



## Official Invitation

*The International Powerlifting Federation  
Asian Powerlifting Federation,  
and The Hong Kong Weightlifting & Powerlifting Association  
invite the Asian member nations to participate in the*

**2024 Asian Equipped Powerlifting Championship  
Sub-Junior, Junior, Open, Masters (All age categories, Men & Women)  
& Asian University Combined Classic and Equipped Powerlifting and Bench Press  
Championships**

**(University students at age 25 or younger)**

**in Hong Kong,**

**From 5<sup>th</sup> May to 11<sup>th</sup> May, 2024**

**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.

<i>Preliminary Nominations Deadline:</i>	<i>Final Nomination Deadline:</i>
<b>6 March, 2024</b>	<b>14 April, 2024</b>

- Sanctioned by** : Asian Powerlifting Federation  
International Powerlifting Federation
- Organized by** : Hong Kong Weightlifting & Powerlifting Association
- Meet Director** : Josephine WY Ip, email : [wjiphkucc@yahoo.com.hk](mailto:wjiphkucc@yahoo.com.hk)
- APF Secretary General** : 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** : 5<sup>th</sup> May to 11<sup>th</sup> May 2024
- Venue** : Hong Kong Queen Elizabeth Stadium

### Asian Powerlifting Federation

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

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: 5<sup>th</sup> May , 2024

## Technical Meeting

## Official Hotel:

### The Dorsett Wanchai Hotel Hong Kong

387-397 Queen's Road East, Wanchai, Hong Kong

Tel: (852) 35521111

E mail: gm.wanchai@dorsetthotels.com

### Special package for University students or other early bird participants:

Twin room for 2 people with 2 daily breakfast; 5 nights out of the period May 5-11, 2024: US\$ 390 per person; 6 nights out of the period May 5-11, 2024: US\$460 per person. The priority will be given to University students. Other participants can book if there are rooms left over.

**100 University students will be given this discounted rate in a sister hotel next to the main hotel. No single room will be entertained. Those who stay less than 5 nights need to book the other official hotels. The payment must be cleared 14 days prior to the competition. The rooms cannot be held without prior payment. Other room types will be arranged if payment is not on time and the rate will follow the main hotel or alternative hotel.**

### Main hotel:

Twin room with 2 breakfasts in main hotel (2 people staying): US \$100 per person per night

Triple room with 3 breakfasts (3 people staying in a room): US \$100 per person per night, limited number of rooms are available

### Alternative official hotel:

Single room with 1 breakfast in main hotel (1 person staying): US\$ 155 per person per night

Twin room with 2 breakfasts in main hotel (2 people staying): US \$95 per person per night

Triple room with 3 breakfasts (3 people staying): US \$95 per person per night, limited number of rooms are available

Less than 3 nights booking is not available.

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Note: 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 if rooms are available.

**Note 1:** All athletes, coaches, referees or officials from each Federation must stay in the Official Hotels (listed above) during the entire duration of the event. If athletes, coaches, referees or officials do not stay in the official hotel during the entire time in attendance at the competition, they will be obliged to pay an administration fee of US \$100.00 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that competition.

**Note 2 :** The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay their rooms to organizers directly by bank transfer to get hotel confirmation before taking a flight. Ad hoc room booking may incur a higher price.

**Note 3:** For Asian Equipped Powerlifting Championship, Sub-Junior, Junior, & Master athletes can participate in and receive awards for the Open competition, and only can compete once in 1 chosen category.

For Asian University Cup lifters, as it is a combined Championships, a lifter can be nominated in more than 1 event. An University Cup lifter can participate both in Asian Equipped Powerlifting Championship and the Equipped Powerlifting Championship of University Cup by lifting once and fight for 2 medals from 2 Championships.

Accreditation is according to the dates of hotel room booking. Entry to Competition venue is by daily QR code. Those who stay in other hotels will not be accredited and the names will be removed from the final nomination.

#### Payment by:

1. Bank Transfer to APF account  
Payment must be received at the bank account mentioned on the invoice 5 days prior to the beginning of the Championship
2. Cash on arrival is only accepted in special circumstances. Room booking will not be guaranteed and higher room charge in same hotel or different hotels may be required.

#### Arrivals/Transportation:

If you arrive via airplane to Hong Kong International Airport

Transportation from the airport to Official Hotel cost **USD 35** per person one way.

