



PAN-AMERICAN JUNIOR CHAMPIONSHIP 2026
2nd QUALIFYING EVENT FOR THE LIMA 2027 PAN-AMERICAN GAMES
TEPIC, MEXICO 2026





INVITATION LETTER

To the President / Secretary General
of the National Federation affiliated with the FPLP

On behalf of the Mexican Weightlifting Federation, A.C. (FMLP), with the distinguished support of the State Government of Nayarit and the Nayarit Institute of Physical Culture and Sport (INCUFID), we are honored to extend a cordial invitation to all National Federations affiliated with the Pan-American Weightlifting Federation (FPLP) to participate in the 2026 Pan-American Junior Weightlifting Championship and 2nd Qualifying Event for the Lima 2027 Pan-American Games.

This important continental event will take place from October 4 to 8, 2026, in the city of Tepic, Nayarit, Mexico. We are confident that your Federation's participation will contribute to an extraordinary celebration of sporting talent, friendship among nations, and the strengthening of weightlifting throughout the American continent.

Located between the Pacific Ocean and the Sierra Madre Occidental, Tepic is a city that combines modern infrastructure, cultural richness, natural beauty, and the renowned hospitality of the Mexican people. As the capital of the state of Nayarit, it has experienced significant growth in sports and services infrastructure, establishing itself as an ideal host city for national and international events.

Nayarit is known worldwide for its extraordinary landscapes, beaches, traditions, and gastronomy, and is home to prestigious tourist destinations such as the Riviera Nayarit. Its strategic location and land and air connectivity — through the Tepic-Riviera Nayarit International Airport — facilitate the transfer of participating delegations.

Mexico has a long and successful history in international weightlifting, being one of the leading nations on our continent and having produced generations of athletes who have won Olympic, World, and Pan-American medals. Likewise, the Mexican Weightlifting Federation maintains a firm commitment to the development of our sport and to the organization of international events that meet the highest technical and organizational standards set by the Pan-American Weightlifting Federation and the International Weightlifting Federation (IWF).

Our goal is to provide the best possible conditions for the continent's finest junior weightlifters. During the championship, participants will find first-class sports facilities, professional organization, high-quality technical services, and the warmth that distinguishes Mexico as a host of major sporting events.

It will be an honor to welcome you to Tepic and to share a week of competition, camaraderie, and sporting excellence, strengthening the bonds of friendship and cooperation that unite the Pan-American weightlifting community.

Sincerely,

Dr. Rosalío Antonio Alvarado del Ángel
President
Mexican Weightlifting Federation, A.C.





COMPETITION RULES

1. General Conditions

The 2026 Pan-American Junior Championship and the 2nd Qualifying Event for the Lima 2027 Pan-American Games will be held in accordance with the Technical and Competition Rules (TCRR) of the International Weightlifting Federation (IWF) and will be under the supervision and control of the Pan-American Weightlifting Federation (FPLP).

2. Competition and Training Venue

Competitions and training sessions will take place at the Auditorio Amado Nervo, located at Av. Aguamilpa 53, Col. Ciudad Industrial, 63173 Tepic, Nayarit, Mexico.

This venue has been fitted out to accommodate the competition area as well as the official warm-up and training zones.

Competitions will be held from October 4 to 8.

Training areas will be available starting October 2, 2026, from 8:00 a.m.

3. Eligibility Requirements

For the 2026 Pan-American Junior Championship, all athletes between 15 and 20 years of age at the time of the event (i.e., born between 2006 and 2011) are eligible to participate.

For the 2nd Qualifying Event for the Lima 2027 Pan-American Games, all athletes aged 15 and older at the time of the event (born in 2011 or earlier) are eligible to participate.

Pursuant to Article 5.5.16 of the IWF Anti-Doping Rules, athlete whereabouts information must be submitted at least three (3) months prior to the event — that is, for Quarter 3 no later than 6 July 2026 and for Quarter 4 no later than 30 September 2026.

