



## Official Invitation

The International Powerlifting Federation  
Asian Powerlifting Federation  
and The Kazakhstan Powerlifting Federation  
invite the APF member nations to the:

**Asian Classic Powerlifting Championship 2019**  
**Sub-Junior, Junior, Open, Masters (All age groups, Men & Women)**  
**KAZAKHSTAN, Almaty, December 2-8, 2019**

**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.

<b>Preliminary Nominations deadline:</b>	<b>Final Nominations deadline:</b>
<b>October 3, 2019</b>	<b>November 11, 2019</b>

- Sanctioned by** : Asian Powerlifting Federation, International Powerlifting Federation
- Organized by** : The Kazakhstan Powerlifting Federation
- Meet director** : Tatiana Romanova ([romanovاتم@gmail.com](mailto:romanovاتم@gmail.com)),  
mob.+996700963500, +7776 656 6079  
Roman Kovalev ([romankovalev2@mail.ru](mailto:romankovalev2@mail.ru))
- Visa:**
- APF General Secretary** : Rajesh Tiwari, e-mail : [raajesh.tiwari@gmail.com](mailto:raajesh.tiwari@gmail.com)
- APF Championship Secretary** : P J Joseph, e-mail : [pjjoseph\\_arjun@yahoo.co.in](mailto:pjjoseph_arjun@yahoo.co.in)
- APF Technical Committee Chairperson :** Chao Chen Yeh  
Email: [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)
- Host city** : Almaty, Kazakhstan
- Venue** : **The Universal Sports Complex "Dostyk"**,  
Almaty, Abay street 48.
- Technical Meeting** : 2<sup>nd</sup> December 2019 19.00 at the Hotel "Kazakhstan"

### Asian Powerlifting Federation

NO: 66, 1<sup>st</sup> floor, Al e Ahmad St., Tehran – Iran

Postal code: 1445843181

Tel:+98 21 88242100 Fax: +98 21 88270581

**Transportation**

: Tatiana Romanova  
([romanovاتم@gmail.com](mailto:romanovاتم@gmail.com)), mob.+996700963500,  
+7776 656 6079

**Accommodation**

: **Hotels can only be booked by sending an email to**  
[romanovاتم@gmail.com](mailto:romanovاتم@gmail.com).

**OFFICIAL HOTEL**

: Hotel "Kazakhstan", Almaty, Kazakhstan, Dostyk ave.,  
52/2

**PRICES :**

- Standard room (single): USD 70 (per room, per night, breakfast included)
- Standard room (double): USD 90 (per room, per night, breakfast included)
- Junior suite (triple): USD 120 (per room, per night, breakfast included)
- Queen suite (single): USD 115 (per room, per night, breakfast included)
- King suite (double): USD 145 (per room, per night, breakfast included)

Note: 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 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 the entire time in attendance at the championship. Failure to comply will 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)**

The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible.

**Transportation information:**

If you arrive via airplane to Almaty Airport.

Transportation from the airport to Hotel "Kazakhstan" cost USD 15 per one way.

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The transportation must be paid on arrival at the championships office. Any national team will not be accredited until the reserved transportation has been paid. Therefore, please send your detailed itinerary to the **transport coordinator** Tatiana Romanova ([romanovاتم@gmail.com](mailto:romanovاتم@gmail.com))

### **Additional information:**

- Scales** : Scales will be available at the venue.
- Training** : Special training area will be available at the venue
- Flag and national anthem** : Will be provided by the organizer.
- Closing banquet** : 8<sup>th</sup> December, 2019 Hotel "Kazakhstan", Almaty, Kazakhstan @ 19.00.  
Price per ticket is USD 25.
- Participation Fee:** **USD90\$**
- Anti-Doping Fee:** **USD60\$**
- Health and Travel Insurance** : All delegate members must have a valid health insurance. The organiser 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 forms must be in the hands of Meet Director Tatiana Romanova ([romanovاتم@gmail.com](mailto:romanovاتم@gmail.com)) and APF Technical Committee Chairperson ([chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)) not later than:
- Preliminary** : **3 October 2018** complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
- Final** : **11 November 2019**

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### **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 substitute. No new nominations will be accepted).

**Opening ceremony : 3<sup>rd</sup> December, 2019 at 10.00 a.m.**

**Costume** : All lifters must wear IPF-approved singlets and all personal equipment. Lifters who do not wear IPF-approved equipment will not be allowed to participate.

**Correspondence** : E-Mails regarding the championships must be sent Tatiana Romanova ([romanovاتم@gmail.com](mailto:romanovاتم@gmail.com)) & copy to Chao Chen Yeh ([chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw))

**Farshid Soltani** : **APF President**

**Chen Yeh Chao** : **APF Technical Chairman**

**Rajesh Tiwari** : **APF General Secretary**

**Tatiana Romanova** : **Meet Director**

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**Provisional Timetable of Events are Sending Shortly  
(Final Time Table will be made after the Technical Meeting)**

Date	Weigh-in time	Classes	Start
<b>Monday 02/12/2019</b>		<b>Technical Meeting</b>	<b>19:00</b>
<b>Tuesday 03/12/2019</b>		Assemble of All Teams at the Championship Venue	<b>09:30</b>
		<b>Opening Ceremony</b>	<b>10:00</b>
	11:00 – 12:30	<b>Women 43-47kg (All Age Categories)</b>	<b>13:00</b>
	15:00 – 16:30	<b>Men 53 - 59kg (All Age Categories)</b>	<b>17:00</b>
<b>Wednesday 04/12/2019</b>	08:00 – 09:30	<b>Women 52-57kg (All Age Categories)</b>	<b>10:00</b>
	12:00 – 13:30	<b>Men 66kg (All Age Categories)</b>	<b>14:00</b>
<b>Thursday 05/12/2019</b>	08:00 – 09:30	<b>Men 74kg (All Age Categories)</b>	<b>10:00</b>
	12:00 – 13:30	<b>Women 63-72kg (All Age Categories)</b>	<b>14:00</b>
<b>Friday 06/12/2019</b>	08:00 – 09:30	<b>Men 83kg (All Age Categories)</b>	<b>10:00</b>
	12:00 – 13:30	<b>Men 93 kg (All Age Categories)</b>	<b>14:00</b>
<b>Saturday 07/12/2019</b>	08:00 – 09:30	<b>Women 84 - 84+ kg (All Age Categories)</b>	<b>10:00</b>
	12:00 – 13:30	<b>Men 105 kg (All Age Categories)</b>	<b>14:00</b>
<b>Sunday 08/12/2019</b>	08:00 – 09:30	<b>Men 120 - 120+kg (All Age Categories)</b>	<b>10:00</b>
	19:00	<b>Banquet</b>	

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