



OFFICIAL INVITATION

The Asian Powerlifting Federation
and
China Powerlifting
and
Hainan Baisha Powerlifting Association

invite
the APF member federations to participate in the

**Asian Junior & Sub-junior Combined Classic & Equipped
Powerlifting Championships 2026 Cum Asian University Cup**

from May 10 to 15, 2026

in Baisha Li Autonomous County, Hainan Province, China

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 APF-Member federations, NOT by individuals.

Meet Director: Name: Li Hao
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E-mail: 249884870@qq.com

Correspondence, Visa: Name: Yang Zhi
Phone: +86 18889620098
E-mail: yangzhi0201@sina.com

**Accommodation and
Transport** Name: Du Wei
Phone: +86 15548762893
E-mail: 1365643177@qq.com

APF General Secretary: Tatiana Romanova tatiana.romanova@powerlifting.sport
Phone: +996 700 963500
APF Championship Secretary: Pj Joseph pjoseph_arjun@yahoo.co.in
Phone: +91 94472 62202
APF Technical Chair: Chen Yeh Chao chenyehchao@yahoo.com.tw
Phone: +886 933 634 739
APF Treasurer: IP WING YUK josephine.ip@powerlifting.sport

Host City: Baisha Li Autonomous County, Hainan Province, China

Date: May 10-15, 2026



Venue: National Sports Training Southern Base (Hainan Baisha Comprehensive), Baisha Li Autonomous County, Hainan Province, China

Technical Meeting: May 9, 2026 at 19:00

Hotel: Name: Baisha Aoyun Village Hotel
Address: No. 8, Aoyun Road, Yacha Town, Baisha Li Autonomous County.
Phone: +86 898 38681999 , +86 898 38681333.

Hotel Rates: **Prices for night per person**
Single : (1 person) \$80.00
Double : (2 persons) \$65.00
All rooms include buffet breakfast, lunch, and dinner

Note 1:

All athletes, coaches, referees and officials from each federation must stay in the official hotel 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. For all championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for a minimum of two nights. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.

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 Federations. 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 to the invoice
Payment must be received at the bank account latest **at the issued payment deadline on the invoice.**
2. Cash payment on arrival

International Airport for arrival: Haikou Meilan International Airport

Arrivals/Transportation:

Transportation from Haikou Meilan International Airport to the Official Hotel:
Shuttle bus transfer (one way): \$20 per person
Private car transfer (for maximum 3 people, one way): \$ 60 per car



Hotel to Venue is within walking distance.

Scales: Scales will be available at the official hotel, 24 hours.
Scales will also be available at the venue.

Training: To be announced by APF

Flag and anthem: Will be provided by the Organizer.

Closing Banquet: May 15, 2026 at 19:00
**The banquets tickets must be ordered with the preliminary nomination.
Payment must be done (\$ 30)**

Participation Fee: \$90 for each lifter declared must be wired to the APF bank account

Anti-Doping Fee: \$80 for each lifter declared must be wired to the APF bank account

Coaches Fee: \$50 for each Nominated Coach

APF ACCOUNT NUMBER

China Citic Bank International Limited
Des Voeux Road Central Branch
The Chinese Bank Building
61-65 Des Voeux Road Central, Hong Kong
Swift Code: KWHKHKHH
Beneficiary's Name: Asian Powerlifting Federation

Beneficiary's A/C No: 018-744-1-40131301

Health and Travel Insurance: All delegate members must have a valid health insurance (it is also obligatory to have it at customs). The organizer 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:

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.

All athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete. 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 there from
5. All athletes participating at this event are classified as an International Level Athlete.

As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.

For athletes competing in the Sub-Junior and Masters level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are taking a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.

For all anti-doping related questions, please contact ipfantidoping@cces.ca.

Nominations:	Team nomination forms must be in the hands of the Meet Director and the APF Championship Secretary not later than: March 9, 2026
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Preliminary:	March 9, 2026 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent.
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Final:	April 19, 2026 (later entries will not be accepted).
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30 Days Before Technical Meeting: April 19, 2026 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, 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: yangzhi0201@sina.com

Please take note of IPF By-Law 14.4:

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



For all championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for a minimum of two nights. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.

PROVISIONAL TIME TABLE

09/05/2026	14.00	ACCREDITATION		
	19:00	TECHNICAL COMMITTEE MEETING		
DATE	WEIGH-IN TIME	DIVISION	WEIGHTCLASS	START
CLASSIC POWERLIFTING ASIAN SUB JUNIOR, JUNIOR				
10/05/2026	07:00 - 08:30	SUB JUNIOR, JUNIOR MEN	53 & 59 KG	09:00
	11.30	OPENING CEREMONY		
	12.00 - 13.30	SUB JUNIOR, JUNIOR WOMEN	43, 47 & 52 KG	14:00
	14.00 – 15.30	SUB JUNIOR, JUNIOR MEN	66 & 74 KG	16.00
11/05/2026	07:00 - 08:30	SUB JUNIOR, JUNIOR MEN	83 & 93 KG	09:00
	12.00 - 13.30	SUB JUNIOR, JUNIOR WOMEN	57 & 63 KG	14:00
	14.00 – 15.30	SUB JUNIOR, JUNIOR WOMEN	69 & 76 KG	16.00
12/05/2026	07:00 - 08:30	SUB JUNIOR, JUNIOR MEN	105 KG	09:00
	12.00 - 13.30	SUB JUNIOR, JUNIOR WOMEN	84 & 84+ KG	14:00
	14.00 – 15.30	SUB JUNIOR, JUNIOR MEN	120 & 120+ KG	16.00
UNIVERSITY CUP CLASSIC POWERLIFTING				
13/05/2026	07:00 - 08:30	59 TO 83 KG MEN		09.00
	12.00 - 13.30	ALL WOMEN		14.00
	14.00 – 15.30	93 TO 120+ KG MEN		16.00



ASIAN SUB JUNIOR, JUNIOR EQUIPPED POWERLIFTING				
14/05/2026	07:00 - 08:30	SUB JUNIOR, JUNIOR MEN	53 TO 83 KG	09.00
	12.00 - 13.30	ALL WOMEN		14.00
	14.00 – 15.30	SUB JUNIOR, JUNIOR MEN	93 TO 120+ KG MEN	16.00
UNIVERSITY CUP EQUIPPED POWERLIFTING				
15/05/2026	07:00 - 08:30	ALL MEN		09.00
	12.00 - 13.30	ALL WOMEN		14.00
	CLOSING BANQUET			19.00

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 to 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 **May 9, 2026**. 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
APF President

Tatiana Romanova
APF Secretary General

P.J. Joseph
APF Championship Secretary