Should any difficulties arise in submitting this information, please notify immediately at: iwf@ita.sport.

All athletes and athlete support personnel are encouraged to complete WADA's online ADEL course, available at: <https://adel.wada-ama.org>, prior to participating in the championship.

These certificates must be sent to: weightlifting.education@ita.sport.

For technical assistance with registration or use of the ADEL platform, please contact the World Anti-Doping Agency (WADA) at: adel@wada-ama.org.





4. Events

The competition categories are the official categories set out in the IWF Technical and Competition Rules and Regulations (TCRR).

Women's: 49 kg, 53 kg, 57 kg, 61 kg, 69 kg, 77 kg, 86 kg, +86 kg

Men's: 60 kg, 65 kg, 70 kg, 75 kg, 85 kg, 95 kg, 110 kg, +110 kg

5. Entries

Entries must be submitted through the ENTRY-FPLP online registration system, available at:

<http://dataentry.pesasamerica.org/>

Each National Federation must select the corresponding event when registering.

Preliminary Entry

Preliminary entries will remain open until August 4, 2026.

Each National Federation may register a maximum of sixteen (16) athletes per gender for the Pan-American Junior Championship, and separately, a maximum of sixteen (16) athletes per gender for the 2nd Qualifying Event for the Lima 2027 Pan-American Games. Once this period has ended, athletes may not be added or substituted.

Final Entry

Final entry must be completed no later than September 4, 2026.

Only athletes previously registered during the preliminary entry period may be confirmed.

The final list may include a maximum of ten (10) athletes per gender for the Pan-American Junior Championship, made up of eight (8) starting athletes and two (2) reserve athletes; and, separately, a maximum of ten (10) athletes per gender for the 2nd Qualifying Event for the Lima 2027 Pan-American Games, likewise made up of eight (8) starting athletes and two (2) reserve athletes.

All coaches must be registered in the final entry. If a coach is not found in the IWF's ICL database, the International Federation will notify the corresponding National Federation so that the coach can be registered promptly or, if applicable, removed from the final entry.

The following information must be uploaded to the ENTRY-FPLP system no later than September 4, 2026:

Official list of athletes.

List of participating team officials.





Delegation arrival and departure information.

Type of accommodation requested.

Transport form, indicating airline, flight number, and exact date and time of arrival and departure for each delegation member.

Valid passport copy and digital photograph for accreditation purposes.

Any change to travel itineraries must be reported to the Local Organizing Committee with due notice.

National Federations must also declare the final number of coaches, technical officials, and delegates making up their delegation.

Final Verification

Final Verification will take place virtually on September 27, 2026.

Each National Federation may verify a maximum of eight (8) athletes per gender. Only athletes included in the final entry may be verified, respecting the maximum limit of eight (8) athletes per gender and age category.

For questions or technical assistance with the ENTRY-FPLP system, please contact the Local Organizing Committee at:

fedemexpesas1@gmail.com

6. Visa Management

It is the responsibility of each National Federation and its athletes, coaches, and officials to check in advance whether their country requires a visa to enter Mexico, and to carry out the corresponding procedure at the Mexican consulate or embassy in their country of origin.

It is recommended that this process be started at least 60 days before the arrival date, allowing for consular processing times.

The Local Organizing Committee, through the Mexican Weightlifting Federation (FMLP), may issue letters of invitation in support of visa applications for delegations that require them.

Federations requiring this support must request it by email to fedemexpesas1@gmail.com, indicating:

Full name of each individual requiring the letter.

Passport number and expiration date.

Country of origin and consulate/embassy where the procedure will take place.





It is suggested that this request be sent no later than August 4, 2026, coinciding with the close of preliminary entries, to ensure sufficient processing time.

The Organizing Committee will not be held responsible for delays, denials, or any inconvenience in the visa process before the relevant consular authorities.

7. Accommodation

Hotel Fiesta Inn Express Tepic — Blvd. Luis Donaldo Colosio 580, Benito Juárez Ote, 63175 Tepic, Nay.

