



OFFICIAL INVITATION

**The International Powerlifting Federation,  
Asian Powerlifting Federation &  
Africa Powerlifting Federation  
and  
Pacific Regional Powerlifting**

Invite to Participate

**Asian Pacific African Powerlifting & Bench Press Championships**

To Participate from  
3 – 12<sup>th</sup> July 2026 in  
**Potchefstroom South  
Africa**

※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 made by IPF-Member nations, NOT by individuals.

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- Host City** : Potchefstroom South Africa
- Venue** : ELGRO Hotel Conference Centre
- Address** : 60 Wolmarans street Potchefstroom South Africa
- Nominations** : Team nomination forms must be in the hands of the Meet Director and the IPF Championship Secretary not later than: see below
- Preliminary** : **4th May 2026** complete filled in preliminary form must be sent.  
No final nomination will be accepted if complete filled in the preliminary was not sent.
- Final** : **4th June 2025** (later entries will not be accepted).
- Technical meeting** : 3<sup>rd</sup> July 2026, 19.00 hrs. Venue: ELGRO HALL
- Weighing Scales** : Scales will be available at all the hotels and the venue.
- Training** : The training area warm-up area. Not during Competition.  
It will be open from July 3<sup>rd</sup> to July 12<sup>th</sup>, from 5:00 AM to 22:00 PM.
- Flags and Anthems** : The competition office will provide these.
- Closing Banquets** : Bench Press Banquet: July 5<sup>th</sup>, 19:00 PM  
Powerlifting Banquet: July 12<sup>th</sup>, 19:00 PM  
Ticket price: €40 Euro per person  
*Pre-reservation and payment are required.*
- Participation Fee** : **60 € for each lifter** to be sent in advance to the SAPF account.
- Anti-Doping Fee** : **75 € for each lifter** to be sent in advance to the SAPF account.
- Coach Capitation Fee:** **50 € for each nominated coach** to be sent in advance to the SAPF account.
- Transportation:** **60 € One way from Johannesburg Airport per person – 120 € Both ways**

**Health Insurance and Travel Insurance:** It is mandatory that all delegation members have valid health insurance. The competition office and SAPF will not be responsible for any medical expenses. It is strongly recommended to have travel insurance covering luggage loss, theft, damage, and flight delays, as well as liability insurance.



## Accommodation

### Hotel Information

Official Hotels: 3

- Rooms are available on a first-come, first-served basis. Due to limited room types, specific requests may not be accommodated.
- Prices may fluctuate due to exchange rate changes.
- If payment is not made by the specified deadline, the reservation will be automatically canceled

Notes:

1) Note 1: All athletes, coaches, referees and officials from each federation must stay in the official hotels for all days they require an accreditation for the event. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship 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)

- 2) The Meet Director is not responsible for any issues or disputes with hotels. The team leader of each delegation is responsible for handling such matters. All rooms must be booked no later than the preliminary nomination deadline. The Meet Director cannot guarantee accommodations for requests made after the deadline. A fee will be charged for any changes or cancellations after the application is confirmed. No changes or cancellations will be accepted after the final deadline. Regardless of whether the reservation is used or not, payment is required.

✘All prices are per room, per night, including breakfast.

<b>Elgro Hotel</b>	
Rates	Single Room <b>100 €</b>
	┌
	Twin Room <b>130 €</b>
	Double Room <b>130 €</b>
<b>Willows Hotel</b>	
Rates	Single room <b>120 €</b>
	Twin Room <b>150 €</b>
	Double Room <b>150 €</b>
	┌
<b>Road Lodge</b>	



Rates	Single room	<b>100 €</b>
	Twin Room	<b>130 €</b>
	Double Room	<b>130 €</b>



### **Banquet:**

- The banquet is scheduled for July 5th (bench press) and July 13th (powerlifting).  
The participation fee is **\$45 USD**.
- Payment should be made through the reservation system.

### **• Payment Method Notes**

Payment of Participation and Doping Test Fees

Payments must be made via bank transfer to the SAPF account. The participation and doping test fees must be credited to the designated account stated on the invoice no later than 5 days before the start of the competition.

If not possible please make arrangements with the Meet Director

Please include bank codes and other required details when making the wire transfer.

### **Payment for Accommodation, Transportation, Banquet.**

All reservations and payments must be made direct to the Meet Director as per Invoice.

