



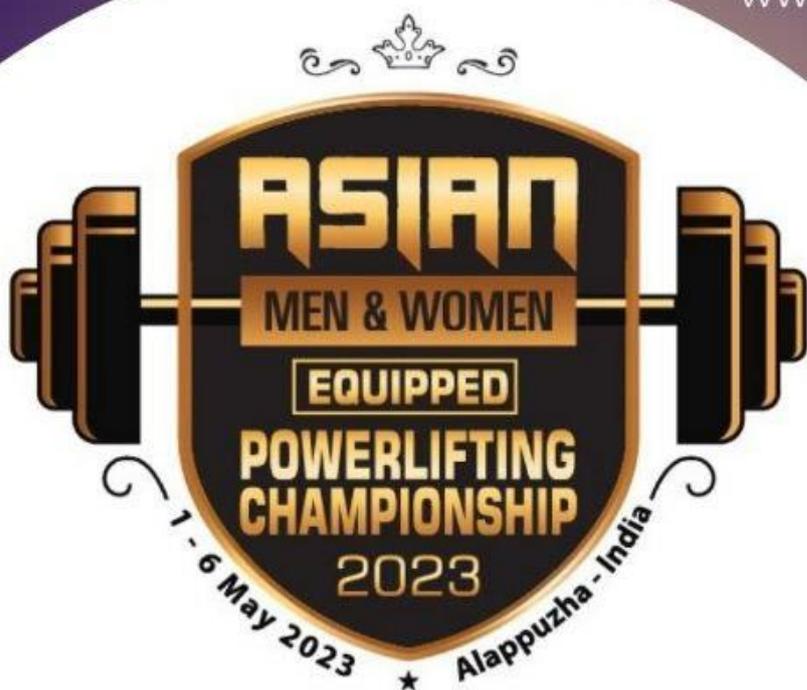
WELCOME TO 2023 ASIAN EQUIPPED POWERLIFTING CHAMPIONSHIP

from 1st to 6th May 2023
in Alappuzha, INDIA

Preliminary nomination - March, 1
Final nomination - April, 8

INVITATION

www.asia-powerlifting.com 





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.

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Host City:	Alappuzha, INDIA
Date:	1 st to 6 th May 2023
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).
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, 6 th 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.

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.



Alappuzha (Alleppey) Beckons You



Very warm greetings to all the participants and members of the Asian Powerlifting Federation. I am more than grateful to invite you all to 2023 Asian Equipped Powerlifting Championships.

Firstly, I would like to thank the Powerlifting India for organising the competition for the Asian lifters Men & Women all age and weight classes. With your continuous efforts we will do great tournament and move up towards a successful standart of hosting, we all will have the opportunity to be present in India and show the greatest level of organization. We all are surely grateful for this prospect.

On behalf of the Asian Powerlifting Federation, I would like to welcome you all and wish successful event that will become a part of the history of Equipped Powerlifting in Asia. I would like also welcome Referees and coaches, APF Officials and our members of Executive Commetee.

Farshid Soltani

President

Asian Powerlifing Federation

At the dawn of 2023, Powerlifting India greets powerlifters and officials across Asia to Alappuzha, one of the must see destinations of the world also called Venice of the East in God's Own Country for the Asian Sub Junior, Junior, Open & Masters Equipped Powerlifting Championships 2023 to be held at Hotel Ramada Alleppey during 1st to 6th May 2023.

This is the third time this tiny coastal city is hosting Asian Powerlifting conclave, the first of it was in 2005, then in 2017 and now in 2023.

All the available best world class arrangements will be waiting for you all. Just come and enjoy it. Scenic beauty of the place, lush green paddy fields, veg and non-veg delicious food, sea food and fresh water fishes, most hospitable local villagers are something extra ordinary to be visited.

So Powerlifting India is so excited and happy to welcome the Powerlifting fraternity across Asian continent to Alappuzha for a record breaking Asian Equipped Championship of 2023.



P.J. Joseph

Secretary General

Powerlifting India



WELCOME TO INDIA!



Kerala's culture and traditions, coupled with its varied demographics, have made the state one of the most popular tourist destinations in India.

In 2012, National Geographic's Traveller magazine named Kerala as one of the "ten paradises of the world" and "50 must see destinations of a lifetime".

