



Official Invitation

*The International Powerlifting Federation
Asian Powerlifting Federation &
Oceania Powerlifting Federation
and The Chinese Taipei Powerlifting Association
invite the Asian & Oceania member nations to participate in the*

**2020 Asian Pacific Classic and Equipped Powerlifting and Bench Press Championship
Sub-Junior, Junior, Open, Masters (All age groups, Men & Women)
in Kaohsiung, Taiwan**

From 23rd February to 1st March 2020

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.

<i>Preliminary Nominations Deadline:</i>	<i>Final Nomination Deadline:</i>
26 December, 2019	03 February, 2020

Sanctioned by : Asian & Oceania Powerlifting Federation
International Powerlifting Federation

Organized by : Chinese Taipei Powerlifting Association

Meet Director : Shui-Chuan Lee, email : kaohsiung_powerlifting@yahoo.com

APF Secretary : Rajesh Tiwari, email: rt@iccsr.org

APF Technical Chairlady : Chen-Yeh Chao, email: chenyehchao@yahoo.com.tw

Transportation : Shui-Chuan Lee, email : kaohsiung_powerlifting@yahoo.com

Accommodation and Visa : Shui-Chuan Lee, email : kaohsiung_powerlifting@yahoo.com

Host City : Kaohsiung City, Taiwan

Date : 23rd February to 1st March, 2020

Asian Powerlifting Federation

NO: 66, 1st floor, Al e Ahmad St., Tehran – Iran

Postal code: 1445843181

Tel:+98 21 88242100 Fax: +98 21 88270581



Venue : Kaohsiung CKS Martial Art Hall
Technical Meeting : 23rd February 2020 19:00

Official Hotels

Howard Plaza Hotel No.311, Cisian 1st Rd, Kaohsiung City 80053, Taiwan (R.O.C.)

<http://www.howard-hotels.com.tw/kaohsiung/room-offer/>

PRICES :

- Standard room (single): USD 140 (per person/, per night, breakfast included)
- Standard room (double): USD 90 (per person, per night, breakfast included)
- Standard room (Triple): USD 70 (per person/, per night, breakfast included)

Urban Hotel 33 No.33, Minzu 2nd Rd. Kaohsiung City 80048, Taiwan (R.O.C.)

<http://www.han-hsien.com.tw/urban/room.php>

PRICES :

- Business room (single): USD 120 (per person/, per night, breakfast included)
- Business room (double): USD 80 (per person, per night, breakfast included)
- Business room (Triple): USD 65 (per person/, per night, breakfast included)
- Budget room (single): USD 90 (per person/, per night, breakfast included)
- Budget room (double): USD 60 (per person, per night, breakfast included)
- Budget room (Triple): USD 50 (per person/, per night, breakfast included)

Note 1: All athletes, coaches, referees and officials from each federation 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)

Note 2 : The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay their rooms directly by bank transfer or in person on arrival at the Championship office.

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Payable by:

1. Cash (USD or NT dollars according to the current exchange rate)
2. Bank Transfer - on the basis of requirements of participants against the invoice (USD or NT dollar according to the current exchange rate). Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the beginning of the Championship.

Arrivals/Transportation:

If you arrive via airplane to Kaohsiung International Airport

Transportation from the airport to Official Hotel cost **USD 10** per person one way.

Price of transport must be paid on arrival at the championships office. Any national team will not be accredited until the transportation has been paid.

If the airport of your entry and exit is Taoyuan International Airport, we advise taking the MRT(6am-11pm) from the airport to the nearest Taiwan High Speed Rail (HSR) station at Taoyuan. From there, take the south bound HSR to the terminal Zuoyin Station in North Kaohsiung. From there, take a taxi or Uber to your hotel. The HSR, approximately 2 hrs and 1500NT. The taxi ride, approximately 20min and 200NT.

You can find the relevant informations from the sites below.

