

OFFICIAL INVITATION

OCEANIA CLASSIC POWERLIFTING and BENCH PRESS CHAMPIONSHIPS 2017

Incorporating the Pacific Invitational II and Singapore Open

Sanctioned by the IPF and OPF, hosted by Powerlifting Singapore

Park Avenue Convention Center and Hotel, 7-10 December 2017

- **Entry Deadlines:** 7 October (Prelim), 16 November (Final), Technical Meeting- 7pm on the 6th of December
- **Entry Fee:** Oceania Classic Powerlifting 190USD + Doping Control Fee 60 USD; Pacific Invitational No Entry Fee; Singapore Open 100USD + Doping Control Fee 50USD
- **Hotel:** Park Avenue Hotel, rooms at 200SGD/night, same price single or twin sharing and include breakfast. Web link for hotel bookings will be provided shortly
- Tentative schedule (final schedule to follow on 15th October after prelim nominations):

6 th AM/PM	7th	8th	9th	10th
-	Singapore Open	Bench Press SJ/J/M PL M	PL J	PL Open/Oceania/Pacific Invitational/Singapore Open
Technical Meeting	Singapore Open	Bench Press Open PL SJ	PL Open	PL Open/Oceania/Pacific Invitational/Singapore Open

-All lifters and officials are advised to attend for all days of the championships

- **Flight arrangements:** to be made to Changi International Airport (SIN).
- **Venue:** The Park Avenue is located one MRT(subway) stop from the airport; the train is the fastest way to get to our venue and hotel. The venue and hotel are 20 meters from a large grocery store and eateries of every price range, there is a large outlet mall 60m from Park Avenue. The subway stop is directly opposite the hotel and takes you to town, approx 1-2 SGD one way.
- **Doping Control:** will be conducted by Anti-Doping Singapore, registration website will require athletes to submit your ADAMS number if applicable. An information session will be provided.

All enquiries and clarifications to powerliftingsg@gmail.com or Oceaniaclassic2017@gmail.com

We look forward to having you with us in the city of Singapore!





Official Nomination Form

The nomination form must be sent to :

Original: oceaniaclassic2017@gmail.com

Copy of Nomination: rwilks@powerliftingaustralia.com

Accommodation Enquiries: Oceaniaclassic2017@gmail.com

Transport: Oceaniaclassic2017@gmail.com

Team Manager, Head Coach and Referee Details

Each Referee must state for which categories he/she will be free from other duties (coach, lifter) in column "Available For Categories". He/she must referee in the stated categories if he/she is nominated by OPF for these classes.

If available categories are not stated, he/she is obliged to referee in categories decided by the OPF.

It is an obligation of every Federation to confirm the participation of all their Referees nominated in the Final nomination or cancel the Referees who will not participate in the Championship.

Latest date for changes of categories for which Referees have been allocated by the OPF must be made no later than 14 days prior to the Technical Meeting of the competition. If Referees do not indicate changes to the Championships Secretary during that time, Referees are obliged to be available for the originally nominated sessions.

All nominated Referees attending a championship, must be available for at least two days !!!





National Powerlifting Federation/Association:

Name and position of person submitting:

Team Manager:

Head Coach:

Nominated Referees (Name and Category)

- 1.
- 2.
- 3.
- 4.

Team Nominations

Total number of lifters A Team:

Total number of lifters B Team (Open & Junior only):

Singapore Open Lifters:

Total number of team members:

Please note Singapore Open nominations are limited and confirmed entry will be at the discretion of the organizing committee

Lifter Details





Enter the lifter's family name and first name separately into an appropriate column below. State each lifter's personal best achieved at national or international championships during the previous 12 months.

NOMINATION FORM THREE LIFT ASIA/OCEANIA/Sing Open

Please, use each lifter's full first name, not his or her nickname!

Weight class cannot be changed after 21 days prior to competition start date

Women's Sub-Junior

Class	Surname	Given Name	Date of Birth	Best Performance



Women's Junior A

Class	Surname	Given Name	Date of Birth	Best Performance

Women's Junior B

Class	Surname	Given Name	Date of Birth	Best Performance



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Women's Open A

Class	Surname	Given Name	Date of Birth	Best Performance

Women's Open B

Class	Surname	Given Name	Date of Birth	Best Performance



Singapore Open Women's Open

Class	Surname	Given Name	Date of Birth	Best Performance

Women's M1

Class	Surname	Given Name	Date of Birth	Best Performance



Women's M2

Class	Surname	Given Name	Date of Birth	Best Performance

Women's M3

Class	Surname	Given Name	Date of Birth	Best Performance



Women's M4

Class	Surname	Given Name	Date of Birth	Best Performance



Men's Sub-Junior

Class	Surname	Given Name	Date of Birth	Best Performance

Men's Junior A

Class	Surname	Given Name	Date of Birth	Best Performance



Men's Junior B

Class	Surname	Given Name	Date of Birth	Best Performance

Men's Open A

Class	Surname	Given Name	Date of Birth	Best Performance



Men's Open B

Class	Surname	Given Name	Date of Birth	Best Performance

Singapore Open Men's Open

Class	Surname	Given Name	Date of Birth	Best Performance



Men's M1

Class	Surname	Given Name	Date of Birth	Best Performance

Men's M2



Class	Surname	Given Name	Date of Birth	Best Performance

Men's M3

Class	Surname	Given Name	Date of Birth	Best Performance



Men's M4

Class	Surname	Given Name	Date of Birth	Best Performance

NOMINATION FORM Classic BENCH PRESS ONLY ASIA/OCEANIA

Please, use each lifter's full first name, not his or her nickname!

Women's Sub-Junior

Class	Surname	Given Name	Date of Birth	Best Performance



Women's Junior

Class	Surname	Given Name	Date of Birth	Best Performance

Women's Open

Class	Surname	Given Name	Date of Birth	Best Performance



Women's M1

Class	Surname	Given Name	Date of Birth	Best Performance

Women's M2

Class	Surname	Given Name	Date of Birth	Best Performance



Women's M3

Class	Surname	Given Name	Date of Birth	Best Performance



Women's M4

Class	Surname	Given Name	Date of Birth	Best Performance

Men's Sub-Junior

Class	Surname	Given Name	Date of Birth	Best Performance



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Men's Junior

Class	Surname	Given Name	Date of Birth	Best Performance

Men's Open

Class	Surname	Given Name	Date of Birth	Best Performance



Men's M1

Class	Surname	Given Name	Date of Birth	Best Performance

Men's M2

Class	Surname	Given Name	Date of Birth	Best Performance



Men's M3

Class	Surname	Given Name	Date of Birth	Best Performance

Men's M4



Class	Surname	Given Name	Date of Birth	Best Performance

Team Contact Details

Name:

Phone:

Address:

Country:

Email:

Accreditation for Coaches



Coach	Surname, Given name	Federation/Association Title

Accreditation for Team Medical Officer

Full Name	Qualification

Please provide documentation of qualifications

Please note: Team doctor or physiotherapist **must** sit in the audience until they are required to go to the warm up/wrapping area i.e. if there is an injury.



