



## ***Official Invitation***

*The International Powerlifting Federation  
and The Mongolian United Powerlifting Federation  
invite the IPF member nations to the:*

2019 ASIAN BENCH PRESS CHAMPIONSHIPS (raw/classic and equipped)  
Sub-Junior, junior, Open, Masters (All age groups, Men & Women)  
**Ulaanbaatar, Mongolia, September 06-12, 2019**

**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.

<b>Preliminary Nominations deadline:</b>	<b>Final Nominations deadline:</b>
<b>July 8, 2019</b>	<b>August 16, 2019</b>

**Sanctioned by:** Asian Powerlifting Federation, International Powerlifting Federation  
**Organized by:** Mongolian united powerlifting federation

**Meet director:** Egshiglen Usukhbayar  
Email: [powerlifting.mgl@gmail.com](mailto:powerlifting.mgl@gmail.com)  
Phone: +976-99110749

**APF technical committee chairperson:** Mrs.Chao Chen Yeh Email: [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)  
**Championship Secretary:** P.J.Joseph Email: [pjoseph\\_arjun@yahoo.co.in](mailto:pjoseph_arjun@yahoo.co.in)

**Host city:** Ulaanbaatar, Mongolia  
**Venue:** Hotel inn Venue  
**Technical Meeting:** 6<sup>th</sup> September 2018, at the Hotel 19.00 PM.

**Asian Powerlifting Federation**  
NO: 66, 1<sup>st</sup> floor, Al e Ahmad St., Tehran – Iran  
Postal code: 1445843181  
**Tel:**+98 21 88242100 **Fax:** +98 21 88270581







#### Additional information:

**Scales:** Scales will be available at the official hotels, and at venue.

**Training:** Special training area will be available

**Flag and national anthem:** Will be provided by the organizer.

**Closing banquet:** Hotel Inn Ulaanbaatar.  
Price per ticket is 30 EUR (per person) 24th September, 2018 at 08. 00 PM

**Airport:** changes khan international air port

#### Visa

Please contact to Meet Director Mr. Egshiglen Usukhbayar [powerlifting.mgl@gmail.com](mailto:powerlifting.mgl@gmail.com)

**Participation Fee:** USD90\$

**Anti-Doping Fee:** USD60\$

**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:** ALL team nomination forms must be in the hands of Meet Director Mr. Egshiglen Usukhbayar [powerlifting.mgl@gmail.com](mailto:powerlifting.mgl@gmail.com) and APF Technical Committee Chairperson ([chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)) not later than:

**Preliminary:** 8 July 2019 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

**Final:** 16 August 2019

#### 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).

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**Opening ceremony:** 7th September 10.00 AM

**Costume:** All lifters must wear IPF-approved singlets, benchpress t-shirts and all personal equipment. Lifters who do not wear IPF-approved equipment will not be allowed to participate.

**Correspondence:** E-Mails regarding the championships must be sent to Mr. Egshiglen Usukhbayar [powerlifting.mgl@gmail.com](mailto:powerlifting.mgl@gmail.com) & copy to Chao Chen Yeh ([chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw))

Farshid Soltani .....APF President  
Chen Yeh Chao ..... APF Technical Chairman  
Rajesh Tiwari .....APF General Secretary  
Egshiglen Usukhbayar .....Meet Director

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## PROVISIONAL TIMETABLE (Final Time Table will be made after the Technical Meeting)

Date	Weigh-in	Event	Weight Class	Start
6-Sep		Technical meeting		19:00
7-Sep		Opening ceremonies		10:00
	09:00-10:30	Women Equipped	43/47/52kg	11:00
	13:00-14:30	Women Equipped	57/63kg	15:00
	15:30-17:00	Women Equipped	72/84/84+kg	17:30
8-Sep	08:00-09:30	Men Equipped	53/59kg	10:00
	12:00-13:30	Men Equipped	66kg	14:00
	14:30-16:00	Men Equipped	74kg	16:30
9-Sep	08:00-09:30	Men Equipped	Men 83kg	10:00
	12:00-13:30	Men Equipped	Men 93/105kg	14:00
	14:30-16:00	Men Equipped	Men 120/120+kg	16:30
10-Sep	08:00-09:30	Women Raw/Classic	43/47/52kg	10:00
	13:00-14:30	Women Raw/Classic	57/63kg	15:00
	15:30-17:00	Women Raw/Classic	72/84/84+kg	17:30
11-Sep	08:00-09:30	Men Raw/Classic	53/59kg	10:00
	13:00-14:30	Men Raw/Classic	66kg	15:00
	15:30-17:00	Men Raw/Classic	74kg	17:30
12-Sep	08:00-09:30	Men Raw/Classic	Men 83kg	10:00
	10:00-11:30	Men Raw/Classic	Men 93/105kg	12:00
	13:30-15:00	Men Raw/Classic	Men 120/120+kg	15:30
		Banquet		20:00

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