



# **Tokyo 2020 Olympic Games**

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## **Weightlifting**





**Reiko Kato CHINEN**

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**Sport Manager**

**IWF Technical Committee Member / Secretary**



**Sayaka OHASHI**

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**Services Manager**

**Domestic Category 3 TO License holder**



**Tsubasa OCHI**

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**Technical Operations Manager**

**Domestic Category 2 TO License holder**



**Eduardo VILLANOVA**

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**IF Services Manager**

**Rio 2016 Technical Operations Manager**



# Games Time –Schedule

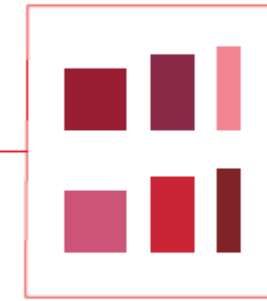
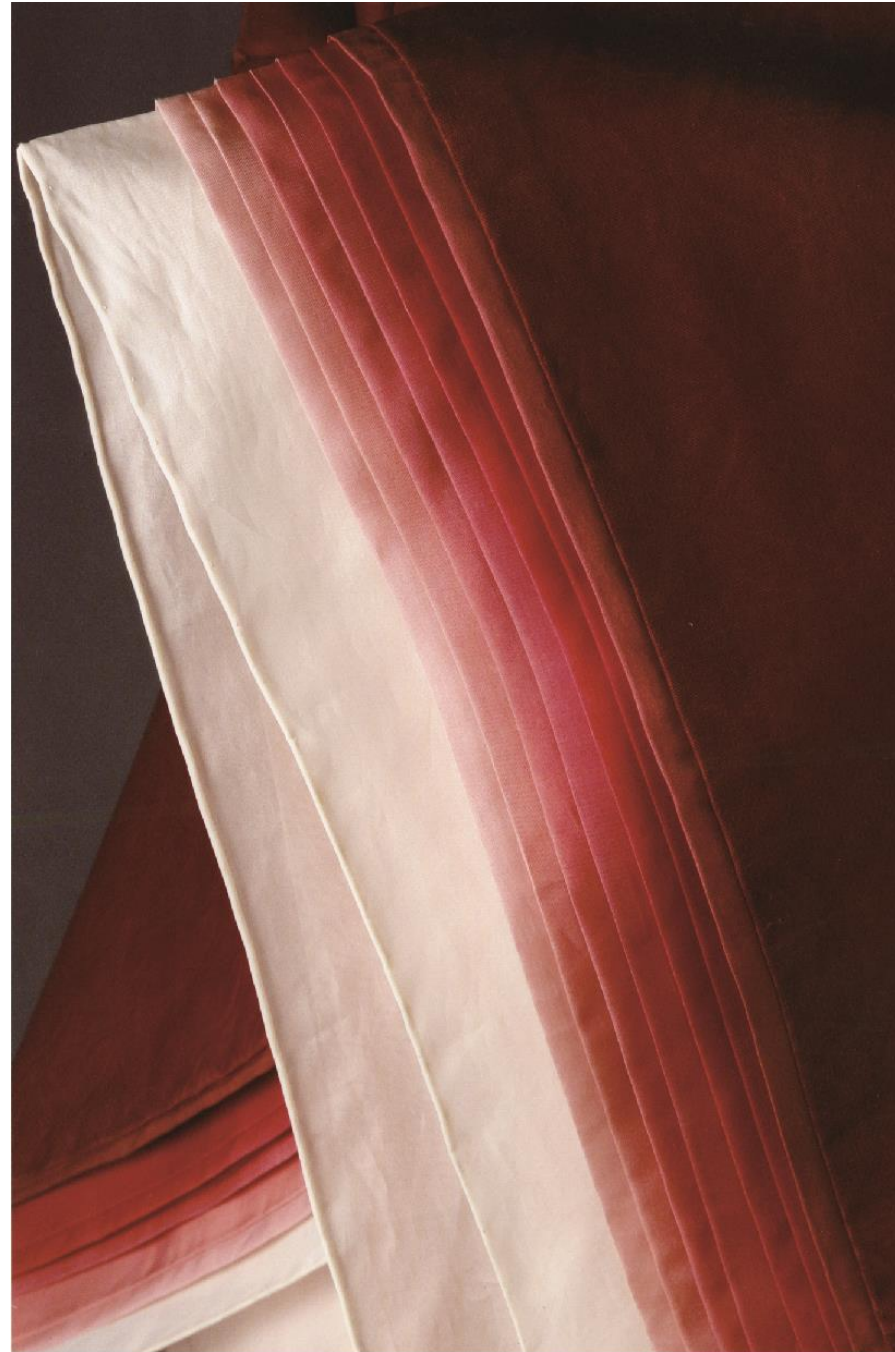
- 14 Jul: Olympic Village opens
- 24 Jul: Opening Ceremony
- 25 Jul: W49kg B (9:20), W49kg A (12:50)
- 26 Jul: M61kg B & M67kg B (11:50), M61kg A (15:50), M67kg A (19:50)
- 27 Jul: W55kg B (13:50), W55kg A (19:50)
- 28 Jul: W59kg B & W64kg B (11:50), W59kg A (15:50), W64kg A (19:50)
- 29 Jul: M73kg B (13:50), M73kg A (19:50)
- 1 Aug: M81kg B & M96kg B (11:50), M81kg A (15:50), M96kg A (19:50)
- 2 Aug: W76kg B (13:50), W76kg A (19:50)
- 3 Aug: W87kg B & W+87kg B (11:50), W87kg A (15:50), W+87kg A (19:50)
- 4 Aug: M109kg B (13:50), M109kg A (19:50)
- 5 Aug: M+109kg B (13:50), M+109kg A (19:50)
- 9 Aug: Closing Ceremony

