfall	In Jinju, it is raining for 9.3 days, with typically 123mm (4.84") of accumulated precipitation. In Jinju, during the entire year, the rain falls for 97.1 days and collects up to 1513mm (59.57") of precipitation.
Daylight	In Jinju, the average length of the day in May is 14h and 1min. On the first day of the month, sunrise is at 05:36 and sunset at 19:12. On the last day of May, in Jinju, sunrise is at 05:14 and sunset at 19:35 KST.
Sunshine	The average sunshine in May is 6.7h.

21. Waste Management

Member Federations(hereinafter referred to as 'MFs') cooperation will be essential in ensuring the successful management of separate disposal streams for general waste, medical waste, and recyclable materials. MFs are encouraged to divide waste into the appropriate categories set forth by Organizing Committee.

Special containers for medical waste will be provided in medical spaces. For safety reasons, all medical waste should be disposed of in special containers only and accordance with procedures established by Organizing Committee.

22. FNB(Food and Beverage) Information

The menu will offer a large variety of food, accommodating the dietary and nutritional requirements of residents with diverse preferences linked to national, religious and ethical traditions. All menus will be created under the guidance of Organizing Committee, the caterer and a qualified nutritionist.

Breakfast will consist of a variety of products to meet the needs of athletes. These products will include eggs, protein, baked goods, rice, congee, cereal, and deli meats.

Catering Orders

Requests for catering in the competition venue can be made by submitting a catering request form at each hotel's reception desk. Requests must be made a minimum of 24 hours in advance considering events hosting over 100 people. Meanwhile, catering orders cannot be delivered to bookable meeting rooms.

Food Deliveries to the Competition Venue

Residents may bring take-out meals into the Competition Venue from outside restaurants. However, non-accredited persons delivering fast food such as pizzas will not be able to access or approach Competition Venue entry points.

23. Medical Services

The Polyclinics will be located in the medical room in the competition venue and will offer medical services to accredited athletes and team officials from 03 May to 13 May 2023. Emergency medicine is the only service provided at the Polyclinics. English interpretation services will be provided by volunteers staying at the Polyclinic.

Medical transport services will be available 24 hours a day with ambulance(s).

24. Communications/Notes Deliberation with the Member Federation

The organizing committee will send official communications to the participants at the Events online server and these messages will also be posted on the information desk. WhatsApp is the platform for the server and the access link follows:

<https://chat.whatsapp.com/DyWF5vMhKbd55lhSqE3PAc>

In its direct communications with the MFs/accredited participants, the organizing committee will always use a channel of the server. Each MF and organization is responsible to invite the person who can actively check/communicate with the organizing committee.

*WhatsApp installation/user guide

https://faq.whatsapp.com/807139050546238/?cms_platform=android&helpref=hc_fnav

25. Language Services

Language services will be provided at the three locations below:

- Competition/Training venue: language assistance for injuries and medical treatments (English)
- Hotels: language assistance for accommodation services and catering requests (English)
- Airports: language assistance for transportation services (English)

26. Headshot photographs at the Asian Weightlifting Championships Jinju 2023

At the Asian Championships Jinju 2023, professional photographers photoshoot the participating athletes. These images will subsequently be used for TV graphics and AWF/IWF platforms (website, social media). They will also be used for archiving purposes.

27. Non-Smoking Policy

Under the organizing committee policy, the competition/training venues are non-smoking venues. Smoking is strictly forbidden in all buildings/temporary structures. Smoking is only allowed at the designated outdoor smoking areas.

28. Emergency Services(Ambulance and Fire Services)

Ambulances and fire service vehicles will have direct, expedited access to all Event areas when required. Ambulance(s) will be on standby near the competition venue. In the case of any crime-related or safety-related issues inside or outside of the venues, MFs should approach any organizing committee workforce or security staff to request emergency assistance inside venues.

