***Official Invitation***

*The International Powerlifting Federation*

*Asian Powerlifting Federation,   
Oceania Powerlifting Federation & African Powerlifting Federation*

*and The Hong Kong Weightlifting & Powerlifting Association*

*invite the Asian, Oceania & African member nations to participate in the*

**2023 Asian / Pacific / African Combined Classic and Equipped Powerlifting and Bench Press Championships**

**Sub­Junior, Junior, Open, Masters (All age categories, Men & Women)**

**in Hong Kong,**

**From 24th June to 30th June,2023**

**Please note:** All information is posted only for information purposes. All team selections,

all official entries for the Championships and all hotel bookings must be

done by IPF Member nations, and NOT by individuals.

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| *Preliminary Nominations Deadline:* | *Final Nomination Deadline:* |
| *25 April, 2023* | *3 June, 2023* |

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| **Sanctioned by** | : Asian, Oceania & African Powerlifting Federation  International Powerlifting Federation |
| **Organized by** | : Hong Kong Weightlifting & Powerlifting Association |
| **Meet Director** | : Josephine WY Ip, email : [wyiphkucc@yahoo.com.hk](mailto:wyiphkucc@yahoo.com.hk) |
| **APF Secretary** | : Tatiana Romanova, email: [romanovatm@gmail.com](mailto:romanovatm@gmail.com) |
| **APF Technical Chairlady** | : Chen-Yeh Chao, email: [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw) |
| **Transportation** | : Benson Pok, email : [pokkimwon@hkwpa.org.hk](mailto:pokkimwon@hkwpa.org.hk) |
| **Accommodation and Visa** | : Benson Pok, email : [pokkimwon@hkwpa.org.hk](mailto:pokkimwon@hkwpa.org.hk) |
| **Host City** | : Hong Kong |
| **Date** | : 24th June to 30th June 2023 |
| **Venue** | : Hong Kong Queen Elizabeth Stadium |
| **Technical Meeting** | : **23th June , 2023** |

**Official Hotel:**

### The Charterhouse Causeway Bay Hotel Hong Kong

209 - 219 Wanchai Road, Hong Kong

Tel: (852) 28335566

Website: [http://hongkonghotel.charterhouse.com](http://hongkonghotel.charterhouse.com/eng/)

**Single room with 1 breakfast (1 person staying)**: US$ 155 per person per night

**Twin room with 2 breakfasts (2 people staying)**: US $90 per person per night

**Triple room with 3 breakfasts (3 people staying in a room, 2 beds & 1 sofa bed):** US $90 per person per night, limited number of rooms are available

*Note: Check-in time - 14.00; check out time - 12.00. Late check out (from 12.00 till 18.00) – 50% payment off regular price; late check out (from 18.00) – full payment per room per night. Early check in - 50% payment off regular price per room per night if rooms are available.*

**Note 1:** All athletes, coaches, referees and officials from each member have to book

their rooms with the organizer and have to stay in the official hotel during the

***entire*** period in attendance at the championship. Failure to comply to the rule

mentioned above will have the effect that they will not receive accreditation

and will not be permitted to compete or participate (as per agreed by APF EC

Board meeting in Udaipur at the Asian Powerlifting Championships 2018)

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**Note 2 :** The organizer will not be responsible for any hotel bills of the participating

nations. All delegates must pay their rooms to organizers directly by bank transfer to get hotel confirmation before taking a flight.

**Payment by:**

1. Bank Transfer to APF account

Payment must be received at the bank account mentioned on the invoice 5 days prior to the beginning of the Championship

1. Cash on arrival is only accepted in special circumstances. Room booking will not be guaranteed and higher room charge in same hotel or different hotels may be required.

**Arrivals/Transportation:**

If you arrive via airplane to Hong Kong International Airport

Transportation from the airport to Official Hotel cost **USD 20** per person one way.

Price of transport must be paid on arrival at the championship office. A team will not be accredited until the transportation fee has been paid.

Please send your detailed travel itinerary to **Mr Benson Pok** [pokkimwon@hkwpa.org.hk](mailto:pokkimwon@hkwpa.org.hk) so that the transfer can be provided. If you order for transportation, you must pay for it even if you later decide not to use it.

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| **Additional information:** |  |  |
| **Scales** | : | Scales will be available at the official hotel |
| **Training** | : | Training will be available at the official hotel |
| **Flag and national anthem** | : | Will be provided by the team and national anthem needs to be tested with the AV officer before competition starts. |
| **Closing banquet** | : | 30/6/2023 8 pm. Banquet ticket is sold at US$60 |
| **Participation Fee** | **:** | **USD 90$** |
| **Anti-Doping Fee** | **:** | **USD 70$** |
| **Health and Travel Insurance** | : | All delegate members must have a valid health insurance. The organizer 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 |
| **Nominations** | : | Team nomination must be entered to Goodlift system. One country/ region can only nominate **one** team. As it is a combined Championships, a lifter can be nominated in 1 classic and 1 equipped event, ie maximum 2 events. **Photo of lifter, consent for anti-doping form, ADEL certificate and head coach responsibility form must be sent through the Goodlift system.** |
| **Preliminary** | : | 25th April, 2023; nominations must be entered to the Goodlift system. No final nomination will be accepted if the nominations are not entered to Goodlift system. If any country has problem to nominate through the Goodlift system, please inform Mr Farshid Soltani, APF President, for special arrangement. |
| **Final** | : | 3th June, 2023 |

**Important items to note:**

Preliminary nomination must be entered to the Goodlift system 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 preliminary nominated reserve lifter. No new nominations will be accepted). The teams need to pay the participation fee and anti-doping fee of all nominated lifters even a lifter does not show up. The fees need to be paid before the competition starts and unpaid lifters will be eliminated. Unless there is a reason not controllable by the team or individual for no show, the fee paid will not be refunded.

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| **Opening ceremony** | : | 24th June 2023; The exact time will be announced after final nomination deadline. |
| **Costume** | : | All lifters must use IPF-approved singlet and equipment. |
| **Correspondence** | : | E-Mails regarding the championships must be sent to Ms Josephine Ip ([wyiphkucc@yahoo.com.hk](mailto:wyiphkucc@yahoo.com.hk) )  with a copy to Chen-Yeh,Chao  ([chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)) |

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| Farshid Soltani: APF President  Chen-Yeh Chao: APF Technical Chair  Tatiana Romanova: APF Secretary General  Josephine WY Ip: Meet Director |  |  |

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| **Provisional Timetable (will be revised after preliminary nomination) Final Time Table will be made after the Technical Meeting)** | | |
| **Date** |  | **TIME** |
| **23/6/2023** | **Referee Clinic & Examination** | **TBD** |
| **23/6/2023** | **Technical Meeting** | **TBD** |
| **24/6/2023** | **Opening Ceremony** | **TBD** |
| **24/6/2023**  **25/6/2023**  **26/6/2023**  **27/6/2023 am** | **Classic PL Championships**  **Men 53-66kg, Women 43-57 kg**  **Men 74-83kg, Women 63-69 kg**  **Men 93-105kg, Women 76-84+kg**  **Men 120-120+kg** | **TBD** |
| **27/6/2023 pm** | **Equipped Bench Press Championship** | **TBD** |
| **28/6/2023** | **Classic Bench Press Championship** | **TBD** |
| **29-30/6/2023** | **Equipped Powerlifting Championship** | **TBD** |
| **30/6/2023** | **Closing banquet** | **TBD** |