# Training Schedule

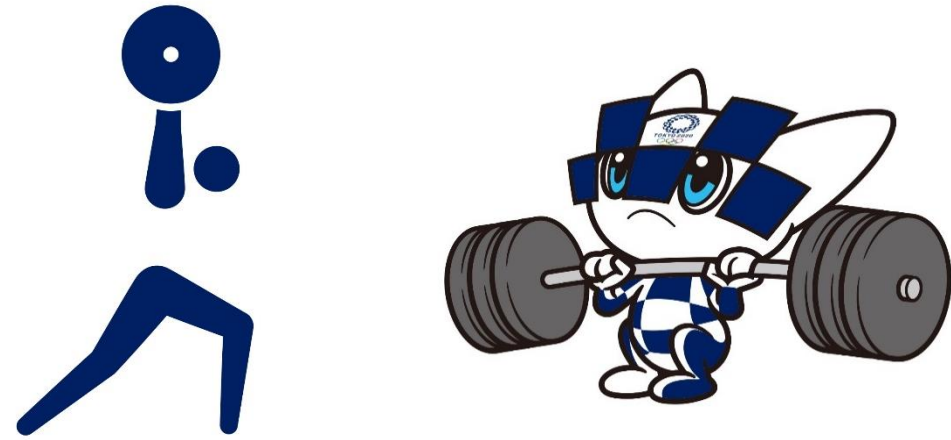
- 14 Jul: Day of Olympic Village Opens  
12:00 – 14:00, 14:00 – 16:00, 16:00 – 18:00, 18:00 – 20:00
- 15 Jul – 23 Jul: Regular Training Schedule  
10:00 – 12:30, 12:30 – 15:00, 15:00 – 17:30, 17:30 – 20:00
- 24 Jul: Day of Opening Ceremony  
10:00 – 11:00, 11:00 – 12:00, 12:00 – 13:00, 13:00 – 14:00
- 25 Jul – 8 Aug: Regular Training Schedule  
10:00 – 12:30, 12:30 – 15:00, 15:00 – 17:30, 17:30 – 20:00
- 9 Aug: Day of Closing Ceremony  
10:00 – 11:00, 11:00 – 12:00, 12:00 – 13:00, 13:00 – 14:00

NOTE: Grouping of NOCs and group rotation table will be made after the deadline of Tokyo 2020 Sport Entries (6 July 2020)