Hotel City Express by Marriott Tepic — Colima 93-Sur, San Antonio, 63159 Tepic, Nay.

Hotel Nekié — Av. Tecnológico 2661, Lagos del Country, 63175 Tepic, Nay.

Hotels will be assigned according to each delegation's accommodation requirements, subject to availability at the time the final arrival and departure itineraries are received.

Accommodation will not be guaranteed until full payment has been received from the participating country.

Hotel check-in will be at 3:00 p.m. and check-out at 12:00 p.m.

8. Financial Conditions

Full-board accommodation rates (including dinner, breakfast, and lunch):

Single room: USD \$140 per person, per night.

Double room: USD \$120 per person, per night.

Minimum stay: four (4) nights.

Important note: The Organizing Committee can only confirm reservations once full payment has been received, no later than September 28, 2026.

No-show / Late Arrival Policy

If a delegation member does not arrive on the date stated in the Accommodation and Transport Form and the Organizing Committee has not been notified before September 4, 2026, a charge equivalent to one night's accommodation per person will apply.

If one or more delegation members arrive late by several days, the full number of nights originally indicated on the submitted form must still be paid.

Delegations are advised to arrange reservations in advance, as the Organizing Committee cannot guarantee additional rooms for requests submitted after the deadline.





9. Entry Fee

Participation fees for the 2026 Pan-American Junior Championship are as follows:

2026 Pan-American Junior Championship

Athletes: USD \$225.00 (two hundred twenty-five United States dollars) per athlete. This fee includes USD \$100.00 corresponding to the IWF's Special Anti-Doping Fee.

Delegates, coaches, and team officials: USD \$125.00 (one hundred twenty-five United States dollars) per person.

2nd Qualifying Event for the Lima 2027 Pan-American Games

Athletes: USD \$225.00 (two hundred twenty-five United States dollars) per athlete. This fee includes USD \$100.00 corresponding to the IWF's Special Anti-Doping Fee.

Delegates, coaches, and team officials: USD \$125.00 (one hundred twenty-five United States dollars) per person.

10. Payment

To confirm participation, at least 50% of the total payment must be made before September 4, 2026, allowing for banking processing times. It is recommended that the transaction be arranged in advance to ensure the amount is reflected in the account before the deadline.

A copy of the bank transfer receipt must also be sent to the following email address:

fedemexpesas1@gmail.com

at least 15 days before the delegation's arrival, for validation purposes.

No cancellations or refunds will be accepted after September 4, 2026.

All payments related to entry fees and accommodation must be made exclusively by bank transfer to the following account:

Beneficiary: Banco Actinver, S.A. IBM

Bank: JP Morgan Chase Bank, N.A.

Account: 317012315

SWIFT / ABA: CHASUS33 / 021000021





Branch / City: New York, NY

Reference: FEDERACION MEXICANA DE LEVANTAMIENTO DE PESAS AC 18395970

Any participant who has not made payment by bank transfer in advance must pay the full amount in cash (US dollars) upon arrival, directly to the Local Organizing Committee, represented by the Mexican Weightlifting Federation, A.C.

Important:

All payments must be made in USD.

Bank fees and charges for international transfers are the exclusive responsibility of the participating Federation.

No delegation member will receive accommodation or official accreditation until the corresponding payment has been received in full, whether by bank transfer or in cash upon arrival.

11. Accreditation

Accreditations will be issued upon arrival. Accreditations will be generated based on the information registered in the ENTRY-FPLP online entry system (<http://dataentry.pesasamerica.org/>), which must include:

Digital photograph (white background).

Passport copy.

12. Official Equipment

All competition equipment used will be of the ZKC brand, certified and approved by the International Weightlifting Federation (IWF), meeting the technical standards required for international events.

13. Technical Officials Meeting

The official meeting for Technical Officials will be held on October 3, 2026, at 6:00 p.m., at Hotel Nekié, the main venue of the event. Attendance is mandatory.

