



## OFFICIAL INVITATION

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

**Uzbekistan Powerlifting Federation**

invite

the APF member nations to participate in the

**2026 Asian South & Central Subregional  
Powerlifting and Benchpress Championships  
(Classic and Equipped)**

**Open, Sub Junior, Junior, Masters (Men & Women)  
from August 6 to 9**

**in Tashkent, Uzbekistan**

**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.**

**Meet Director:** Name: Samedinova Elvira  
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**Correspondence, Visa:  
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**APF General Secretary:** Name: Tatiana Romanova  
Phone: +996 700 963 500  
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**APF Technical Chair:** Name: Chen-Yeh Chao  
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**APF Championship  
Secretary:** Name: P.J. Joseph  
E-mail: [pjjoseph\\_arjun@yahoo.co.in](mailto:pjjoseph_arjun@yahoo.co.in)

**APF Treasurer:** IP WING YUK  
Phone: +852 9302 3519  
E-mail: [josephine.ip@powerlifting.sport](mailto:josephine.ip@powerlifting.sport)

**Host City:** Tashkent, Uzbekistan

**Date:** August 6 to 9

**Venue:** «INSPIRA-S TASHKENT», 100128, Tashkent city,  
Almazar district, st. A, Kadiriya 6A



**Technical Meeting:** 7.00 pm August, 6 **INSPIRA-S TASHKENT HOTEL**

**Official Hotel:** «INSPIRA-S TASHKENT», 100128, Tashkent city

**Hotel Rates:** **Prices for night PER PERSON /PER NIGHT (breakfast include)**

**120 \$ (single room)**

**75 \$ (twin room)**

**70 \$ (triple room)**

**Less than 2 nights booking is not available**

**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.

**Note 2:**

**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 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. Payment by cash at **arrival.**

**International Airport**

**for arrival:** Islam Karimov International Airport (TAS)

**transfer cost:** **one way 20 \$, double 30 \$**

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

**Training:** To be announced by APF

**Flag and anthem:** Will be provided by the team.

**Closing Banquet:** To be announced



**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 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:**

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.
1. 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](#).
1. Educate yourself on the risks of [taking supplements](#) and minimize your risk.

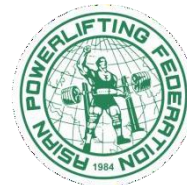
All athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete. You must submit your completed certificate from ADeL with your nomination for your registration to be complete.

- 1 Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:
  - 2 requirements for submitting whereabouts information
  - 3 rights and responsibilities during [sample collection](#)
  - 4 responsibility to avoid the use of prohibited substances and methods
  - 5 consent to the use of your information
  - 6 obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving there from

1. 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](mailto:ipfantidoping@cces.ca).



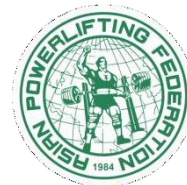
**Nominations:** Team nomination forms must be in the hands of the Meet Director and the APF Championship Secretary not later than: **October 2**

**Preliminary:** **7 june 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:** **17 july 2026** (later entries will not be accepted).  
**21 Days Before Technical Meeting:**

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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



## Provisional Time Table

(Final time table will be published at the Technical Meeting)

Date	Weigh-in	Event	Start
06/08		Technical meeting	19:00
07/08		Equipped Benchpress	
	07:00-08:30	Women all classes	9:00
	09:00-10:30	Men all classes	11:00
		Classic Benchpress	
	11:00-12:30	Women all classes	13:00
		Opening Ceremony	14:30
	13:00-14:30	Men 53 kg-74 kg all age categories	15:00
	5:00-16:30	Men 93 kg-120+kg all age categories	17:00
08/08		classic powerlifting	
	07:00-08:30	Women 43 kg-84 + kg all age categories	9:00
	10:00-11:30	Men 53 kg-83 kg all age categories	12:00
	13:00-14:30	Men 93 kg- 120+ kg all age categories	15:00
9/08		Equipped Powerlifting	
	07:00-08:30	Men 53 kg-83 kg all age categories	9:00
	10:00-11:30	Women all classes	12:00
	13:00-14:30	Men 93 kg- 120+ kg all age categories	15:00



### **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 30 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 APF**

**Tatiana Romanova**  
**APF Secretary General**

**Samedinova Elvira**  
**Meet Director**