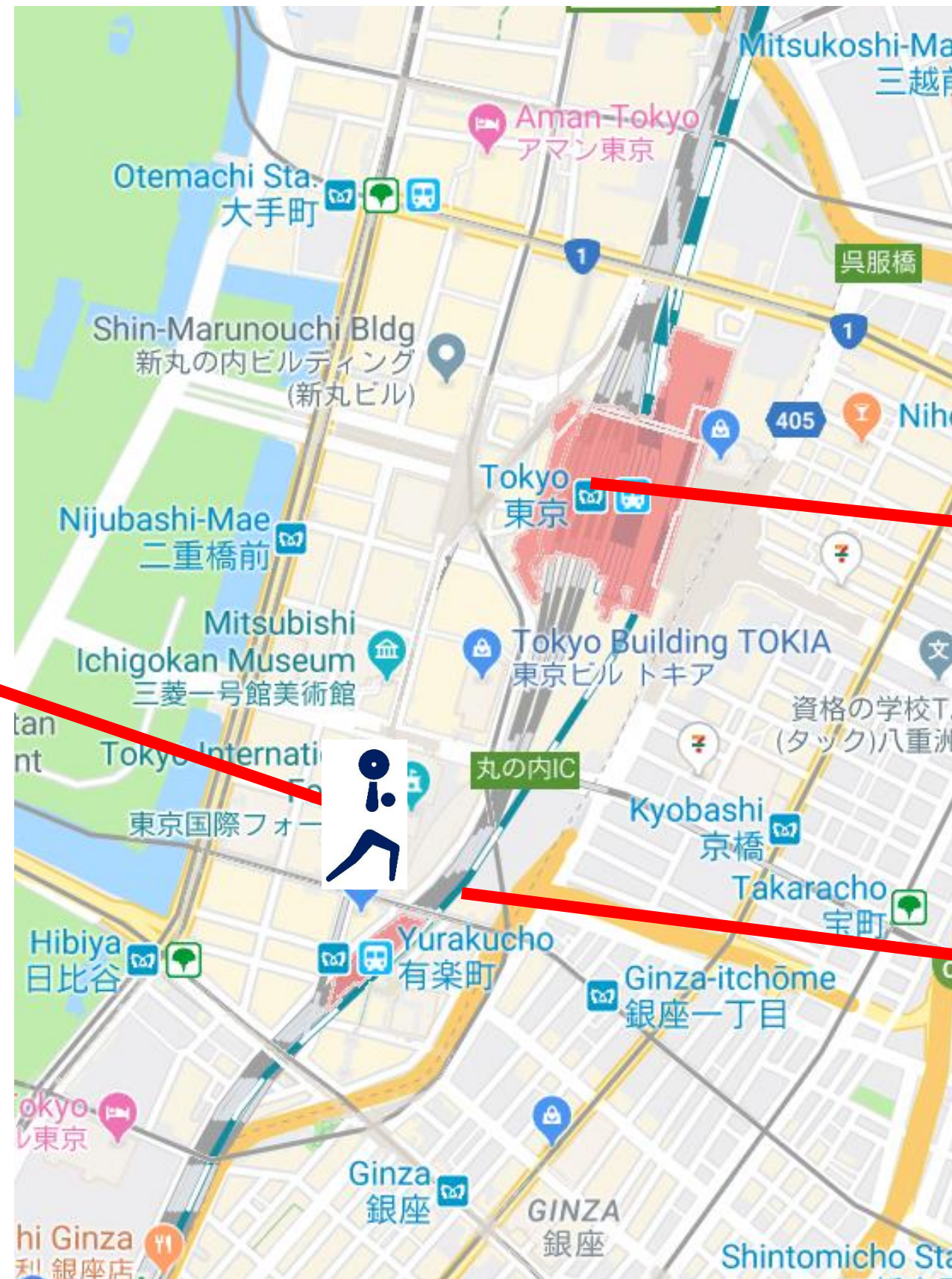
# “Kurenai” Red - Core graphic for Weightlifting



# Venue (Competition / Training)



Tokyo International  
Forum  
(Competition, Training)