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Price of transport must be paid on arrival at the championship office. A team will not be accredited until the transportation fee has been paid.

Please send your detailed travel itinerary to **Mr Benson Pok** [pokkimwon@hkwp.org.hk](mailto:pokkimwon@hkwp.org.hk) so that the transfer can be provided. If you order for transportation, you must pay for it even if you later decide not to use it.

**Additional information:**

- Scales** : Scales will be available at the official hotel and the venue
- Training** : Training will be available at the official hotel or in a training center
- Flag and national anthem** : Will be provided by the team and national anthem needs to be tested with the AV officer before competition starts.
- Closing banquet** : 10/5/2024 8pm for Asian University Cup; Banquet ticket is sold at US\$35; 11/5/2024 8 pm for Asian Equipped Powerlifting Championship; Banquet ticket is sold at US\$60
- Participation Fee** : **USD 90\$**
- Anti-Doping Fee** : **USD 70\$**
- 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 must be entered to Goodlift system. One country/ region can only nominate **one** team.. **Photo of lifter, consent for anti-doping form, ADEL certificate and head coach responsibility form must be sent through the Goodlift system.**
- Preliminary** : **6<sup>th</sup> March, 2024**; nominations must be entered to the Goodlift system. No final nomination will be accepted if the nominations are not entered to Goodlift system. If a country does not have a valid password, please contact IPF Secretary to get a valid password. Nomination forms are for backup purpose and the valid nomination must be through Goodlift system.
- Final** : **13<sup>th</sup> April, 2023**

**Important items to note:**

Preliminary nomination must be entered to the Goodlift system not later than 60 days before

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the date of the Championship. Final nominations 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** : 6<sup>th</sup> May 2024; The exact time will be announced after final nomination deadline.

**Costume** : All lifters must use IPF-approved singlet and equipment.

**Correspondence** : E-Mails regarding the championships must be sent to Ms Josephine Ip ([wyiphkucc@yahoo.com.hk](mailto:wyiphkucc@yahoo.com.hk)) with a copy to Chen-Yeh,Chao ([chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw))

Farshid Soltani: APF President

Chen-Yeh Chao: APF Technical Chair

Tatiana Romanova: APF Secretary General

Josephine WY Ip: 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
4-5/5/2024	Referee Course & Examination	TBD
5/5/2024	Technical Meeting	TBD
6/5/2024	Opening Ceremony	TBD
6/5/2024	<p><b>Asian University Cup</b>  <b>Classic Powerlifting</b>  <b>Men 59- 66kg classes</b></p> <p>Asian Equipped Powerlifting Championship cum <b>Asian University Cup</b>  <b>Women 43-63kg classes</b></p>	TBD
7/5/2024	<p><b>Asian University Cup</b>  <b>Classic Powerlifting Championship</b>  <b>Men 74-83 kg class</b></p> <p><b>Equipped Bench Press Championship (all)</b>  Asian Equipped Powerlifting Championship cum <b>Asian University Cup</b>  <b>Women 69-76 kg classes</b></p>	TBD
8/5/2024	<p><b>Asian University Cup</b>  <b>Classic Powerlifting Championship</b>  <b>Men 93-120+ kg class</b></p> <p>Asian Equipped Powerlifting Championship cum <b>Asian University Cup</b>  <b>Women 84-84+kg classes</b></p>	TBD
9/5/2024	<p><b>Asian University Cup</b>  <b>Classic Powerlifting Championship</b>  <b>Women 43-69 kg class</b></p> <p><b>Classic Bench Press Championship (all)</b>  Asian Equipped Powerlifting Championship cum <b>Asian University Cup</b></p>	TBD

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	<b>Men 53-66 kg classes</b>	
<b>10/5/2024</b>	<b>Asian University Cup Classic Powerlifting Championship Women 76-84+ kg class Asian Equipped Powerlifting Championship cum Asian University Cup Men 74-83 kg classes</b>	<b>TBD</b>
	<b>Closing banquet of Asian University Cup</b>	
<b>11/5/2024</b>	<b>Asian Equipped Powerlifting Championship cum Asian University Cup Men 93-120+ kg classes</b>	<b>TBD</b>
	<b>Closing Banquet of Asian Equipped Powerlifting Championship</b>	

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