***Police: 112 / Fire department and ambulance services: 119**

The police and security staff, as well as fire and medical specialists, will maintain a constant presence at the official venues for athletes, team officials, and the general public in need of assistance. Police will patrol throughout the venues in their uniforms

How emergency service works

1. When emergency outbreaks, immediately approach the workforce at your nearest point
2. A phone call or direct contact is made by a Korean speaker with 112 or 119 operators.
3. Relevant actions will be taken.

29. Mixed Zones

The mixed zones at the competition venue provide an opportunity for the press to conduct brief, informal interviews with athletes as they exit the field of play. Athletes must pass through the mixed zone, but they are not obliged to stop and talk to the media.

Medalling athletes will also be asked to pass through the mixed zone following their Victory Ceremony, but they will not be obliged to stop and talk to the media. Coaches of team sports may also pass through the mixed zone for interview purposes.

30. Internet Access

Free Wi-Fi internet access will be available at all official venues for participants. To connect a smartphone, tablet, or laptop to the Wi-Fi network, a passcode should be typed which is informed on each service desk.

31. Restricted and Prohibited Items at Venues

The restricted and prohibited items policy applies to spectators and accredited individuals at the Championships. Accredited athletes and team officials will be permitted to bring items into the venues that are required for specific competition-related activities through the designated athlete entrances at competition and training venues.

*Items that are considered restricted or prohibited at the Championships venues include:

explosive materials and ignition devices (or their parts);

firearms (or their parts) or devices and ammunition suspected of as weapons;

weapons or any other threatening materials;

narcotics, psychotropic drugs and cannabis;

compressed and liquid gas;

strong acids and dangerous items (flammable);

items that may interrupt operations of venue, competition or spectators at competitions;

pharmaceuticals; and pets.

32. Information Desk

An information desk will be located at each designated hotel. The desk will provide events news, competition schedule, notice, extra programs, and forth.

33. Electrical Power Standards

Each bedroom and office will include a minimum of two double-plug electrical outlets that operate on a 220-volt alternating current (220V/AC) — the standard power for all equipment supplied by organizing committee.

Delegations bringing electrical appliances should also bring any required adapters. Below are images of the plugs and sockets that will be used in the Championships venues (220 volts plug & power outlet).



► Contact Points of Asian Weightlifting Championships Jinju 2023

Organizing Committee	1655, Namgang-ro, Jinju-si Gyeongsangnam-do, Republic of Korea <ul style="list-style-type: none"> · International Call: +82 55 753 2023 · Email: weightlifting@2023jawc.org · Website: https://en.2023jawc.org/
Asian Weightlifting Federation	P.O Box 2473, Doha, Qatar <ul style="list-style-type: none"> · International Call: +974 44944253 / +974 44944248 · Email: info@awfederation.com / awfederation@yahoo.com · Website: https://awfederation.com/
International Weightlifting Federation	Maison du Sport International Av. de Rhodanie 54 Switzerland -1007, Lausanne <ul style="list-style-type: none"> · International Call +41 21 601 3227 · E-Mail: iwf@iwf.sport · Website: https://iwf.sport/

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Appendix

1. Event Schedule (GMT+9)

2 May 2023 (TUE)		Delegation arrival	
3 May 2023 (WED)	10:00	Committee meetings	
	14:00	AWF Executive Board meeting	
	18:00	Verification of final entries	
4 May 2023 (THU)	10:00	AWF Congress	
	14:00	Technical Officials' meeting	
	17:00	Opening ceremony	
	19:00	Welcome banquet	
5 May 2023 (FRI)	09:00	Women 45 kg, Women 49 kg	B
	11:00	Men 55 kg	B
	13:00	Women 45 kg	A
	16:00	Men 55 kg	A
	19:00	Women 49 kg	A
6 May 2023 (SAT)	10:00	Women 55 kg	B
	13:00	Men 61 kg	B
	16:00	Women 55 kg	A
	19:00	Men 61 kg	A
7 May 2023 (SUN)	10:00	Women 59 kg	B
	13:00	Men 67 kg	B
	16:00	Women 59 kg	A
	19:00	Men 67 kg	A

