

OFFICIAL INVITATION

The International Powerlifting Federation and the South African Powerlifting Federation
Invite's the IPF member nations to participate in the
**1st WOMEN'S & MEN'S IPF OPEN, SUB/JNR, JUNIOR & MASTERS WORLD CLASSIC
BENCH PRESS CHAMPIONSHIPS 2016**

In Potchefstroom, North West - South Africa from 14 – 21 May 2016

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 IPF-Member nations, NOT by individuals.

Meet Director: Johan (Hannie) Smith - email: hannie@lagayim.co.za
Cell: +27 82 5663433 Fax +27 86 5243879 - Cell: +27 82 6419612

Correspondence & Visa support: Vicki Botha email: hannie@lagayim.co.za
Cell; +27824473848 fax; +27865243879

Nominations: hannie@lagayim.co.za Cell: +27 82 5663433

Accommodation Helen de Wet. Email: elgrores@iafrica.com Tel: +27 18 2975411
Fax: +27 86 646 3689

Please send to Hannie Smith all information concerning your stay in South Africa: transport request, preliminary and final nomination.

Technical Secretary: Vicky Botha hannie@lagayim.co.za – Cell: +27 82 4473848

Copy: IPF Championship Secretary: Gaston Parage, rue Pasteur, 1, L-4642 Differdange, Luxembourg. Mobile Phone : +352-621165214, Fax : +352-582696,
Email: Gaston.Parage@powerlifting-ipf.com

Host City: Potchefstroom - North West South Africa.

Date: 15 – 21 May 2016

Venue: Elgro Hotel Conference Centre Potchefstroom. elgrores@iafrica.com
<tel:+27182975411>

Technical Meeting: Saturday 14 May 2016, 20:00 hrs at the – Drostdy Venue 1st Floor – Elgro Hotel

Hotel: Elgro Hotel, Willows Hotel & Elgro Lodge. Helen de Wet email :
elgrores@iafrica.com Tel: +27 18 2975411 Fax: +27 86 646 3689

Note 1: **All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during the championship. *If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of 100 EUR per person to the organizer. Failure to comply will have the*** effect that they will not receive accreditation and will be excluded from that championship (By-Laws 105.4.4)

Note 2: The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms to the ELGRO Hotel.

Option 1	Luxury Accommodation
Single Room	R1 250.00 per person per night Bed, and Breakfast
Double / Twin Room	R1 695.00 per room per night Bed and Breakfast
Option 2	Standard Accommodation
Single Room	R 850.00 per person per night Bed, and Breakfast
Double / Twin Room	R1 300.00 per room per night Bed and Breakfast

Dinner can be booked at reception at The ELGRO Hotel at the rate of R200.00 per person per night.

Here are some of the facilities we are able to offer our guests in our rooms:

- Tea/Coffee Making facilities
- Air Conditioning
- On-Suite Bathrooms

Accommodation fees payable by credit card;

1. Cash in RAND, EUR and DOLLAR (according to the current exchange rate);
2. Bank transfer to the following bank account:

Banking details:

Account name: ELGRO HOTEL

Account: Absa Bank

Account number: 680 146 934

Branch: POTCHEFSTROOM

Branch code: 632005

Swift code: ABSAZAJJ

I-Ban Code: ZA632005

Payment must be received at the above mentioned bank account at the latest 7 days prior to the beginning of the

Championship. All bank charges go at the expense of order party. If you choose the payment by bank transfer or by credit card, you must inform the organizer in advance.

All rooms must be booked at the latest with the deadline of the final nomination –

1st May 2016 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not cancelled in time, federations have to pay the reserved hotel rooms, the participation fee, the doping and the banquet tickets for all lifters and officials specified at the final nomination form.

Arrivals/Transportation:

Transport from OR-THAMBO International Airport to ELGRO Hotel is **55 EUR one way.**

Payment will be in Cash on arrival at the hotel.

Please send your detailed travel itinerary to the Meet Director Hannie Smith - email:

hannie@lagayim.co.za and Vicki Botha email; hannie@lagayim.co.za so that the transfer can be provided.

Shuttle: Shuttle service will be provided from Other Hotels to Venue.

Scales: Scales will be available at all the hotels.

Training: Training facilities available at the venue.

Flag and anthem: Flag will be provided by the Organizer.

Photos: Identification is necessary for security reasons. Picture of each lifter, coach and official will be taken for the accreditation card after arrival at the Championship office.

Streaming: All rooms and venue will have Wi-Fi connection.