14. Doping Control

Doping control tests will be carried out under the supervision of the International Testing Agency (ITA), on behalf of the IWF. Sample collection will be carried out by a designated authority, in accordance with the IWF Anti-Doping Rules.

15. Awards

Gold, silver, and bronze medals will be awarded to the top three athletes in the snatch, clean & jerk, and total for each weight division.





The top five teams by score, in both genders (women's and men's), will receive official recognition.

Likewise, the best lifters of the event (one per gender) will be awarded, based on the results according to the official points system.

16. Technical Officials

In accordance with FPLP guidelines, Federations presenting a full team may accredit up to two Technical Officials (one man and one woman), provided they hold a valid international license. Delegations with an incomplete team may accredit a single Technical Official under the same condition.

The Organizing Committee will provide accommodation and meals free of charge to accredited Technical Officials who meet this profile.

Accommodation and meals will be covered from October 2 to 9, 2026.

17. Internal Transportation

Tepic-Riviera Nayarit International Airport (TPQ)

The Local Organizing Committee (LOC) will provide official transport free of charge between Tepic-Riviera Nayarit International Airport (TPQ) and the championship's official hotels, based on the flight information provided by each National Federation in the Accommodation and Transport Form.

Guadalajara International Airport (GDL) / Puerto Vallarta International Airport (PVR)

Delegations arriving at the Guadalajara (GDL) or Puerto Vallarta (PVR) international airports may request official transport service to Tepic, at a cost of USD \$30.00 per person, per trip.

To optimize transport logistics, the service will operate on two scheduled runs per day:

Transport will arrive at the airport at 11:00 a.m. and depart for Tepic from the airport at 1:00 p.m.

Transport will arrive at the airport again at 7:00 p.m. and depart for Tepic from the airport at 9:00 p.m.

Delegations should plan their flight itineraries with these schedules in mind. Should a transfer be required outside the established times, a special service may be requested from the Local Organizing Committee, subject to availability and an additional cost.

During the championship, the Local Organizing Committee will provide official transport between the official hotels and the competition venue, in accordance with the official activity program.

18. Medical Insurance and Liability

Each participating Federation is fully responsible for the health, safety, and medical coverage of its members.





The Organizing Committee will not assume responsibility for accidents, illnesses, or any other incident that may occur during the delegations' stay in Mexico.

19. General Event Information

Electrical voltage: 110V standard.

Currency: Mexican Peso (MXN).

Estimated climate in October: average temperatures between 15°C in the morning and 30°C during the day. The climate is temperate and humid, with a chance of rain.

It is recommended to bring warm clothing for the early morning hours and light clothing for daytime activities, as well as to stay hydrated throughout the day.

20. Official Contact

Pan-American Weightlifting Federation (FPLP)

José Quiñones — President: +51 994 516 230

Mexican Weightlifting Federation (FMLP)

Evelyn Castillo — Vice President: +52 444 165 1348

Gil Robles — Championship General Coordinator: +52 812 150 0088

Official email: fedemexpesas1@gmail.com





21. Competition Schedule (Preliminary)

2	Friday	ARRIVAL OF DELEGATIONS			
3	Saturday	14:00	Anti-Doping Education Session		
		18:00	Technical Officials Meeting		
				Weigh-in	Session
4	Sunday	Men's	60	8:00	10:00
		Women's	49	11:00	13:00
		Opening Ceremony		16:00	
		Men's	65	15:00	17:00
5	Monday	Women's	53	8:00	10:00
		Men's	70	11:00	13:00
		Women's	57	14:00	16:00
		Men's	75	17:00	19:00
6	Tuesday	Women's	61	8:00	10:00
		Men's	85	11:00	13:00
		Women's	69	14:00	16:00
		Men's	95	17:00	19:00
7	Wednesday	Women's	77	8:00	10:00
		Men's	110	11:00	13:00
		Women's	86	14:00	16:00
8	Thursday	Men's	+110	8:00	10:00
		Women's	+86	11:00	13:00
9	Friday	DEPARTURE OF DELEGATIONS			