



ALL AFRICA POWERLIFTING CHAMPIONSHIPS 2010

Bejaia, Algeria

Sanctioned by the International Powerlifting Federation
and
the Algerian Powerlifting Federation

invites the APF member nations to participate in the
African Powerlifting Championships 2010

Please note: all information is posted only for information purposes. All team selection, all official entries for the Championships and all hotel bookings must be done by APF-Member nations, NOT by individuals. Note: Only registered paid up members can participate at the congress and compete in the championships.

- Meet Director: Moussa Messaour: Mobile 00 213 7 97 46 51 17 or 00 213 5 55 79 76 23
Tel/Fax: 00 213 21 92 90 64 e mail: m_messaour@hotmail.com
- Alternate contact: Alan Ferguson: P.O.Box 1180, Sunvalley, 7985, South Africa. E mail
alanf@global.co.za Tel 0027 21 7830535 mobile 0027 72 698 8487
- Participants: Seniors, Juniors and Masters, however only Seniors will score points for Team trophy
- Host Town : Bejaia, Algeria
- Date: 1st and 2nd June 2010
- Venue: Hotel Royal, Route de L Universite Ihaddaden, 0600 Bejaia, Algeria.
- Congress and Technical meeting: 31st May 2010 at Royal Hotel, 19:00
- Accommodation Royal Hotel, 4 Stars, Route De L Universite, Ihaddaden, 0600 Bejaia, Algeria
Single room (1 person) 80 Euros per room per night, including Breakfast lunch and dinner
Double room (2 people) 120 Euros per room per night, including Breakfast, lunch and dinner.
Triple room (3 people) 160 Euros per room per night, including Breakfast, lunch and dinner.
Room bookings contact Moussa Messaour e mail m_messaour@hotmail.com. Payment will be done directly to the Algerian Powerlifting Federation
- Arrivals/Transportation: Arrival by air to Houari Boumediene International Airport. Bus from the airport to Royal Hotel, Bejaia approximately 3 hours cost 10 Euros.

Scales: Scales available at venue
 Training: Gym Facilities are available in the vicinity

Flag and anthem: Each nation must bring its flag and anthem to the Technical Meeting.

Closing Banquet: 2nd June 2010 The banquet fee is 15 Euros per person

Entry Fee 20 Euros
 Anti-Doping Fee: 50 Euros for each lifter declared must be paid at the technical meeting

Opening Ceremony: 1st June 2010, 10:00 hours at the venue

Nominations: Team nomination forms must be in the hands of the Meet Director and APF Championship Secretary not later than:

Preliminary: 23rd April 2010 (preliminary form must be sent. No final nomination can be accepted if the preliminary was not send)

Final: 16th May 2010 (Later entries will not be accepted)

All lifters are expected to produce passports or other documents at the weigh-in:

Correspondence: E-Mails or fax messages (E-Mails are preferred) regarding the championships must be sent to the Meet Director; and a copy to Alan Ferguson

Health Insurance and Visas: All delegate members must have a valid health insurance. The organiser and the APF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, theft, delayed planes etc.

Visas must be applied for as early as possible.

Provisional Timetable for the competition

Day	Weigh-in time	Classes	Start
Tues 1 st June 2010	10:00 – 11:30	All divisions up to and including 82.5 kg's	12:00
Wednesday 2 nd June 2010	08:30 – 10:00	All divisions 100kg +	10:30

Victory Ceremonies: At the banquet.

Important Note: Changes may occur to the timetable of events. All changes will take place at the technical meeting.

APPENDIX 2

Acknowledgement and Agreement

I, as a member of _____ and/or participant in a _____ or IPF
National Federation National Federation
authorized or recognized event, hereby acknowledge and agree as follows:

1. I have received and had an opportunity to review the IPF Anti-Doping Rules.
2. I consent and agree to comply with and be bound by all of the provisions of the IPF Anti-Doping Rules, including but not limited to, all amendments to the Anti-Doping Rules and All International Standards incorporated in the Anti-Doping Rules.
3. I acknowledge and agree that _____ and IPF have jurisdiction to
National Federation
impose Sanctions as provided in the Anti-Doping Rules.
4. I also acknowledge and agree that any dispute arising out of a decision made pursuant to the IPF Anti-Doping Rules, after exhaustion of the process expressly provided for in the IPF Anti-Doping Rules, may be appealed exclusively as provided in Article 13 of the IPF Anti-Doping Rules to an appellate body for final and binding arbitration, which in the case of International-Level Athletes is the Court of Arbitration for Sport.
5. I acknowledge and agree that the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
6. I have read and understand this Acknowledgement and Agreement.

Date

Print Name (Last Name, First Name)

Date of Birth
(Day/Month/Year)

Signature (or, if a minor, signature of
legal guardian)

Received:

Date and Place

Official's signature (IPF)

Address for contact:

Name: _____ Street: _____ pcode: _____
City: _____ Country: _____ Phone: _____
Fax: _____ E-mail: _____