Reservations are on a first-come, first-served basis. If the hotel is fully booked, you may be offered a room at the same or a different hotel with a higher room rate.

Cash payments on the day of arrival is possible.

Cash in US Dollar, Euro or Rand

Credit Cards is also accepted.



## **Additional Information**

### **Provisional Nomination: 4<sup>th</sup> May**

(Please ensure that the application form is complete. If there are any issues with the provisional nomination, the final nomination cannot be processed.)

### **Final Nomination: 4<sup>th</sup> June**

#### **Official Competition Website:**

The website contains detailed information about the competition. Any important updates or changes will be posted on the website.

## **Important Information**

Provisional nomination applications must be submitted at least 60 days prior to the competition. Final nomination applications will be accepted only from athletes who have submitted their provisional nomination by the deadline, which is 30 days before the competition. (Athletes who have submitted provisional nominations can be replaced with alternates, but new nominations will not be accepted.)



## Asian Pacific African Powerlifting & Bench Press Championships

From 3rd to 12th July 2026

in Potchefstroom South Africa

*Tentative Time Table*

Date	Weigh-in time	Classes	Start	
<b>03/07/2026 Friday</b>	<b>Technical Meeting</b>		<b>19:00</b>	
04/07/2026 Saturday	<b>Equipped Bench Press</b>			
	07:00 – 08:30	Women all classes	09:00	
	Opening Ceremony			11:00
	11:30 – 13:00	Men 53Kg~ 83Kg (All Age Categories)	13:30	
	14:00 – 15:30	Men 93Kg~ +120Kg (All Age Categories)	16:00	
05/07/2026 Sunday	<b>Classic Bench Press</b>			
	07:00 – 08:30	Women all classes	09:00	
	09:30 – 11:00	Men 53Kg~ 66Kg (All Age Categories)	11:30	
	12:30 – 14:00	Men 74Kg~ 83Kg (All Age Categories)	14:30	
	15:30 – 17:00	Men 93Kg~ 105Kg (All Age Categories)	17:30	
<b>Equipped &amp; Classic Bench Press Banquet</b>			<b>20:00</b>	
06/07/2026 Monday	<b>Equipped Powerlifting</b>			
	07:00 – 08:30	Men 53Kg~ 66Kg(All Age Categories)	09:00	
	11:00 – 12:30	Women 43Kg~63Kg(All Age Categories)	13:00	
	14:00 – 15:30	Men 74Kg~ 83Kg(All Age Categories)	16:00	
07/07/2025 Tuesday	<b>Equipped Powerlifting</b>			
	07:00 – 08:30	Men 93Kg~ 105Kg(All Age Categories)	09:00	
	11:00 – 12:30	Women 69Kg~+84Kg(All Age Categories)	13:00	
	15:00 – 16:30	Men 120Kg~ +120Kg(All Age Categories)	17:00	
08/07/2026 Wednesday	<b>Classic Powerlifting</b>			
	07:00 – 08:30	Men 53Kg~59Kg (All Age Categories)	09:00	
	11:00 – 12:30	Women 43Kg~52Kg(All Age Categories)	13:00	
	15:00 – 16:30	Men 66 Kg (All Age Categories)	17:00	
09/07/2026 Thursday	<b>Classic Powerlifting</b>			
	08:00 – 09:30	Women 57Kg~63kg (All Age Categories)	10:00	
	12:00 – 13:30	Women 69Kg~76Kg (All Age Categories)	14:00	
10/07/2026 Friday	<b>Classic Powerlifting</b>			
	08:00 – 09:30	Men 74Kg (All Age Categories)	10:00	
	12:00 – 13:30	Men 83Kg (All Age Categories)	14:00	
11/07/2026 Saturday	<b>Classic Powerlifting</b>			
	08:00 – 09:30	Men 93Kg (All Age Categories)	10:00	
	12:00 – 13:30	Men 105Kg (All Age Categories)	14:00	
12/07/2026 Sunday	<b>Classic Powerlifting</b>			
	07:00 – 08:30	Women 84Kg~+84Kg (All Age Categories)	09:00	
	11:00 – 12:30	Men 120Kg~ +120Kg (All Age Categories)	13:00	
	<b>Banquet</b>			<b>20:00</b>

Johan Smith  
SAPF President

Heather Leighton  
SAPF Championship Secretary

Vicki Smith  
Technical Secretary