Travel and Leisure also described Kerala as "One of the 100 great trips for the 21st century".

Alappuzha or Alleppey is the administrative headquarters of Alappuzha district in state of Kerala, India.

Cochin International Airport, which is 78 kilometres (48 mi) to the North, is the closest airport. International tourists use this airport to reach Alappuzha. The other nearest airports are Calicut (236 kilometres (147 mi)) and Coimbatore (254 kilometres (158 mi)) airports. Transport from and to the airport **Cochin** will be provided by Organizers. Transportation to and from the Coimbatore airport to the hotel is: 50 US\$ per person/both ways



The city with canals, backwaters, beaches, and lagoons is known as 'the Venice of the East'. The definition was given by the British Viceroy Lord Curzon, while visiting Alappuzha in the beginning of 20th century, was fascinated by its scenic beauty.



Travelling to Alleppey would be incomplete without enjoying your day in the gorgeous backwaters of Alleppey.

The Alappuzha beach with a 137-year-old pier extending into the sea and an old 17th-century lighthouse built by the Portuguese add to the magic of the place. It is famous for its boat races, marine products, and coir industry.

Top Things to Do in Alleppey, Kerala



St. Mary Forane Church is one of the most popular places to visit in Alleppey. It is the oldest catholic church in Kerala.

This church dates back to 835 AD and it got the status of a Forane in 1929. It is dedicated to Virgin Mary. Ancient stones with engravings and Thaliyola in the 'Nanam Moonam' alphabet will take you back to ancient times.



Triveni Floating Market. The most interesting fact about this place is that such kinds of markets used to exist when there was not any other means of transport.

People used to travel on boats.

Existence of this kind of market in Alleppey makes it the best place to explore in Kerala.

In Alappuzha district, the small village of Karumadi is a very popular Buddhist pilgrim centre.

It houses a special Buddha Statue which dates back to the 11th century.

It is under the protection of Kerala Archaeological department.



Alappuzha is a non-vegetarian's paradise.

Prawns, crabs, oysters, clams, lobsters and several varieties of sea fish besides Karimeen (Pearlspot) are available. From fancy restaurants to shacks selling fresh catch of the day, Alappuzha thrives with eating places to suit every budget.

Roadside eateries selling Porotta and Chicken curries are a common sight. Restaurants and houseboats also offer vegetarian meals served on banana leaves.

Krishnapuram Palace is a rare specimen of the glorious ancient past of Kerala. It was built in the 18th century by Anizham Thirunal Marthanda Varma, the ruler of Travancore. It is one of the most beautiful masterpieces of Kerala Style architecture. Thick-framed doors, narrow corridors, gabled roofs and dormer windows will teleport you into the world of bliss. Most of the small units of the palace are lost in the ravages of time, only the main structure has survived.





Venue & Official Hotel: Hotel Ramada Alleppey, Alappuzha, India



Address: *Nehru Trophy Boat Race Finishing Point Stadium
Finishing Point Road, Punnamada
Alappuzha, Kerala 688001 <https://www.ramada-alleppey.com/>*

121 well-appointed guest rooms, making it the largest hotel in Alleppey, where luxury is defined to the minutest detail. 24 hour multi-cuisine restaurant. A well-stocked bar which serves a heady range of fine spirits and cock-tails. A roof-top restaurant which looks out to the timeless expanse of the backwaters.

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.

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.**



VISA TO INDIA

All teams submit their visa forms along with their preliminary entries.

**Correspondence, Visa:
& Accomodation**

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Visa Support Form

COUNTRY _____

Full names of athletes	Birth Day	Passport Number	Expiration Date
Full names of coaches/officials	Birth Day	Passport Number	Expiration Date



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
02/05/2018 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
03/05/2018 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
04/05/2018 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
05/05/2018 Friday	08:00 - 09:30	Women 76kg (All Age Categories)	10:00
	11.00 - 12.30	Men105 Kg (All Age Categories)	13:00
	15.00 - 16.30	Women 84 Kg/ 84+kg (All Age Categories)	17:00
06/05/2018 Saturday	09:00 - 10:30	Men 120 Kg/ +120 Kg (All Age Categories)	11:00
	19:00	Banquet	

Farshid Soltani
APF President

Tatiana Romanova
APF Secretary General

P.J.Joseph
APF Championship Secretary