JR Tokyo Station

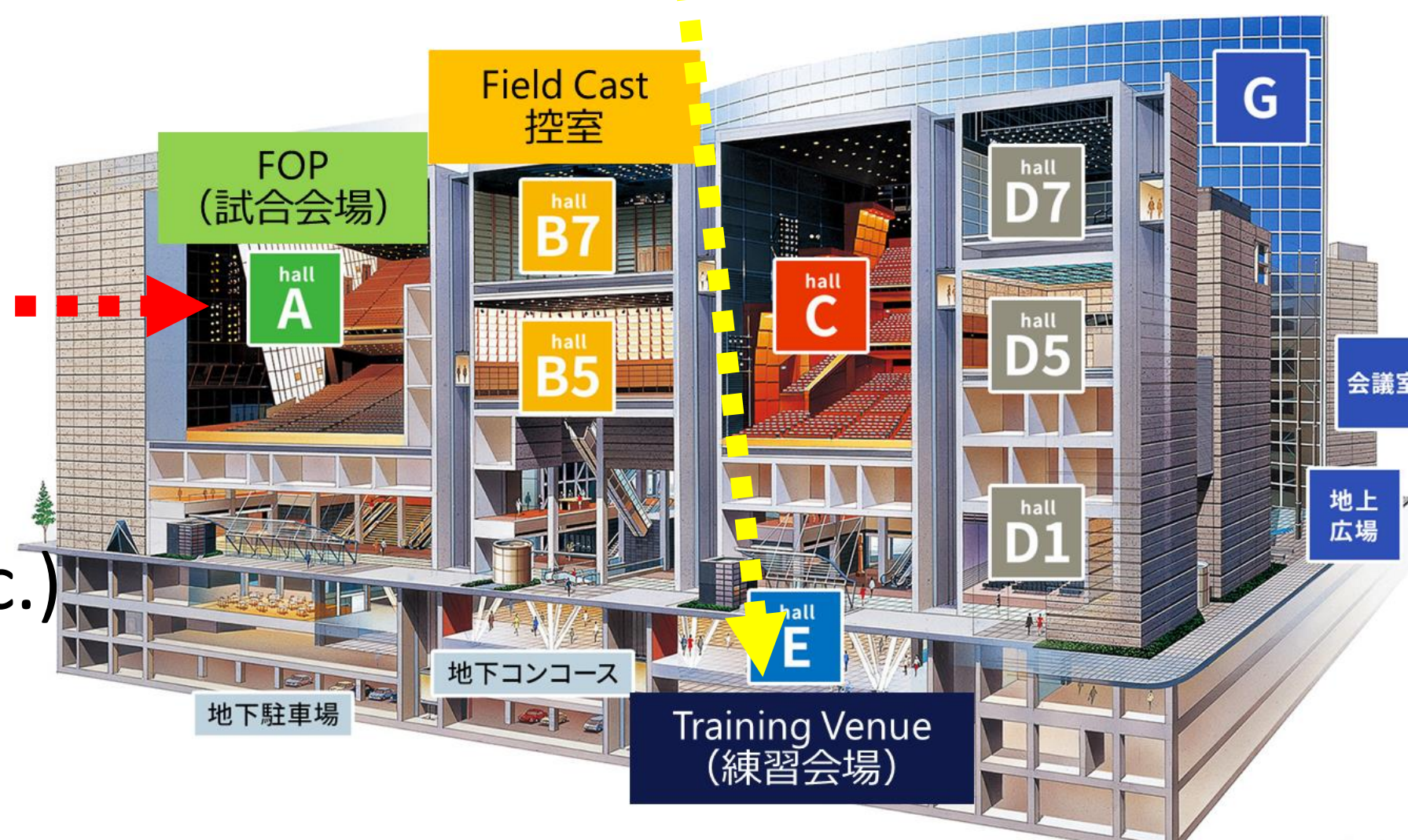
JR Yurakuchyo Station

200m

# Tokyo International Forum

## Main Areas for NOCs

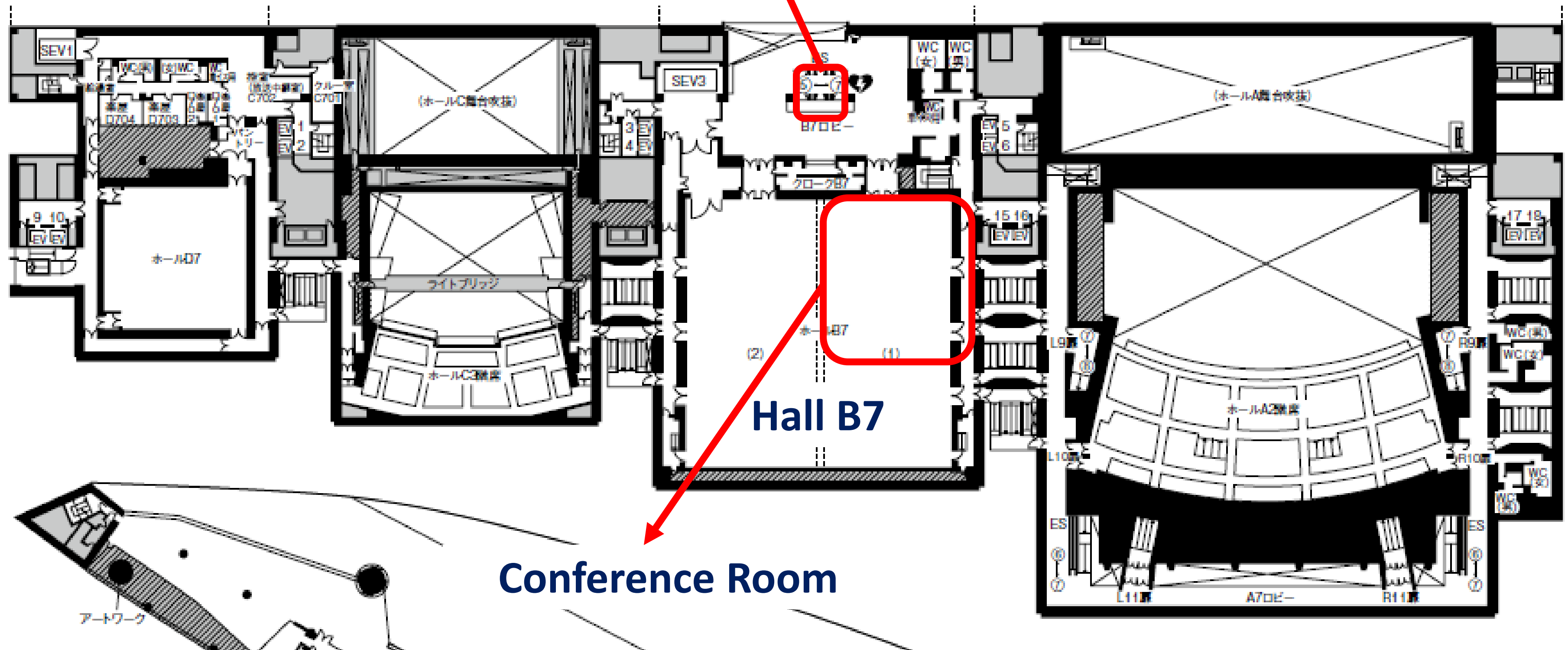
- ◆ Training Venue: B2F Hall E
- ◆ Saunas: 3F Block C
- ◆ Weigh-in Room: 4F Block D
- ◆ Athlete Lounge: 4F Block D
- ◆ Athlete Rest Area: 4F Block B
- ◆ FOP: 4F Hall A
- ◆ IF Area: 5F Block B
- ◆ Meetings (Verification of Final Entry, Technical Congress etc.)  
7F Block B