Closing Banquet: Saturday 21st May 2016 - Price: **30 EUR** per person includes drinks on table.

More information at Venue during the competition week.

Participation Fee: **50 EUR** for each lifter declared must be wired to the IPF bank account

Anti-Doping Fee: **50 EUR** for each lifter declared must be wired to the IPF bank account

Opening Ceremony: **Sunday 15th May 2016** at 14:00 at the venue.

Health and Travel Insurance: All delegate members must have a valid health insurance.

The organiser and the IPF 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.

Nominations: Team nomination forms must be in the hands of the Meet Director Hannie Smith hannie@lagayim.co.za and IPF Championship Secretary

Gaston.Parage@powerlifting-ipf.com

Preliminary: 16th March 2016 (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final: 24th April 2016 (later entries will not be accepted)

All nominated lifters and officials must cancelled Hotel rooms 14 days prior to the championships, and the same applies for the participation and anti-doping fees (IPF-By-Laws105.5.2).

14 Days before Technical Meeting.: 1st MAY 2016 is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms.

If not any withdrawal is made 14 days prior to the Technical Meeting of an World Championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form.

Correspondence, Visa: emails regarding the championship must be sent to: Vicki Botha email; hannie@lagayim.co.za

Send a copy to the IPF Championship Secretary Gaston Parage: email:

Gaston.Parage@powerlifting-ipf.com

World Open, Sub-Junior, Junior & Master's RAW Bench Press Championships

in Potchefstroom South Africa , May 14-21, 2016

Provisional timetable

Day	Weigh in time	Classes	Start
Saturday 14 th May		Technical meeting	20:00
Sunday 15 th May	9.00 – 10.30	Men M1 – M4 59 kg. & 66 kg. 16	11:00
		Opening Ceremony	14:00
	13:00 – 14:30	Men M1 & M2 74 kg. 11	15:00
	15:00 – 16:30	Men M3 & M4 74 kg. & 83 kg. 10	17:00
	17:00 – 18:30	Men M1 & M2 83 kg. 11	19:00
Monday 16 th May	8.00 – 09.30	Women M1- M4 47 kg - 63 kg. 11	10:00
	10:00 – 11.30	Men M3 & M4 93 kg. 6	12:00
	13:00 -14:30	Women M1 – M4 72 kg. 10	15:00
	15:00 – 16:30	Men M1 & M2 93 kg. 11	17:00
	17:00 – 18:30	Women M1 – M4 84 kg. & +84 kg. 10	19:00
Tuesday 17 th May	8.00 – 09.30	Men M3 & M4 105 kg. & 120 kg. & +120 kg. 9	10:00
	10:00 – 11.30	Men M2 120 kg. & +120 kg. 9	12:00
	13:00 – 14:30	Men M1 & M2 105 kg 14	15:00
	15:00 – 16:30	Men M1 120 kg. & + 120 kg 10	17:00
Wednesday 18 th May	8:00 – 09:30	Sub-Junior Men 53 - 74 kg. 11	10:00
	10:00 – 11:30	Sub-Junior Women All 6	12:00
	13:00 – 14:30	Sub-Junior Men 83 - +120 kg. 12	15:00
		NO MORE SESSION	
		BANQUET FOT MASTERS – ELGRO LODGE	12:00

Thursday 19 th May	9.00 – 10.30	Junior Men 53 – 83 kg	23	11:00
	11:00 – 12.30	Junior Women ALL	8	13:00
	14:00 – 15:30	Junior Men 93 - +120 kg	14	16:00
	16:00 – 17:30	Open Women 47 – 63 kg	20	18:00
Friday 20 th May	9.00 – 10.30	Open Men 59 – 66 kg	13	11:00
	11:00 – 12.30	Open Women 72 - +84 kg	19	13:00
	14:00 – 15:30	Open Men 74 – 83 kg	15	16:00
	16:00 – 17:30	Open Men 93 – 105 kg.	23	18:00
Saturday 21 st May	09.00 – 10.30	Open Men -120kg & +120kg	17	11:00
		BANQUET IN ELGRO HOTEL BLUE ROOM		19:00

Important Items to remember

Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] at the final nomination you must definite list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Saturday, 14th May 2016 at 20.00 hrs

Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

If the organizer does not receive confirmed cancellations of hotel rooms at least 14 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF By-Laws 105.5.2).

All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during the championship.

If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of 100 EUR, per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

Indemnity & Insurance: All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships.

Gaston Parage
IPF President
IPF Championship Secretary

Johan Smith
Meet Director

Johan Smith
South African President