



Official Invitation

The International Powerlifting Federation,
The Asian Powerlifting Federation and
JAPAN Powerlifting Association
Invite the APF member nations to participate in the

2023 Asian Equipped & Classic Bench Press Championship
Open, Sub Junior, Junior, Masters (Men & Women)
in Toyako-cho Abuta-gun, Hokkaido JAPAN
September 12 - 17, 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.

Preliminary Nominations Deadline:

July 14, 2023

Final Nomination Deadline:

August 22, 2023

Sanctioned by : Asian Powerlifting Federation
International Powerlifting Federation
Organized by : JAPAN Powerlifting Association
Toyako-cho
Meet Director : Motohisa Kojo, email: masanorimatsutani@gmail.com
APF Secretary General : Tatiana Romanova, email: romanovاتم@gmail.com
APF Technical Chairlady : Chen-Yeh Chao, email: chenyehchao@yahoo.com.tw
Host City : Hokkaido, Japan

Venue: Toyako culture center (洞但湖文化センター)

Venue Address: 142-140, Toyako Onsen, Toyako Cho, Abuta Gun, Hokkaido, 049-5721

Technical Meeting: September 11, 2023 19:00 at the Toyako culture center

Asian Powerlifting Federation

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

Postal code: 1445843181

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



VISA: If you need a visa, please fill out the visa support form and send it to our person in charge, Okubo. email: oda@toyamanseikaku.jp

OFFICIAL HOTEL: Toyoko Manseikaku Hotel lakeside Terrace (洞但湖万世閣 ホテルレ

イクサイドテラス)

Address: 21 Toyoko Onsen, Toyoko-cho, Abuta-gun, Hokkaido 049-5721

TEL : + 8 1 - 5 7 0 - 0 8 - 3 5 0 0

PRICES :

SINGLE (1 person): USD245 (per person/1 night/breakfast included)

TWIN (2 people): USD210 (per person /1 night/breakfast included)

TRIPLE (3 people): USD195 (per person /1 night/breakfast included)

JAPANESE style room (4people): USD180 (per person /1 night/breakfast included)

※Registration will be accepted in order of application. Rooms are limited and may not be available as requested.

※Invoices will be sent after the final nomination deadline. Remittance must be sent by the specified date.

※Accommodation support by the Japan Powerlifting Association will be from September 10th to September 18th.

Accommodation Reservations: Please send the Accommodation Form by e-mail to the company in charge.

Company in charge: Toyoko Mansekaku Hotel Lakeside Terrace

Contact: Oda

To: oda@toyamanseikaku.jp

Cc:masanorimatsutani@gmail.com

Cc:okubo@acemitaka.jp

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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 € 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. No changes or cancellations can be made beyond the final nomination date. You will not be qualified to participate in the Championships until your accommodation reservation has been paid. Once you have confirmed your accommodations, payment is required regardless of whether you use the room or not.

Transfer: We only support New Chitose Airport and arrange a shuttle bus.

Trip time is approximately 1.5 hours (one way). Hokkaido is a special region and other transportation systems cannot be supported. Transfer fee is USD100/person round trip. Transfer support is available from September 10th to September 18th. Please apply for accommodation and transportation at the same time to the organizer. Any national team will not be accredited until the reserved transportation has been paid. Payment is required once the transfer is booked, regardless of whether it is used or not. Therefore, please send your transport, banquet form to the transport coordinator.

To:okubo@acemitaka.jp Cc:masanorimatsutani@gmail.com Cc: oda@toyamanseikaku.jp
Deadline for transportation and banquet reservations: August 22

Method of Payment

1. Payment of Participation Fee and Anti-Doping Fee

Payment must be made by bank transfer to the APF account.

Payment of Participation Fee and Anti-Doping Fee must be received in the designated account indicated on the invoice at least 5 days before the start of the Championships.

2. Payment of accommodation fee

Transfer to the account of JPA.

The accommodation fee must be received in the designated account indicated on the invoice issued after the final nomination date.

In addition, hotel reservations cannot be made on the day.

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If not booked, a room cannot be guaranteed and may result in a higher room rate at the same or another hotel.

Additional information:

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

Training: Only lifters who participating in the Championships can use the training area at the venue.

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

Closing banquet: September 17, 2023 at 17 : 00 at the venue

Price per ticket is USD45 (per person)

✂Advance reservation and payment are required.

Participation Fee: USD90/per person

Anti-Doping Fee: USD70/per person

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: Team nomination forms must be in the hands of Meet Director Motohisa Kojo(masanorimatsutani@gmail.com) and APF Technical Committee Chairperson Mrs. Chao Chen Yeh (chenyehchao@yahoo.com.tw) not later than:

Preliminary: July 14, 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 : August 22, 2023

Important items to note:

Preliminary nomination must be entered to the Goodlift system not later than 60 days before the date of the Championship with attachments of the following files: **Adel certificate, Consent form, personal photo of a lifter for live streaming.** Final nominations

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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). The teams need to pay the participation fee and anti-doping fee of all nominated lifters even a lifter does not show up. The fees need to be paid before the competition starts and unpaid lifters will be eliminated. Unless there is a reason not controllable by the team or individual for no show, the fee paid will not be refunded.

Opening ceremony: September 12, 2023, time TBD

Costume: All lifters must wear IPF-approved singlets 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 Motohisa Kojo (masanorimatsutani@gmail.com)& copy to Chao Chen Yeh, Email: cheneyhchao@yahoo.com.tw

Farshid Soltani: APF President

Chen-Yeh Chao: APF Technical Chair

Tatiana Romanova: APF Secretary General

Motohisa Kojo: Meet Director

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Provisional Timetable (will be revised after preliminary nomination)
Final Time Table will be made after the Technical Meeting)

Date		TIME
September 11 (Monday)	Technical Meeting	TBD
September 12 (Tuesday)	Opening Ceremony	TBD
September 12 (Tuesday)	Classic ① MEN M3-M4 59-120+ ② WOMEN M1-M4 47-84+ ③ MEN M2 59-120+	TBD
September 13 (Wednesday)	Classic ① MEN M1 59-120+ ② WOMEN SJR+JR 43-84+ ③ MEN SJR+JR 53-120+ ④ WOMEN OPEN 47-63	TBD
September 14 (Thursday)	Classic ① MEN OPEN 59-120+ ② WOMEN OPEN 69-84+ ③ MEN OPEN 93-120+	TBD
September 15 (Friday)	Equipped ① MEN M3-M4 59-120+ ② WOMEN M1-M4 47-84+ ③ MEN M2 59-120+ ④ MEN M1 59-120+	TBD
September 16 (Saturday)	Equipped ① WOMEN SJR + JR ② MEN SJR + JR ③ WOMEN OPEN 47kg~63kg ④ MEN OPEN 59kg~83kg	TBD
September 17 (Sunday)	Equipped ① WOMEN OPEN 69kg~84+kg MEN OPEN 93kg~120+kg	TBD
	Closing Banquet	TBD

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