***Official Invitation***

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| **Preliminary : Feb 20, 2019** | **Final : March 30, 2019** | **Last day to cancel the booked hotel rooms and order the banquet tickets : April 14 2019** |

# 2019 Asian Equipped Powerlifting Championships

**Sub-Junior, Junior, Open, Master (Men & Women) in Hong Kong**

**From 20th April to 26th April 2019**

Please note: all information is posted for information purposes only. All team selections, all official entries for the Championships and all hotel bookings must be done by APF-Member nations, NOT by individuals.

**Sanctioned by :** Asian Powerlifting Federation

**Organised by :** Hong Kong Weightlifting and Powerlifting Association **Meet Director :** Josephine Wing-Yuk Ip, email : wyiphkucc@yahoo.com.hk **APF General Secretary :** Rajesh Tiwari, email: raajesh.tiwari@gmail.com

**APF Championship Secretary:** P.J. Joseph, email: pjjoseph\_arjun@yahoo.co.in

**APF Technical Chairlady** : Chen-Yeh Chao, email: chenyehchao@yahoo.com.tw

**Correspondence, VISA, Accommodation and Transport:** Pok Kim Won(pokkimwon@hkwpa.org.hk)

**Host City :** Hong Kong.

### Date : 20th – 26th April, 2019

**Venue :** Queen Elizabeth Stadium **APF Congress :** 21st April 2019 09:00 **Technical Meeting :** 20th April 2019 20:00

### Official hotels : The Charterhouse Causeway Bay Hotel Hong Kong (5 minutes’ walk to venue)

209 - 219 Wanchai Road, Hong Kong Tel: (852) 28335566 Website: [http://hongkonghotel.charterhouse.com](http://hongkonghotel.charterhouse.com/eng/)

**Dorsett Wanchai Hotel Hong Kong** ( 3 minutes’ walk to venue)

387-397, Queen’s Road East, Hong Kong

Website:http:/dorsetthotels.com

(Other nearby hotel will be arranged if the main hotels are full.The main hotel rooms needs to be booked before 31/3/2018. Afterwards, there may be a change in price)

**Single studio room, one big bed:** US$240 per room for 1 person/night, including breakfast per day

**Double studio room, 2 big beds:** US$270 per room for 2 people/night, including breakfast per day per person

**Single occupancy of double room (1 bed) :** US$185 per person/night, including breakfast per day

**Double room (2 beds):**  US$105 per person/night, including breakfast per day per person

**Budget double room (2 beds):** US$90 per person/night, including breakfast per day per person. Rooms are allocated by first come first serve basis.

**Triple room (3 beds) :** US$90 per person/night, including breakfast per day per person. Only 20 triple rooms are available and rooms are allocated by first come first serve basis.

**Choice of rooms will be entertained only room booking form is submitted together with preliminary nomination.** **Afterwards, rooms at lower price are allocated depends on availability.**

**Note 1** : **All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during their whole stay in the championship. Entry to venue is only allowed on dates staying in the official hotel. *If athletes, coaches, referees or officials do not stay in the official hotel during the entire time in attendance at the championship, they will be obliged to pay an administration fee of 100 EUR per person to the organizer .* Even a person had stayed partially in the official hotel, on the dates that he/she is not staying in the official hotel, entry to competition venue will be denied unless the administration fee of 100 EUR is paid.**Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (By-Laws 105.4.4).

**Note 2 :** The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms by bank transfer or at the arrival at the Championship office.

### Payable by:

1. cash (US$ or Hong Kong dollars according to the current exchange rate)
2. Bank transfer - on the basis of requirements of participants against the invoice (HKD or USD according to the current exchange rate). Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the beginning of the Championship.

### Arrivals/Transportation:

Transport from Hong Kong International Airport to Official Hotel: US$ 25 per person Transport from Official Hotel to Hong Kong International Airport: US$25 per person

Price of transport must be paid at arrival at the championships office. Any national team will not be accredited until the reserved transportation has been paid.

Please send therefore your detailed travel itinerary to **Kim-Won Pok**, so that the transfer can be provided. If you order the transport, you must pay for it even if you later decide not to use it.

