



Updated Official Invitation

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

**2021 Asian Pacific Classic and Equipped Powerlifting and Bench Press Championship
Sub-Junior, Junior, Open, Masters (All age groups, Men & Women)**

in Hong Kong &

**2021 Asian Bench Press Classic & Equipped
Championship in combination**

***New dates: From 14th to 21th December, 2021**

The COVID-19 situation in Asian Pacific region is still problematic. Many countries still have high number of cases and the quarantine measures are very strict. Some countries do not have flight to Hong Kong at the moment. As vaccination programmes are started in many countries, quarantine measures may be relaxed as herd immunity develop. It is expected when travelers have full vaccination for 14 days, negative COVID test and positive antibodies tested may travel more freely. APF has decided to defer the Championship to a later dates. The nomination of Asian Pacific Championship will have a new deadline.

A lifter can join either Bench Press part of Asian Pacific Championship or the Asian Bench Press Championship or join both. A lifter only lift once to count as results for both Championships and will fight for 2 types of medals and 2 types of rankings. A lifter needs to pay the participation fees of for 2 Championships but the anti-doping fee will be charged once.

These 2 Championships are separate events and the nominations must be entered to the Goodlift system separately. The nominations must go to the Goodlift system as anti-doping control is now under Anti-doping commission of IPF.

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.

Asian Powerlifting Federation

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<i>Preliminary Nominations Deadline:</i>	<i>Final Nomination Deadline:</i>
15 Oct, 2021	22 Nov, 2021

- Sanctioned by** : Asian & Oceania Powerlifting Federation
International Powerlifting Federation
- Organized by** : Hong Kong Weightlifting & Powerlifting Association
- Meet Director** : Josephine WY Ip, email : wyiphkucc@yahoo.com.hk
- APF Secretary** : Rajesh Tiwari, email: raajesh.tiwari@gmail.com
- APF Technical Chairlady** : Chen-Yeh Chao, email: chenyehchao@yahoo.com.tw
- Transportation** : Benson Pok, email : pokkimwon@hkwpa.org.hk
- Accommodation and Visa** : Benson Pok, email : pokkimwon@hkwpa.org.hk
- Host City** : Hong Kong
- Date** : 14th Dec to 21st Dec 2021
- Venue** : The Charterhouse Causeway Bay Hotel Hong Kong
- Technical Meeting** : 14th Dec , 2021

Official Hotels

The Charterhouse Causeway Bay Hotel Hong Kong

209 - 219 Wanchai Road, Hong Kong Tel: (852)

28335566 Website:

<http://hongkonghotel.charterhouse.com>

Hong Kong demands all entry travelers to be quarantined in specific quarantine hotels at the moment. The policy may change in August. At the moment the quarantine may be waived for athletes entering Hong Kong just for the purpose of competition. All the lifters and accompanying delegates must stay in the hotel throughout the whole competition duration. The lifters are transported directly from airport to hotel and from hotel to airport.

Room prices : pending It is expected it will be within US\$150 person per night for a double room with 3 meals a day.

COVID-19 affects hotel business significantly. Hotels are not able to fix the price at this moment.

Further information will be released before the preliminary nomination deadline.

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Note 1: All athletes, coaches, referees and officials from each federation have to book their rooms with the organizer and have to stay in the official hotel during the entire period in attendance at the championship. Failure to comply to the rule mentioned above will have the effect that they will not receive accreditation and will not be permitted to compete or participate (as per agreed by APF EC Board meeting in Udaipur at the Asian Powerlifting Championships 2018)

Those who do not stay in the main hotel need to go through quarantine procedures by themselves. After entering the competition hotel, any person who is involved in the competition must stay in the competition hotel till they leave the hotel definitively. No re-entry is allowed.

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. At the moment, Hong Kong Immigration Department demands confirmation of a quarantine hotel, otherwise airline will not accept boarding.

Payable by:

1. Bank Transfer to APF account

Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the beginning of the Championship.

2. Cash in USD on arrival is not acceptable unless in very special circumstances.

Arrivals/Transportation:

If you arrive via airplane to Hong Kong International Airport

Transportation from the airport to Official Hotel cost **USD 20** per person one way.

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

Other public transports can be chosen for those who stay in quarantine hotel before staying in official hotel . Airport express trains run from airport to city every 10-20 minutes. One way costs HK\$110 or US\$15 USD. From the Central station, there are 4-seater taxis easily available to bring passengers to hotels at a cost of around HK\$ 40 or US\$5.

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Please send your detailed travel itinerary to **Mr Benson Pok** 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
- Training** : Training at the venue is allowed when no competition is on-going.
- Flag and national anthem** : Will be provided by the organizer
- Closing banquet** : **depends on the COVID-19 situation, details will be announced in due course.**
- Participation Fee** : **USD 90\$**
- Anti-Doping Fee** : **USD 60\$**
- 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. For easy double check, nomination forms can be sent to Meet Director Wing-Yuk Ip (wiyiphkucc@yahoo.com.hk) and APF Technical Committee Chairperson Chen-Yeh,Chao (chenyehchao@yahoo.com.tw) not later than:
- Preliminary** : 15th Oct, 2021; nominations must be entered to the Goodlift system. No final nomination will be accepted if the nominations are not entered to Goodlift system. If any country has problem to nominate through the Goodlift system, please inform Mr Farshid Soltani, APF President for special arrangement.
- Final** : 22nd Nov, 2021

Important Items to remember

Preliminary nomination must be entered to the Goodlift system not later than 60 days before the date of the Championship. Final nominations must be submitted no later

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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).

At the moment, there is quarantine requirement for entry to Hong Kong for certain countries. Please check with the immigration department of your country.

The IPF recommendations for COVID-19 measures will be strictly followed. No audience is allowed to minimize COVID-19 infection. The warm up area only allows nominated coaches to enter and the number of coaches allowed follows IPF rules. The whole Championship will be real time streamed and lifters are advised to watch competition in their rooms.

- Opening ceremony** : Date & time pending
- Costume** : All lifters must wear IPF-approved singlet and equipment.
Lifters who do not wear IPF-approved equipment will not be allowed to participate.
- Correspondence** : E-Mails regarding the championships must be sent to Ms Josephine Ip (wyiphkucc@yahoo.com.hk) with a copy to Chen-Yeh,Chao (chenyehchao@yahoo.com.tw)
- Farshid Soltani / Eric Jioje** : APF / OPF President
- Chen Yeh Chao / Joel Ridings** : APF / OPF Technical Chairman
- Rajesh Tiwari / Sailo Tulifau** : APF / OPF General Secretary
- Josephine Wing-Yuk 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			
13/12/2021	Coach course & coach accreditation		
	Referee Clinic & Examination		
	Technical Meeting		
	Opening Ceremony		
	14-16/12/2021	AP PL Championship	
	17-18/12/2021	Combined AP and Asian BP Championship	
19-21/11/2021	AP PL Championship		

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