# 7F (Verification of Final Entry, Technical Congress)

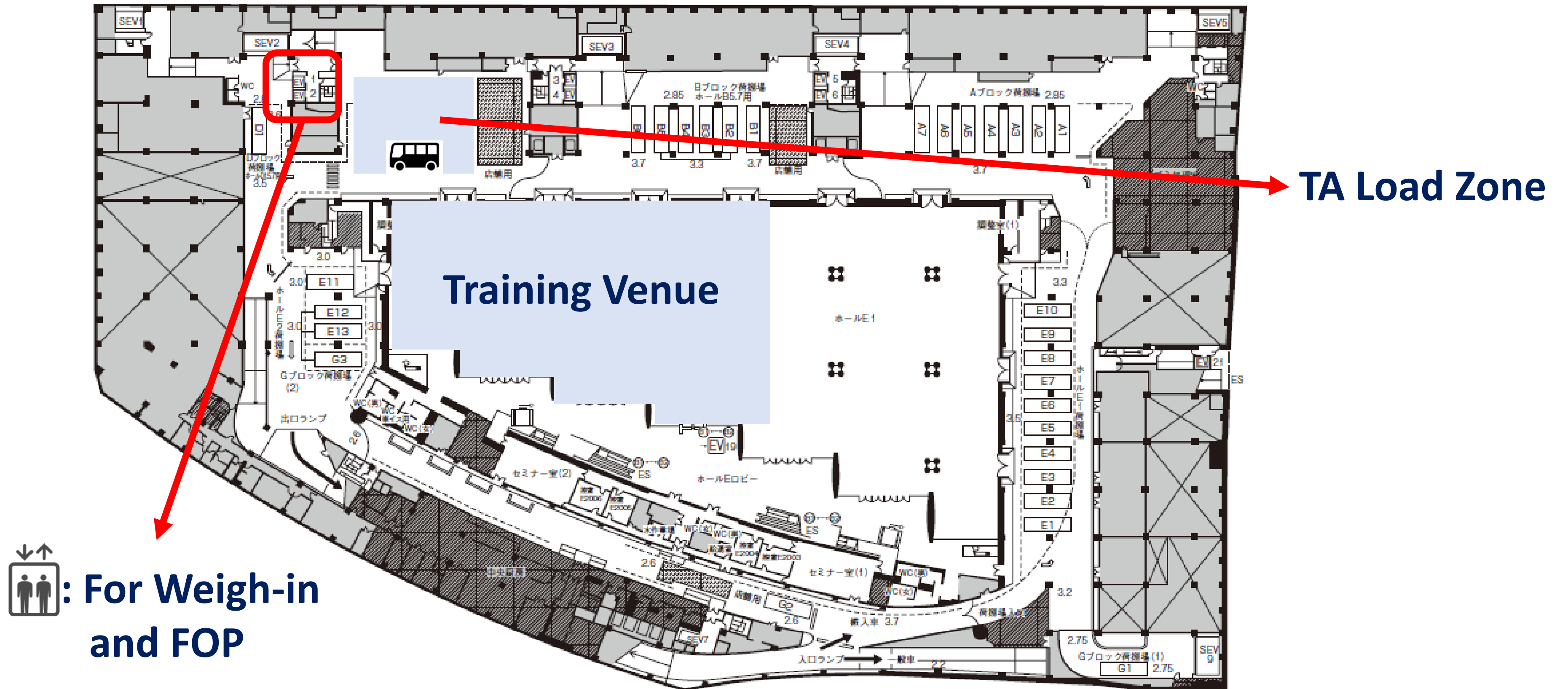
Meetings to be on 23 July 2020

 : Escalator from / to downstairs





# B2F (TA Load Zone / Training Venue)



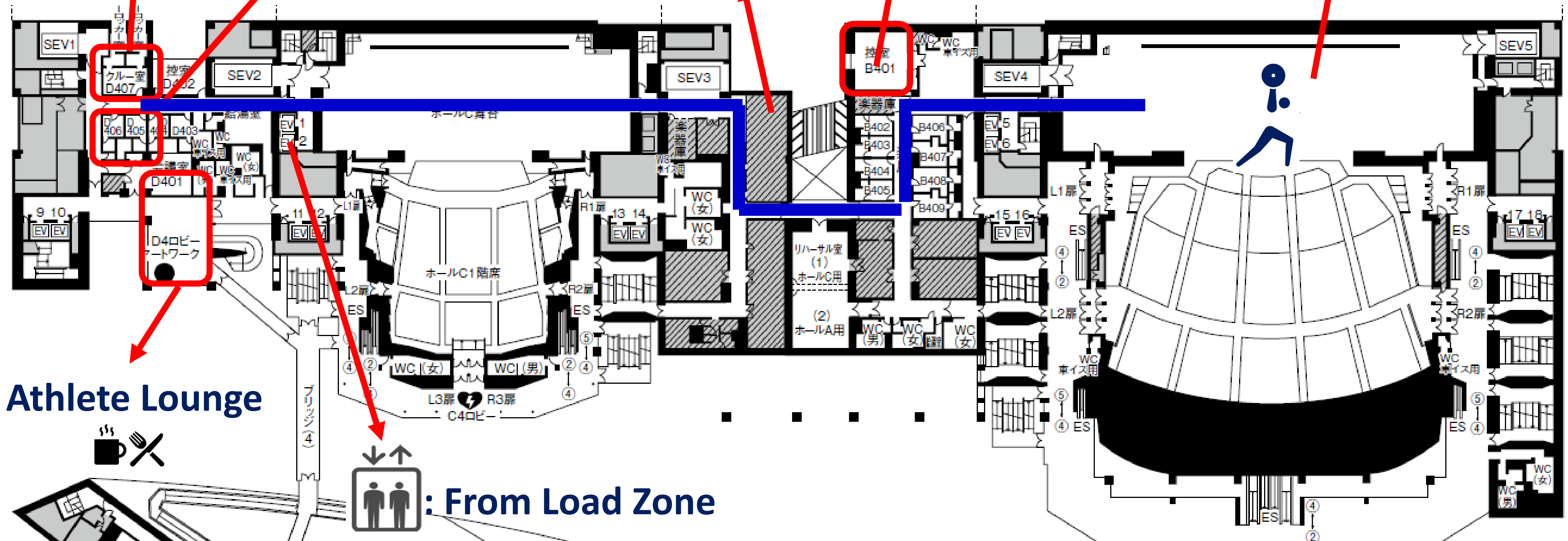
# 4F (Test & Official Weigh-in, Athlete Lounge, Athlete Rest Area, FOP)

