***NOMINATION FORM***

*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** |

Submitted by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (national fed.)

Submitted officer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Title:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team manager: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Head coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Referee 1 : |  | Cat : |  | Available for categories : |  |
| Referee 2 : |  | Cat : |  | Available for categories : |  |
| Referee 3 : |  | Cat : |  | Available for categories : |  |
| Referee 4 |  | Cat : |  | Available for categories : |  |
| Referee 5 |  | Cat : |  | Available for categories : |  |
| Referee 6 : |  | Cat : | 1 | Available for categories : | Only for Jury in case of insufficient of Cat. 1 referees |

**Each referee must state for which categories he/she will be free from other duties (coach, lifter) in column “Available” for categories”.**

**He/she must referee in the stated categories if he/she is nominated by Technical committee for these classes.**

**If available categories are not stated, he/she is obliged to referee in categories decided by the Technical official.**

**It is an obligation of every Federation to confirm the participation of all their Referees nominated in the Final nomination or cancel the referees who will not participate in the Championship.**

**Latest date for changes of categories for which has been allocated by the championship secretary must be made latest 7 days prior to the Technical Meeting of the competition.**

**All nominated referees attending a championship, must be available for at least two days**

(IPF Technical Rules).

##### NOMINATION FORM EQUIPPED BENCHPRESS

***Please, use each lifter’s full first name, not his or her nickname!***

**Women Sub-Junior**

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**Women Open**

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**Women Master 3**

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**Men Sub-Junior**

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**Men Master 4**

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##### NOMINATION FORM CLASSIC/RAW BENCHPRESS

***Please, use each lifter’s full first name, not his or her nickname!***

**Women Sub-Junior**

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**Women Junior**

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**Women Open**

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**Women Master 1**

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**Women Master 3**

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**Women Master 4**

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**Men Sub-Junior**

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**Men Junior**

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**Men Open**

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**Men Master 1**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **BP** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |
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**Men Master 2**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **BP** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |
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**Men Master 3**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **BP** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |
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**Men Master 4**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **BP** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |
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##### NOMINATION FORM EQUIPPED POWERLIFTING

***Please, use each lifter’s full first name, not his or her nickname!***

**Women Sub-Junior**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Junior**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Open**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Master 1**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Master 2**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Master 3**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team**  **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Master 4**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team**  **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Sub-Junior**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Junior**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Open**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Master 1**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Master 2**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Master 3**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Master 4**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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##### NOMINATION FORM CLASSIC POWERLIFTING

***Please, use each lifter’s full first name, not his or her nickname!***

**Women Sub-Junior**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Junior**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Open**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Master 1**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Master 2**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Master 3**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team**  **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Women Master 4**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team**  **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Sub-Junior**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Junior**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Open**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Master 1**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Master 2**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Master 3**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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**Men Master 4**

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| **Class** | **Family Name** | **First Name** | **Birthday** | **SQ** | **BP** | **DL** | **WADA-ADAMS ID** |
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| **Reserve lifters, max. 5 per team** | |  |  |  |  |  |  |
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ACCREDITATION FOR FEDERATION TEAM LEADERS

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| Full and complete Name of team leaders: |
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**ACCREDITATION FOR FEDERATION ASSISTANT COACHES**

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| **Full and complete name of each assistant coach** | **Federation title** |
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