



## OFFICIAL INVITATION

**The Asian Powerlifting Federation**  
and  
**Powerlifting India**  
invite

the APF member nations to participate in the

**Men's and Women's combined Asian Open, Sub-Junior & Junior and Masters  
Equipped Powerlifting Championships**

from 17<sup>st</sup> to 21<sup>st</sup> June 2022

**in Coimbatore, INDIA**

**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 nations, NOT by individuals.**

**Secretary General:** Rajesh Tiwari  
Phone: +91 98212 54325  
E-Mail: [raajesh.tiwari@gmail.com](mailto:raajesh.tiwari@gmail.com)  
What's app: +91 98212 54325

**Technical Chairperson:** Chen-Yeh Chao  
Phone: +886 933 634 739  
E-Mail: [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)  
What's app: +886 933 634 739

**Championship Secretary:** P.J.Joseph  
Phone: +91 9447262202  
E-Mail: [pjoseph\\_arjun@yahoo.co.in](mailto:pjoseph_arjun@yahoo.co.in)  
What's app: +91 9447262202

**Correspondence, Visa:  
& Accommodation** Rajesh Tiwari  
Phone: +91 98212 54325  
E-Mail: [raajesh.tiwari@gmail.com](mailto:raajesh.tiwari@gmail.com)

P.J.Joseph  
Phone: +91 9447262202  
E-Mail: [pjoseph\\_arjun@yahoo.co.in](mailto:pjoseph_arjun@yahoo.co.in)

### **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



**Host City:** Coimbatore, INDIA

**Date:** 17<sup>th</sup> to 21<sup>st</sup> June 2022

**Venue & Official**

**Hotel:** **RADISSON BLU COIMBATORE**  
**164/165 AVINASHI ROAD, PEELAMEDU,**  
**COIMBATORE – 641004, INDIA**

**Hotel Rates:**

**Single room :US\$ 100** (per room for 1 person/night, breakfast, Lunch and Dinner included)

**Twin room :US\$ 130** (per room for 2 persons/night, breakfast, Lunch and Dinner included)

**Triple room :US\$ 150** (per room for 3 persons/night, breakfast, Lunch and Dinner included)

Note 1:

All athletes, coaches, referees, or officials from each National Member Federation must stay in the official hotel for all days in attendance at the Event. If athletes, coaches, referees, or officials do not stay in the official hotel during the Event, they will be obliged to pay an administration fee of US\$ 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 Event. 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 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. Bank transfer accordingly the invoice from the organizer  
Payment must be received at the bank account  
latest **at the issued payment deadline on the invoice.**
2. Payment by cash (US\$) at **arrival.**
3. Payment by Credit card at **arrival.**

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## Arrivals/Transportation Information

### International Airport for arrival:

International Airport of Coimbatore

Transport from and to the airport will be provided by Organizers.

Transportation to and from the Coimbatore airport to the hotel is:

15 US\$ per person/one way

25 US\$ per person/both ways

All payments must be transferred at the latest 14 days prior to the beginning of the Championship by bank transfer.

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

**Training:** Training will be available at the venue in specified area for accredited persons.

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

### Closing Banquets:

**Equipped:** Tuesday, 21<sup>st</sup> June 30 US\$ /person

**Participation Fee:** 90 US\$

**Anti-Doping Fee:** 60 US\$

**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.

**COVID19 Regulations:** The Championship will be organised under strict COVID19 rules and regulations. IPF COVID Precautions are published on the webpage under the following link: <https://www.powerlifting.sport/fileadmin/ipf/data/championships/informations/2021/IPF.Covid.Precautions.pdf>  
Additionally, the APF will follow to 100% the COVID Rules and Regulations of the Government from the host country (India). ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the India Government. Failure to do so, will cause a disqualification and exclusion from the championship.

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### **Anti-Doping Information:**

*For the*

### **Men's and Women's combined Asian Open, Sub-Junior & Junior and Masters Equipped Powerlifting Championships.**

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.