Official Weigh-in

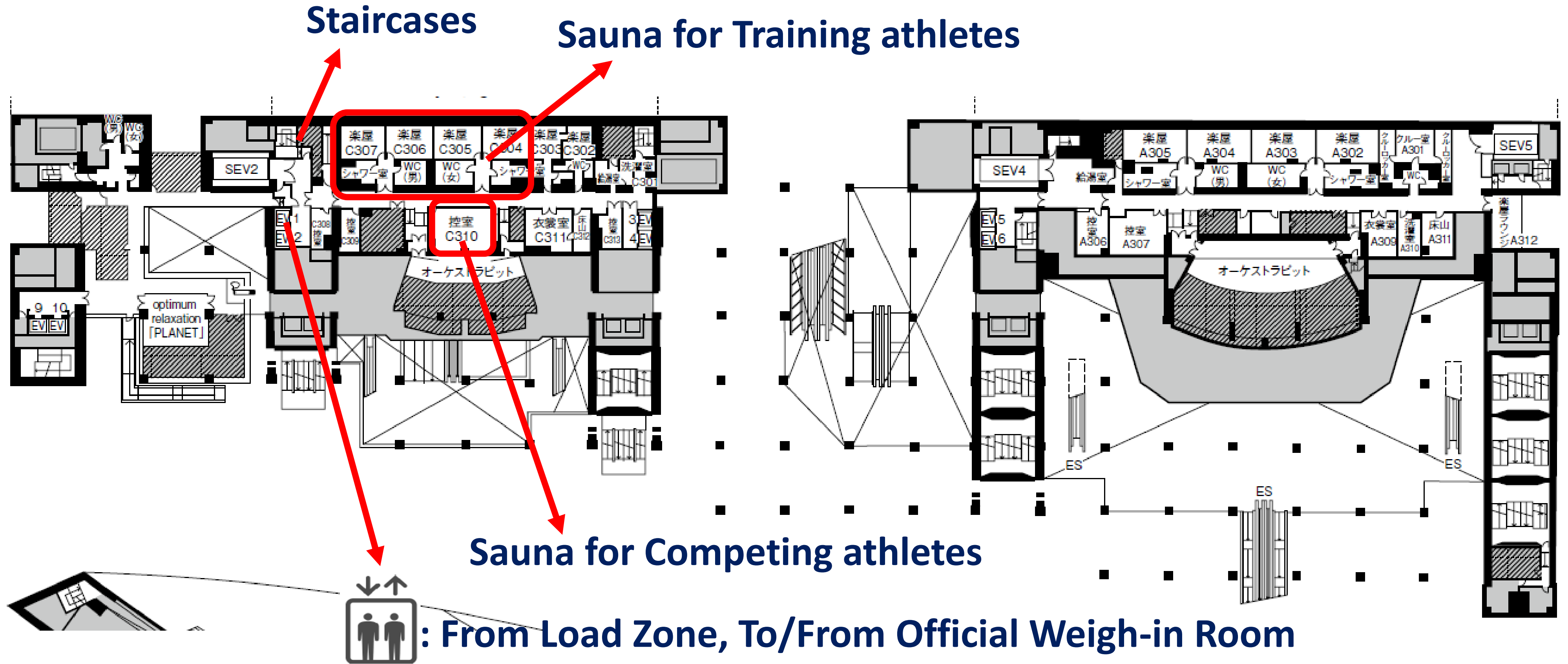
Test Weigh-in

Athlete Rest Area

FOP  
= Warm-up + Competition



# 3F (Sauna)



# Notes

- ◆ Hot Meal: Only for Competing Athletes and their Team Officials with Warm-up Pass (3 Warm-up passes per athlete);  
Hot Meal will be provided at Athlete Lounge (Level 3)
- ◆ Barbell: Hebei Zhangkong Barbell Manufacturing Co., Ltd (“ZKC”)
- ◆ Warm-up Platform: 14 platforms (subject to change after Verification of Athletes)
- ◆ Training Platform: 50 platforms (subject to change according to the final layout)
- ◆ Others See also “IWF Technical and Competition Rules & Regulations”



**Thank you for your attention !**

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