8 May 2023 (MON)	10:00	Women 64 kg	B
	13:00	Men 73 kg	B
	16:00	Women 64 kg	A
	19:00	Men 73 kg	A
9 May 2023 (TUE)	10:00	Women 71 kg	B
	13:00	Men 81 kg	B
	16:00	Women 71 kg	A
	19:00	Men 81 kg	A
10 May 2023 (WED)	09:00	Women 76 kg	B
	11:00	Men 89 kg	B
	13:00	Women 76 kg	A
	16:00	Men 89 kg	A
	19:00	Women 81 kg	A
11 May 2023 (THU)	10:00	Women 87 kg	B
	13:00	Men 96 kg	B
	16:00	Women 87 kg	A
	19:00	Men 96 kg	A
12 May 2023 (FRI)	10:00	Men 102 kg, Men 109 kg	B
	13:00	Women +87 kg	B
	16:00	Men 102 kg	A
	19:00	Men 109 kg	A
13 May 2023 (SAT)	10:00	Men +109 kg	B
	13:00	Women +87 kg	A
	16:00	Men +109 kg	A
	19:00	Closing ceremony	
14 May 2023 (SUN)	Delegation departure		

**Note: The competition schedule is subject to change based on the final entry verification.

2. Accommodation Guide

Hotel Dong Bang (*TOs, EB/Secretariat members, and DOCs will be allocated first)



Address	Nongye-gil 103, Jinju City, Gyeongsangnam Province, Republic of Korea
Phone	+82-055-760-1700
Check-in	15:00
Check-out	11:00
Price	Single room (A large bed): 150\$ Double room (Two single beds): 130\$

Dongbang Hotel, which completed the entire renewal in 2018, is representative of Jinju City with large meeting rooms and takes about 10 to 15 minutes to the competition hall.

On-site Facilities

- ▲ 24-Hour Reception
- ▲ Daily Housekeeping
- ▲ Laundry Service (Reception, 24 hours)
- ▲ Free Wi-Fi (867 Mbps)
- ▲ Baggage Storage at a fee
- ▲ Fitness Centre at a fee (B1F, 05:30 - 21:30)
- ▲ Spa at a fee (B1F, 05:00 - 22:00)

Guest Room Amenities

- ▲ Wardrobe
- ▲ TV
- ▲ Mini-refrigerator
- ▲ Hairdryer
- ▲ Boiler
- ▲ Air conditioner
- ▲ Set of bath towels

On-site Dining Options

Name	Location	Hours	Price	Menu
Sky Lounge	9F	07:00 - 9:30 (Breakfast)	N/A	International Buffet
		11:30 - 14:00 (Lunch)		
		17:30 - 20:00 (Dinner)		
Cafe 103	1F	09:00 - 22:00	\$	Coffee

*Price range: \$ = under \$10; \$\$ = between \$11-30; \$\$\$ = higher than \$30 per meal

*The restaurant providing meals will adjust its operating hours during the event period.

Distances to Competition Hall from Hotel Dong Bang

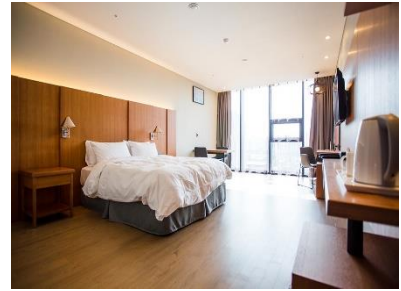


Distance* **5.7 km**

Travel Time* **10 - 15 min**

*Distances and approximate travel times by car using the most direct route.

J Square Hotel



Address	Sotbatt-ro 107, Jinju City, Gyeongsangnam Province, Republic of Korea
Phone	+82-055-749-0022
Check-in	15:00
Check-out	11:00
Price	Single room (A large bed): 150\$ Double room (Two single beds): 130\$

The J-Square Hotel has a room size of 40m², creating a larger and wider comfortable environment than any other hotel. The hotel is located near the city hall having the merits of traffic conditions.