**Nominations:** Team nomination forms must be in the hands of the APF Championship Secretary not later than: **19<sup>th</sup> April 2022**.

**Preliminary:** **19<sup>th</sup> April 2022** complete filled in preliminary form must be sent. (No final nomination will be accepted if complete filled in the preliminary was not sent).

**Final:** **28<sup>th</sup> May 2022** (later entries will not be accepted).

**21 Days Before the start of the competition: 28<sup>th</sup> May 2022 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 Asian 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:

APF Secretary General: Rajesh Tiwari, E-Mail: [raajesh.tiwari@gmail.com](mailto:raajesh.tiwari@gmail.com)  
APF Technical Chairperson: Chen-Yeh Chao, E-Mail: [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)  
APF Championship Secretary: P.J. Joseph, E-Mail: [pjoseph\\_arjun@yahoo.co.in](mailto:pjoseph_arjun@yahoo.co.in)

**Victory Ceremonies:** Will be held immediately after each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation.

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**Provisional time Table: Asian Equipped Powerlifting Championships 2022  
Coimbatore, India**

<b>Provisional Timetable</b>			
<b>(Final Time Table will be made after the Technical Meeting)</b>			
<b>Date</b>	<b>Weigh-in time</b>	<b>Classes</b>	<b>Start</b>
<b>Friday 17.06.2022</b>	<b>14:00 Hrs</b>	<b>Referee Clinic Referee Examination</b>	
	<b>16:00 Hrs</b>	<b>Technical Meeting Anti-Doping Seminar</b>	
	<b>18:00 Hrs</b>	<b>OPENING CEREMONY</b>	
<b>Saturday 18.06.2022</b>	<b>08:00 – 09:30 Hrs</b>	<b>Men 53kg, 59kg (All Age Group)</b>	<b>10:00</b>
	<b>11:00 – 12:30 Hrs</b>	<b>Women 43kg &amp; 47kg (All Age Group)</b>	<b>13:00</b>
	<b>14:00 – 15.30 Hrs</b>	<b>Men 66 (All Age Group)</b>	<b>16.00</b>
	<b>20.00 Hrs</b>	<b>APF Annual Congress</b>	
<b>Sunday 19.06.2022</b>	<b>07:00 – 08:30 Hrs</b>	<b>Men 74 Kg (All Age Group)</b>	<b>09:00</b>
	<b>10:00 – 11:30 Hrs</b>	<b>Women 52Kg &amp; 57Kg (All Age Group)</b>	<b>12:00</b>
	<b>13:00–14:30 Hrs</b>	<b>Men 83 Kg (All Age Group)</b>	<b>15:00</b>
	<b>16:00 – 17:30 Hrs</b>	<b>Men 93 Kg (All Age Group)</b>	<b>18:00</b>
<b>Monday 20.06.2022</b>	<b>07:00– 08:30 Hrs</b>	<b>Men 105Kg (All Age Group)</b>	<b>09:00</b>
	<b>11:00 – 12:30 Hrs</b>	<b>Women 63Kg &amp; 69Kg (All Age Group)</b>	<b>13:00</b>
	<b>15:00 – 16:30 Hrs</b>	<b>Women 76Kg, 84Kg &amp; 84+Kg (All Age Group)</b>	<b>17:00</b>
<b>Tuesday 21.06.2022</b>	<b>08.00 – 09.30 Hrs</b>	<b>Men 120Kg &amp; 120+Kg (All Age Group)</b>	<b>10:00</b>
	<b>19:00 Hrs</b>	<b>BANQUET</b>	

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### **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. A lifter can only compete one time at the equipped championships. The age category he or she choiced for the preliminary nomination cannot be changed after the preliminary dateline

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Friday May 20, 2022 at 20:00 hrs. 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 Asian Championships.

Farshid Soltani  
APF President

Rajesh Tiwari  
APF Secretary General

P.J. Joseph  
APF Championship Secretary

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