



## OFFICIAL INVITATION

**The International Powerlifting Federation,  
Asian Powerlifting Federation  
and  
Kyrgyzstan Powerlifting Federation**  
invite

the APF member nations to participate in the

**2024 Asian Equipped & Classic Bench Press Championship  
Open, Sub Junior, Junior, Masters (Men & Women)  
from September 21 to 28**

**in Bishkek, Kyrgyzstan**

**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 IPF-Member nations, NOT by individuals.**

<b>Meet Director:</b>	Name: Tatiana Romanova Phone: +996 700 963 500 E-mail: <a href="mailto:romanovtm@gmail.com">romanovtm@gmail.com</a>
<b>Correspondence, Visa: Booking &amp; Transfer</b>	Name: Tatiana Romanova Phone: +996 700 963 500 E-mail: <a href="mailto:ipfkyrgyzstan@gmail.com">ipfkyrgyzstan@gmail.com</a>
<b>Technical Secretary:</b>	Name: Chen-Yeh Chao E-mail: <a href="mailto:chenyehchao@yahoo.com.tw">chenyehchao@yahoo.com.tw</a>
<b>APF General Secretary:</b>	Name: Tatiana Romanova Phone: +996 700 963 500 E-mail: <a href="mailto:romanovtm@gmail.com">romanovtm@gmail.com</a>
<b>APF Championship Secretary:</b>	Name: PJ Joseph E-mail: <a href="mailto:pjoseph_arjun@yahoo.co.in">pjoseph_arjun@yahoo.co.in</a>
<b>Host City:</b>	Bishkek, Kyrgyzstan
<b>Date:</b>	September, 21-28
<b>Venue:</b>	Sofia International Hotel, 117 Mederova Street, 720000 Bishkek, Kyrgyzstan
<b>Preliminary:</b>	July, 24
<b>Final:</b>	September, 1
<b>Technical Meeting:</b>	7.30 pm September, 21 Sofia International Hotel
<b>Hotel:</b>	Sofia International Hotel, 117 Mederova Street, 720000 Bishkek, Kyrgyzstan



<b>Hotel Rates:</b>	<b>Prices for night PER PERSON PER NIGHT with breakfast</b>
	80\$ (single room)
	65\$ (twin room)
	65\$ (triple room)

**Note 1: Check-in time - 14.00; check out time - 12.00. Late check out (from 12.00 till 18.00) – 50% payment off regular price; late check out (from 18.00) – full payment per room per night. Early check in - 50% payment off regular price per room per night.**

**We offer additionally lunch buffet – 15\$ per day per person, dinner – 15\$ per day per person.**

**Note 2:**

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.

**Note 3:**

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 according the invoice  
Payment must be received at the bank account  
latest **at the issued payment deadline on the invoice.**
2. Payment by cash or credit card at **arrival.**

<b>International Airport for arrival:</b>	Airport Manas (FRU) <b>one way 20\$, double 35\$</b>
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Transport between Hotel and Venue will be provided for free. Schedule of operating hours of the bus will be published in the Hotel and Venue.

<b>Scales:</b>	Scales will be available at the official hotel, 24 hours.
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<b>Training:</b>	Will be available at the official hotel
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<b>Flag and anthem:</b>	Will be provided by the Organizer.
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<b>Closing Banquet:</b>	September 28, 7 pm <b>TICKET 35\$</b>
	<b>The banquets tickets must be ordered with the final nomination.</b>
	<b>Payment must be done</b> in advance till September 24

<b>Participation Fee:</b>	90\$ for each lifter declared must be wired to the APF bank account
<b>Anti-Doping Fee:</b>	70\$ for each lifter declared must be wired to the APF bank account
<b>Coach fee:</b>	50\$ for each coach



**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.

### **Anti-Doping Information:**

For the:

#### **2024 Asian Equipped & Classic Benchpress Championships in Bishkek, Kyrgyzstan**

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.

You must submit your completed certificate from ADEL with your nomination for your registration to be complete.

4. Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:
  - requirements for submitting whereabouts information
  - rights and responsibilities during [sample collection](#)
  - responsibility to avoid the use of prohibited substances and methods
  - consent to the use of your information
  - obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom
5. All athletes participating at this event are classified as an International Level Athlete.

For all anti-doping related questions, please contact [ipfantidoping@cces.ca](mailto:ipfantidoping@cces.ca).

<b>Nominations:</b>	Team nomination forms must be in the hands of the Meet Director and the APF Championship Secretary not later than: <b>July 24</b>
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<b>Preliminary:</b>	<b>July 24 complete filled in preliminary form must be sent. (No final nomination will be accepted if complete filled in the preliminary was not sent).</b>
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<b>Final:</b>	<b>September 1 (later entries will not be accepted).</b>
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**21 Days Before Technical Meeting: September 1 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 Championship or Cup, 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:

Meet Director and APF General Secretary Tatiana Romanova [ipfkyrgyzstan@gmail.com](mailto:ipfkyrgyzstan@gmail.com)



### Provisional Time Table

Date	Weigh-in	Event	Weight Class	Start
21/09		Technical meeting		7:30pm
22/09		Opening ceremony		10:00am
	9:00-10:30am	Women Equipped	43/47/52kg	11:00am
	1:00-2:30pm	Women Equipped	57/63kg	3:00pm
	3:30-5:00pm	Women Equipped	72/84/84+kg	5:30pm
23/09	9:00-10:30am	Men Equipped	53/59kg	11:00am
	1:00-2:30pm	Men Equipped	66kg	3:00pm
	3:30-5:00pm	Men Equipped	74kg	5:30pm
24/09	9:00-10:30am	Men Equipped	Men 83kg	11:00am
	1:00-2:30pm	Men Equipped	Men 93/105kg	3:00pm
	3:30-5:00pm	Men Equipped	Men 120/120+kg	5:30pm
25/09	9:00-10:30am	Women Classic	43/47/52kg	11:00am
	1:00-2:30pm	Women Classic	57/63kg	3:00pm
	3:30-5:00pm	Women Classic	72/84/84+kg	5:30pm
26/09	9:00-10:30am	Men Classic	53/59kg	11:00am
	1:00-2:30pm	Men Classic	66kg	3:00pm
27/09	8:30-10:00am	Men Classic	74kg	10:30am
	11:30-1:00pm	Men Classic	Men 83kg	1:30pm
28/09	8:30-10:00am	Men Classic	Men 93/105kg	10:30am
	11:30-1:00pm	Men Classic	Men 120/120+kg	1:30pm
	1:30-3:00pm	Special Olympics & Blind	All categories	3:30pm
		Banquet		8:00pm



### **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 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.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on September 21. 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 Championships.

**Farshid Soltani**  
President IPF

**Tatiana Romanova**  
Meet Director & APF Secretary General