On-site Facilities

- ▲ 24-Hour Reception
- ▲ Daily Housekeeping
- ▲ Laundry Service (Reception, 24 hours)
- ▲ Free Wi-Fi (867 Mbps)
- ▲ Cafe (1F, 09:00 - 16:00)
- ▲ Fitness Centre at a fee (B1F, 05:30 - 21:30)
- ▲ Spa at a fee (B1F, 05:00 - 22:00)
- ▲ ATM machine

Guest Room Amenities

- ▲ Wardrobe
- ▲ TV
- ▲ Mini-refrigerator
- ▲ Hairdryer
- ▲ Boiler
- ▲ Air conditioner
- ▲ Set of bath towels

On-site Dining Options

Name	Location	Hours	Price	Menu
J Square Lounge	3F	07:00 - 9:30 (Breakfast)	N/A	International Buffet
		11:30 - 14:00 (Lunch)		
		17:30 - 20:00 (Dinner)		
THE WAIN-ING COFFEE	1F	09:00 - 23:00	\$	Bakery & Coffee/Tea

*Price range: \$ = under \$10; \$\$ = between \$11-30; \$\$\$ = higher than \$30 per meal

*The restaurant providing meals will adjust its operating hours during the event period.

Distances to Competition Hall from J Square Hotel



Distance* **6.1 km**

Travel Time* **10 - 15 min**

*Distances and approximate travel times by car using the most direct route.

Golden Tulip Namgang



Address	Namgang-ro 673-16, Jinju City, Gyeongsangnam Province, Republic of Korea
Phone	+82-055-760-9600 ~ 2
Check-in	15:00
Check-out	11:00
Price	Single room (A large bed): 140\$ Double room (Two single beds): 120\$

The Golden Tulip hotel chain was founded in the 1960s when the first properties opened in the Netherlands. Then, it experienced constant development and expanded across the globe, while always remaining attentive to the evolution of its client's needs and expectations.

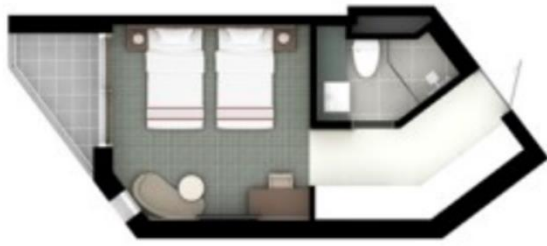
On-site Facilities

- ▲ 24-Hour Reception
- ▲ Daily Housekeeping
- ▲ Free Wi-Fi (867 Mbps)
- ▲ Convenience Store (1F, 08:00 - 02:00)
- ▲ Meeting Room
- ▲ Microwave (1F)

Guest Room Amenities

- ▲ Wardrobe
- ▲ TV
- ▲ Mini-refrigerator
- ▲ Hairdryer
- ▲ Boiler
- ▲ Air conditioner
- ▲ Set of bath towels

Room Layouts



Double Room with two Beds



Single Room with one Bed

On-site Dining Options

Name	Location	Hours	Price	Menu
Lantern Hall	3F	07:00 - 09:00	N/A	International Buffet
E-mart 24	1F	08:00 - 00:00	\$	Refreshments

*Price range: \$ = under \$10; \$\$ = between \$11-30; \$\$\$ = higher than \$30 per meal

*The restaurant providing meals will adjust its operating hours during the event period.

Distances to Competition Hall from Golden Tulip Namgang



Distance* **6.1 km**

Travel Time* **10 - 15 min**

*Distances and approximate travel times by car using the most direct route.

New RAON Stay Hotel



Address	Yongcheongang-ro 166, Jinju City, Gyeongsangnam Province, Republic of Korea
Phone	+82-055-751-1111
Check-in	15:00
Check-out	11:00
Price	Single room (A large bed): 140\$ Double room (Two single beds): 120\$

The New RAON Stay Hotel is located near various facilities such as Lotte Mart, Starbucks, and movie theaters within walking distance. It took the shortest time to reach the competition hall.

