

UPDATED 22/10/19



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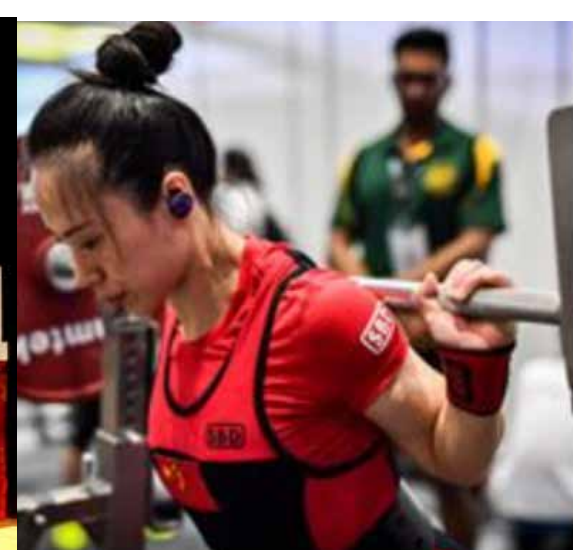
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ASIA PACIFIC POWERLIFTING CHAMPIONSHIPS 2019

December 13 – 15
Sheung Wan, Hong Kong



World Powerlifting, the Oceania Powerlifting Federation and the Hong Kong Powerlifting Federation present the 2019 Asia Pacific Powerlifting Championships -

EVENTS

1. **Powerlifting** (Squat + Bench Press + Deadlift)

2. **Bench Press**

for Men and Women in the bodyweight classes -

Men: 62kg, 69kg, 77kg, 85kg, 94kg, 105kg, 120kg & 120+kg

Women: 48kg, 53kg, 58kg, 64kg, 72kg, 84kg, 100kg & 100+kg

and age groups -

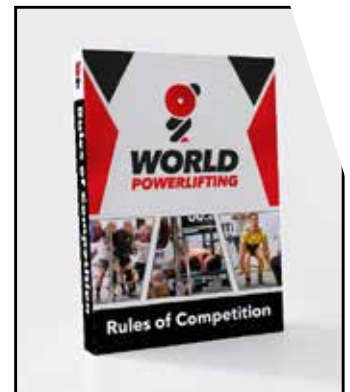
Open, Youth, Junior &

Masters (44-44, 45-49, 50-54, 55-59, 60-64, 70-74, 75-7, 80+)

RULES

The rules for the event are the World Powerlifting Rules of Competition, as effective 1st July 2019

<https://worldpowerlifting.com/rules>



HKPF TEAM

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VENUE



Hotel name: IBIS Hong Kong Central and Sheung Wan

Address:
No. 28 Des Voeux
Road West, Sheung
Wan, Hong Kong

MTR station (Mass Transit Railway) :
Sheung Wan Station



EQUIPMENT

Platform, Racks, Barbell, Collars and Discs will be the World Powerlifting approved brand Samtek www.samtekstrength.com The Competition Bar will be the Samtek stainless steel, 204,000 psi, super grip bar.

Warmup equipment will be World Powerlifting Rules of Competition compliant Racks, Barbells and Discs.

Scales certified to .05kg will be used at weigh-in and available for extended hours at Square Mile



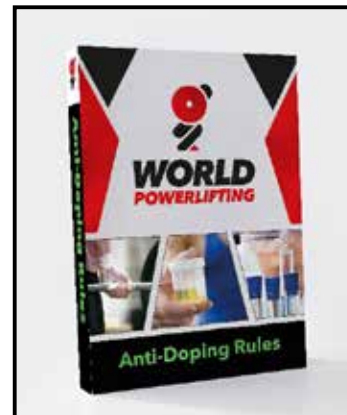
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ANTI-DOPING

All athletes and support personnel are subject to the World Powerlifting WADA compliant Anti-Doping Policy.