Official Site of Airport MRT:

https://www.tymetro.com.tw/tymetro-new/en/_pages/travel-guide/road.html

Official Site of Taiwan HSR:

https://www.thsrc.com.tw/index_en.html

Please send your detailed travel itinerary to **Shui-Chuan, Lee** 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.

Additional information:

Scales : Scales will be available at the official hotels, and at venue
Training : Special training area will be available

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- Flag and national anthem** : Will be provided by the organizer
- Closing banquet** : 1st March, 2020, 19.00. Price per ticket is USD 40.
- Participation Fee** : USD 90\$
- Anti-Doping Fee** : USD 60\$
- Health and Travel Insurance** : 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
- Nominations** : Team nomination forms must be in the hands of Meet Director Shui-Chuan Lee (kaohsiung_powerlifting@yahoo.com) and APF Technical Committee Chairperson Chen-Yeh,Chao (chenyehchao@yahoo.com.tw) not later than:
- Preliminary** : 26 December 2019 complete filled in preliminary form must be sent. No final nomination will be accepted if completely filled in preliminary form was not sent).
- Final** : 03 February, 2020

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 preliminary nominated reserve lifter. No new nominations will be accepted).

- Opening ceremony** : 24 February, 2020, at 08.00 a.m.
: All lifters must wear IPF-approved singlet and equipments.
- Costume** : Lifters who do not wear IPF-approved equipment will not be allowed to participate.
: E-Mails regarding the championships must be sent to Shui-Chuan Lee (kaohsiung_powerlifting@yahoo.com) with a copy to Chen-Yeh,Chao (chenyehchao@yahoo.com.tw)
- Correspondence**

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Farshid Soltani / Eric Jioje : APF / OPF President
Chen Yeh Chao / Joel Ridings : APF / OPF Technical Chairman
Rajesh Tiwari / : APF / OPF General Secretary
Shui-Chuan Lee : Meet Director

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Provisional Timetable

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

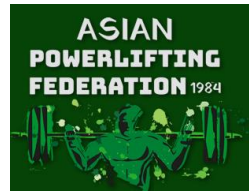
Date	Weigh-In Time	Classes Platform 1	Classes Platform 2	Start
23/02/2020 Sunday	Accreditation			
	Technical Meeting			19:00
24/02/2020 Monday	All Teams Assemble at the Championship Venue			
	Opening Ceremony			08 : 00
	07:00 – 08:30 Session 1	Equipped Bench Press Men 59~120+ Kg M3-M4	Equipped Bench Press Women 47-84+Kg M1-M4	09 : 00
	09:00 – 10:30 Session 2	Equipped Bench Press Men 59~120+ Kg M2	Equipped Bench Press Women 43-84+Kg Sub-Junior	11 : 00
	11:00 – 12:30 Session 3	Equipped Bench Press Men 59~120+ Kg M1	Equipped Bench Press Women 43-84+Kg Junior	13 : 00
	13:00 – 14:30 Session 4	Equipped Bench Press Men 53~120+ Kg Sub-Junior	Equipped Bench Press Women 47-84+Kg Open	15 : 00
	15:00 – 16:30 Session 5	Equipped Bench Press Men 53~120+ Kg Junior	Equipped Bench Press Men 53~120+ Kg Junior	17 : 00
	17:00 – 18:30 Session 6	Equipped Bench Press Men 59~74+ Kg Open	Equipped Bench Press Men 83~120+ Kg Open	19 : 00
25/02/2020 Tuesday	07:00 – 08:30 Session 1	Equipped Powerlifting Men 59~120+ Kg M2-M4	Equipped Powerlifting Men 59~120+ Kg M1	09 : 00
	10:00 – 11:30 Session 2	Equipped Powerlifting Women 43-84+Kg Sub-Junior	Equipped Powerlifting Women 47-84+Kg M1-M4	12 : 00
	13:00 – 14:30 Session 3	Equipped Powerlifting Men 53~74+ Kg Sub-Junior	Equipped Powerlifting Men 83~120+ Kg Sub-Junior	15 : 00
	16:00 – 17:30 Session 4	Equipped Powerlifting Women 43-84+Kg Junior	Equipped Powerlifting Women 47~63Kg Open	18 : 00
26/02/2020 Wednesday	07:00 – 08:30 Session 1	Equipped Powerlifting Women 72~84+Kg Open	Equipped Powerlifting Men 53~66 Kg Junior	09 : 00
	10:00 – 11:30 Session 2	Equipped Powerlifting Men 74~83 Kg Junior	Equipped Powerlifting Men 93~120+ Kg Junior	12 : 00
	13:00 – 14:30 Session 3	Equipped Powerlifting Men 59~66 Kg Open	Equipped Powerlifting Men 74~83 Kg Open	15 : 00
	16:00 – 17:30 Session 4	Equipped Powerlifting Men 93~105 Kg Open	Equipped Powerlifting Men 120~120+ Kg Open	18 : 00