On-site Facilities

- ▲ 24-Hour Reception
- ▲ Daily Housekeeping
- ▲ Valet Laundry Service at a fee (24 hours)
- ▲ Coin Laundry Room at a fee (24 hours)
- ▲ Free Wi-Fi (867 Mbps)
- ▲ Cafe (1F)
- ▲ Meeting Room
- ▲ Free Business Center (11F, 24 hour)

Guest Room Amenities

- ▲ Wardrobe
- ▲ TV
- ▲ Mini-refrigerator
- ▲ Hairdryer
- ▲ Boiler
- ▲ Air conditioner
- ▲ Set of bath towels

Room Layouts



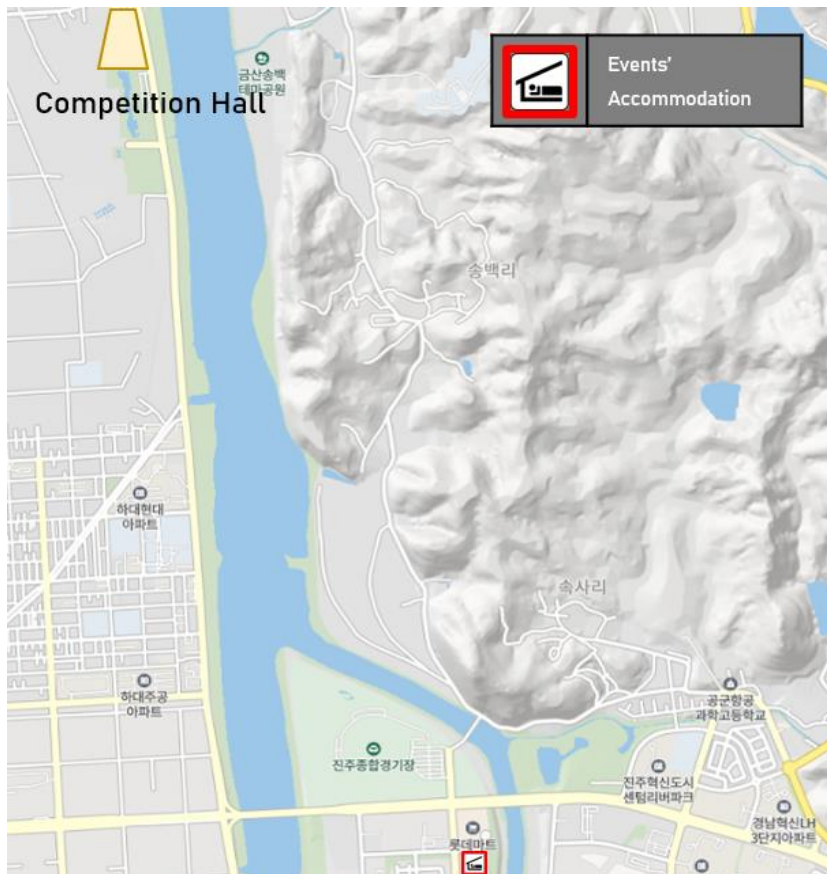
On-site Dining Options

Name	Location	Hours	Price	Menu
The Table	2F	07:00 - 09:00	N/A	International Buffet
		11:30 - 13:00		
Stay 166	1F	09:00 - 18:00	\$	Bakery & Coffee/Tea

*Price range: \$ = under \$10; \$\$ = between \$11-30; \$\$\$ = higher than \$30 per meal

*The restaurant providing meals will adjust its operating hours during the event period.

Distances to Competition Hall from New Raon Stay Hotel



Distance* **4.7 km**

Travel Time* **5 - 10 min**

*Distances and approximate travel times by car using the most direct route.

