



OFFICIAL INVITATION

The Asian Powerlifting Federation
and
Powerlifting India
invite

the APF member nations to participate in the

**Men's and Women's combined Asian Open, Sub-Junior & Junior and Masters
Equipped Powerlifting Championships**

from 1st to 6th May 2023

in Alappuzha, INDIA

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.

President: Farshid Soltani
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Secretary General: Tatiana Romanova
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Technical Chairperson: Chen-Yeh Chao
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**Championship
Secretary:** P.J. Joseph
Phone: +91 9447262202
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Asian Powerlifting Federation
NO: 66, 1st floor, Al e Ahmad St., Tehran – Iran
Postal code: 1445843181
Tel: +98 21 88242100 Fax: +98 21 88270581



**Correspondence, Visa:
& Accommodation**

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P.J. Joseph
Phone: +91 9447262202
E-Mail: pjoseph_arjun@yahoo.co.in

Host City: Alappuzha, INDIA

Date: 1st to 6th May 2023

Venue & Official

Hotel: **Hotel Ramada Alleppey, Alappuzha, India**

Hotel Rates:

Single room :US\$ 120 (per room for 1 person/night, breakfast, Lunch and Dinner included)

Twin room :US\$ 150 (per room for 2 persons/night, breakfast, Lunch and Dinner included)

Triple room :US\$ 210 (per room for 3 persons/night, breakfast, Lunch and Dinner included)

Note 1:

All athletes, coaches, referees, or officials from each National Member Federation must stay in the official hotel for all days in attendance at the Event. If athletes, coaches, referees, or officials do not stay in the official hotel during the Event, they will be obliged to pay an administration fee of US\$ 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that Event. All room reservations must be done through the meet director of the Event, unless otherwise specified on the Invitation to the Event. (IPF By-laws 14.4).

Note 2:

The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible.

All rooms must be booked at the latest with the deadline of the preliminary nomination. After the deadline the organizer cannot guarantee the accommodation.

Payable by:

1. Bank transfer accordingly the invoice from the organizer
Payment must be received at the bank account
latest **at the issued payment deadline on the invoice.**
2. Payment by cash (US\$) at **arrival.**
3. Payment by Credit card at **arrival.**

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Arrivals/Transportation Information

International Airport for arrival:

International Airport of Cochin (COK)

Transport from and to the airport will be provided by Organizers.

Transportation to and from the Coimbatore airport to the hotel is:

50 US\$ per person/both ways

All payments must be transferred at the latest 14 days prior to the beginning of the Championship by bank transfer.

Scales: Scales will be available at the hotel, 24 hours.
Scales will also be available at the venue.

Training: Training will be available at the venue in specified area for accredited persons.

Flag and anthem: Will be provided by the Organizer.

**Closing Banquets:
Equipped:** Saturday, 6th May 25 US\$ /person

Participation Fee: 90 US\$

Anti-Doping Fee: 70 US\$

Health and Travel Insurance: All delegate members must have a valid health insurance (it is also obligatory to have it at customs). The organiser and the APF will not incur any expenses for a doctor or a stay in hospital. We recommend the travel insurance for covering loss of luggage, theft, delayed planes etc.

COVID19 Regulations: The Championship will be organised under strict COVID19 rules and regulations. IPF COVID Precautions are published on the webpage under the following link: <https://www.powerlifting.sport/fileadmin/ipf/data/championships/informations/2021/IPF.Covid.Precautions.pdf>
Additionally, the APF will follow to 100% the COVID Rules and Regulations of the Government from the host country (India). ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the India Government. Failure to do so, will cause a disqualification and exclusion from the championship.

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Anti-Doping Information:

For the

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1. You are **strictly liable** for any substance found in your body (or specimen). You may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.
2. Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the [WADA Prohibited List](#).
3. [Educate](#) yourself on the risks of [taking supplements](#) and minimize your risk.

Nominations: Team nomination forms must be in the hands of the APF Championship Secretary not later than: **1st March 2023**.

Preliminary: **1st March 2023** complete filled in preliminary form must be sent. (No final nomination will be accepted if complete filled in the preliminary was not sent).

Final: **8th April 2023** (later entries will not be accepted).

21 Days Before the start of the competition: 8th April 2023 is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If not any withdrawal is made 21 days prior to the Technical Meeting of a Asian Championship, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form (IPF By-Laws 14.4 and 14.5)
Correspondence: E-Mails regarding the championship must be sent to:

APF President: Farshid Soltani, E-Mail: farshid.soltani@powerlifting.sport
APF Secretary General: Tatiana Romanova, E-Mail: romanovاتم@gmail.com
APF Technical Chairperson: Chen-Yeh Chao, E-Mail: chenyehchao@yahoo.com.tw
APF Championship Secretary: P.J. Joseph, E-Mail: pjoseph_arjun@yahoo.co.in

Victory Ceremonies: Will be held immediately after each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation.

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ASIAN POWERLIFTING CHAMPIONSHIP 2023
Alappuzha, INDIA - 1st to 6th MAY 2023

Provisional Time Table

01/05/2023 Monday	14.00	Accreditation	
	17:00	Opening Ceremony	
	20:00	Technical Meeting	
Date	Weigh-in time	Weight Class	Start
02/05/2023 Tuesday	08:00 - 09:30	Men 53Kg/ 59 Kg (All Age Categories)	10:00
	12.00 - 13.30	Men 66 Kg (All Age Categories)	14:00
	16:00 - 17:30	Women 43 Kg/ 47 Kg (All Age Categories)	18:00
03/05/2023 Wednesday	08:00 - 09:30	Men 74 Kg (All Age Categories)	10:00
	12.00 - 13.30	Women 52 Kg (All Age Categories)	14:00
	15:30 - 17:00	Men 83 Kg (All Age Categories)	17:30
04/05/2023 Thursday	08:00 - 09:30	Women 57Kg/ 63 Kg (All Age Categories)	10:00
	12.00 - 13.30	Men 93 Kg (All Age Categories)	14:00
	15.00 - 17.30	Women 69 Kg (All Age Categories)	18.00
05/05/2023 Friday	08:00 - 09:30	Women 76kg (All Age Categories)	10:00
	11.00 - 12.30	Men 105 Kg (All Age Categories)	13:00
	15.00 - 16.30	Women 84 Kg/ 84+kg (All Age Categories)	17:00
06/05/2023 Saturday	09:00 - 10:30	Men 120 Kg/ +120 Kg (All Age Categories)	11:00
	19:00	Banquet	

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Important Items to Remember

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with a copy to the Meet Director within the following time limits:

- Preliminary nomination not later than 60 days prior to an International Event.
- Final nomination, submitted not later than 21 days prior to an International Event, must be made from those nominated in the preliminary nomination. (IPF By-Laws 14.5)

According to Technical Rules [Page 4, item 7] at the final nomination you must definitely 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. A lifter can only compete one time at the equipped championships. The age category he or she choiced for the preliminary nomination cannot be changed after the preliminary dateline

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Friday May 20, 2022 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.

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 Asian Championships.

Farshid Soltani
APF President

Tatiana Romanova
APF Secretary General

P.J. Joseph
APF Championship Secretary

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