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27/02/2020 Thursday	07:00 – 08:30 Session 1	Classic Bench Press Men 59~120+ Kg M3-M4	Classic Bench Press Women 47-84+Kg M1-M4	09 : 00
	09:00 – 10:30 Session 2	Classic Bench Press Men 59~120+ Kg M2	Classic Bench Press Women 43-84+Kg Sub-Junior	11 : 00
	11:00 – 12:30 Session 3	Classic Bench Press Men 59~120+ Kg M1	Classic Bench Press Women 43-84+Kg Junior	13 : 00
	13:00 – 14:30 Session 4	Classic Bench Press Men 53~120+ Kg Sub-Junior	Classic Bench Press Women 47-84+Kg Open	15 : 00
	15:00 – 16:30 Session 5	Classic Bench Press Men 53~120+ Kg Junior	Classic Bench Press Men 53~120+ Kg Junior	17 : 00
28/02/2020 Friday	07:00 – 08:30 Session 1	Classic Bench Press Men 59~74+ Kg Open	Classic Bench Press Men 83~120+ Kg Open	09 : 00
	10:00 – 11:30 Session 2	Classic Powerlifting Men 59~120+ Kg M2-M4	Classic Powerlifting Men 59~74+ Kg M1	12 : 00
	13:00 – 14:30 Session 3	Classic Powerlifting Women 43-84+Kg Sub-Junior	Classic Powerlifting Women 47-84+Kg M1-M4	15 : 00
	16:00 – 17:30 Session 4	Classic Powerlifting Men 83~120+ Kg M1	Classic Powerlifting Men 53~74+ Kg Sub-Junior	18 : 00
29/02/2020 Saturday	07:00 – 08:30 Session 1	Classic Powerlifting Women 43-84+Kg Junior	Classic Powerlifting Women 47~63Kg Open	09 : 00
	10:00 – 11:30 Session 2	Classic Powerlifting Men 83~120+ Kg Sub-Junior	Classic Powerlifting Men 53~66 Kg Junior	12 : 00
	13:00 – 14:30 Session 3	Classic Powerlifting Men 74~83 Kg Junior	Classic Powerlifting Men 93~120+ Kg Junior	15 : 00
	16:00 – 17:30 Session 4	Classic Powerlifting Men 59~66 Kg Open	Classic Powerlifting Women 72~84+Kg Open	18 : 00
01/03/2020 Sunday	07:00 – 08:30 Session 1	Classic Powerlifting Men 74Kg Open	Classic Powerlifting Men 83Kg Open	09 : 00
	10:00 – 11:30 Session 2	Classic Powerlifting Men 93Kg Open	Classic Powerlifting Men 105 Kg Open	12 : 00
	13:00 – 14:30 Session 3	Classic Powerlifting Men 120 Kg Open	Classic Powerlifting Men 120+ Kg Open	15 : 00
	19:00		Banquet	

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