**Scales :** Scales available at the venue and at the hotel

**Medals :**1st, 2nd and 3rd in their weight classes in each age category.

**Flag and anthem :** Each participating nation must bring their National Flag and email (preferred) their National Anthem to pokkimwon@hkwpa.org.hk or being CD/flash drive of their National Anthem.

**Photos :** Identification is necessary for security reasons; each nation must send one photo for each lifter, coach and official. Photos must be sent together with the final nominations. If possible, send a digital version by email.

**Opening Ceremony:** April 21**st** at competition venue. All representatives from each participating country shall take part in the Ceremony.

**Closing Banquet :** Saturday 26th April 12:00 noon at the Hong Kong Happy Valley Jockey Club.

Price per ticket USD$50.

**Participation Fee :** US$90 for each lifter must be paid before the Technical Meeting.

**Anti-Doping Fee :** US$60 for each lifter must be paid before the Technical Meeting.

**Nominations :** Team nomination forms must be in the hands of the Meet Director Josephine Wing-Yuk Ip, (wyiphkucc@yahoo.com.hk), APF Secretary Rajesh Tiwari(rt@iccsr.org) and APF Technical Chairlady Chen-Yeh Chao (chenyehchao@yahoo.com.tw). & a copy to Kim-Won Pok (pokkimwon@hkwpa.org.hk) not later than:

**Preliminary nomination**: 21st Feb, 2019 (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

**Final nomination :** 30th March, 2019 (later entries will not be accepted)

**Correspondence** : E-Mails regarding the championships must be sent to Pok Kim Won (pokkimwon@hkwpa.org.hk) & a copy to the Meet Director Josephine Wing-Yuk Ip, (wyiphkucc@yahoo.com.hk)

### Important Items to Remember:

Preliminary nomination forms must be sent not later than 60 days before 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 nominated reserved lifter. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] at the final nomination you must definite 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 time table of events. All changes will take place at the technical meeting that will be held on Saturday, 20tht April.

Victory Ceremonies will be held at the end of each lifting session. It is mandatory that each athlete wears their National Team Track Suit for the award presentation. Those athletes do not wear track suits will be forbidden to collect medals at the platform. The medals will be given to team leaders after the award ceremony.

If the organizer does not receive a confirmed cancellations of hotel rooms at least 7 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2).

All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, 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 championship (IPF By-laws 105.4.4).

**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 Asian Championships.

**APF President** - Farshid Soltani
**APF General Secretary** – Rajesh Tiwari
**Meet Director** - Josephine Wing-Yuk Ip

# Asian Powerlifting Championships 2019 Competition Schedule (Tentative)

|  |  |  |
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| **20/4** | **Time** | **Event** |
| 14:00 | Referee Clinic Referee Examination  |
| 20:00 | Technical MeetingAnti-Doping Seminar |
| **21/4** | 09:00 | APF Annual Congress |
|  | **Weight class** | **Weigh-in Time** | **Competition Time** |
| 14:00 | Opening Ceremony |
|  | Men 53 kg, 59kg, 66kg | 13:00 | 15:00 |
| **22/4** |  | **Weight class** | **Weigh-in Time** | **Competition Time** |
|  | Women 43kg, 47kg | 09:00 | 11:00 |
|  | Men 74kg | 11:00 | 13:00 |
|  | Women52kg, 57 kg  | 14:00 | 16:00 |
| **23/4** |  | **Weight class** | **Weigh-in Time** | **Competition Time** |
|  | Women 63kg, 72 kg | 09:00 | 11:00 |
|  | Men 83kg | 13:00 | 15:00 |
| 2**24/4** |  | **Weight class** | **Weigh-in Time** | **Competition Time** |
|  | Women 84kg, 84+ kg  | 09:00 | 11:00 |
|  | Men 93 kg | 13:00 | 15:00 |
| **25/4** |  | **Weight class** | **Weigh-in Time** | **Competition Time** |
|  | Men 105 kg | 09:00 | 11:00 |
|  | Men 120kg, 120+kg | 13:00 | 15:00 |
| **26/4** | **1** | **12:00 Banquet** |

## \*\* Time table is subjected to change after final nomination. \*\*