RAON Stay in Perla



Address	Yongcheongang-ro 164, Jinju City, Gyeongsangnam Province, Republic of Korea
Phone	+82-055-760-9000
Check-in	16:00
Check-out	11:00
Price	Single room (A large bed): 140\$ Double room (Two single beds): 120\$

RAON Stay in Perla is located right next to the New RAON. As New RAON, its distinctive merits are the number of facilities to entertain and the distances from the competition hall.

On-site Facilities

- ▲ 24 Hour Reception
- ▲ Daily Housekeeping
- ▲ Free Wi-Fi (867 Mbps)
- ▲ Business Center (Lobby, 24 hours)
- ▲ Free Baggage Storage (Lobby)

Guest Room Amenities

- ▲ Wardrobe
- ▲ TV
- ▲ Mini-refrigerator
- ▲ Hairdryer
- ▲ Boiler
- ▲ Air conditioner
- ▲ Set of bath towels

Room Layouts



Double Room with two Beds



Single Room with one Bed

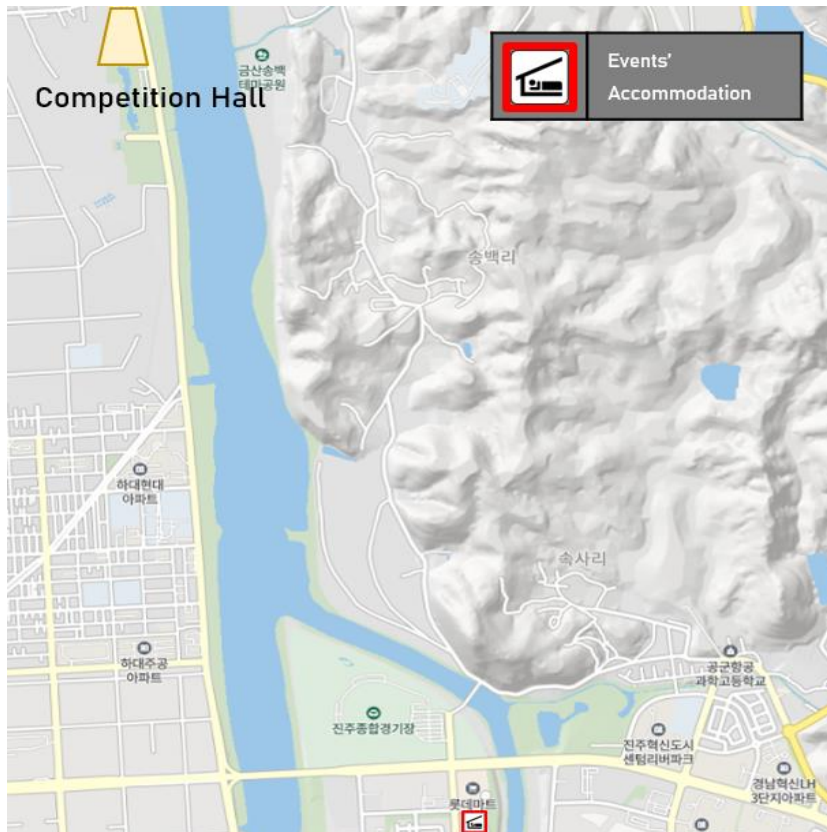
On-site Dining Options

Name	Location	Hours	Price	Menu
Arcade	2F	08:00 - 10:00	N/A	International Buffet

*Price range: \$ = under \$10; \$\$ = between \$11-30; \$\$\$ = higher than \$30 per meal

*The restaurant providing meals will adjust its operating hours during the event period.

Distances to Competition Hall from Raon Stay in Perla



Distance*	4.7 km
Travel Time*	5 - 10 min

*Distances and approximate travel times by car using the most direct route.

Asian Weightlifting Championships Jinju 2023

Olympic Qualification Event for Paris 2024

"Charm" Jinju Raises Your Dreams,
Asia Becomes One!

꿈을 드는 잠진주, 하나되는 아시아