<https://worldpowerlifting.com/wp-content/uploads/2018/08/world-powerlifting-anti-doping-rules.pdf>

There will be out of competition testing prior to the Championships and all entrants will be forwarded the necessary consent and Whereabouts forms prior to the Championships -- failure to comply with these requirements will invalidate your entry. Competition drug testing will occur throughout the event



REFEREE EXAMINATIONS

A course and examination for accreditation as a World Powerlifting World Referee will be conducted at the Championships. Contact World Powerlifting Technical Committee Chairman Julian Perry for details jperry@worldpowerlifting.com



MEDAL AND TROPHY PRESENTATIONS

Powerlifting medals will be presented at the conclusion of each Session. All medallists must be in team uniform tracksuit to be eligible to receive their medal. Best Lifter and Team trophies will be awarded at the presentation banquet 7.30PM Sunday 15th December at Sohofama, 35 Aberdeen St, Central www.shofama.com Tickets c.HKD250 per person available at the venue.



TRAINING FACILITIES

Trybe

Unit 209-210 2/F One Island South
2 Heung Yip Road
Wong Chuk Hang, Hong Kong
250hkd Day Pass. Combo Rack, no sauna.
www.trybehk.com

Physical

12th Floor, Grand Millennium Plaza,
181 Queen's Road Central, Central.
300hkd Day Pass or 400hkd 2 Days. Has Sauna.

Pure Kinwick

3/F, Kinwick Centre, 32 Hollywood Rd, Central
350hkd Day Pass. Has Sauna.

Fitness First

3/F, Nan Fung Place 88 Connaught Road
C Sheung Wan Central
350hkd Day Pass. Has Sauna.

Go24 Fitness (Kennedy Town)

G/F Wah Po Building No1, New Praya, Kennedy Town
180hkd Day Pass. No Sauna.

Pure Soho

3F Kinwick Centre,
32 Hollywood Road, Central
www.pure-fitness.com/hongkong

Passport id required for entry to all gyms



AIR TRAVEL

Hong Kong is an open port. Visas are required only for a very few nations. Check at <https://www.immd.gov.hk/eng/services/visas/visit-transit/visit-visa-entry-permit.html>

Many airlines fly direct to Hong Kong from around the world. Cathay Pacific is Hong Kong's premiere airline - see www.cathaypacific.com



HOTEL

The official venue for competition and accommodation is IBIS Hong Kong Central and Sheung Wan, No. 28 Des Voeux Road West, Sheung Wan, Hong Kong.

Please stay only at this hotel, for convenience and security. Special rates apply -

IBIS Hong Kong Central and Sheung Wan

Company Name: HK Powerlifting Federation
Booking Deadline: 22 November 2019
Period of Stay: Special rates apply for December 09-16, 2019
Hotel Address: No. 28 Des Voeux Road West, Sheung Wan, Hong Kong
Room rate: City View Twin Double Bed
HKD \$500 per room per night for room only
HKD \$580 per room per night inclusive of one buffet breakfast
HKD \$660 per room per night inclusive of two buffet breakfasts

Optional Supplement: Harbour View room can be arranged for an additional HKD \$180 net per room per night

10% discount at Sweetheart Restaurant located on 1/F of IBIS Hong Kong Central and Sheung Wan.

Book Now

via attached Booking Form direct to IBIS H7606-SM1@accor.com



PROVISIONAL TIMETABLE

The provisional timetable for the Championships is -

Friday

10am 48kg | 53kg | 62kg | 69kg
1pm 58kg | 77kg

Saturday

10am 64kg | 85kg
1pm 72kg | 84kg | 94kg

Sunday

10am 84kg | 105kg
1pm 100kg | 100+kg | 120kg | 120+kg

7:30pm Presentation Banquet

This timetable is subject to change, please ensure your attendance for all days of the competition

STREAMING

The event will be streamed live to World Powerlifting website and Facebook, HKPF Facebook and subscribing national federation websites



ENTRIES

Entries for all competitors, coaches, referees and medical personnel must be made on the attached forms, forwarded by scan to -

rwilks@worldpowerlifting.com

Each World Powerlifting member nation may enter A and B teams in each age group and event type i.e. 8 Men + 8 Women for both A & B Teams in each age group. For example -

[Nation] Men Open B Team 8 Lifters
[Nation] Women Open A Team 8 Lifters
[Nation] Women Open B Team 8 Lifters
and so on for each age group, for each nation.

Individuals from nations without World Powerlifting member bodies may apply for individual entry.

CLOSING DATE FOR ENTRIES
21st November 2019

ENTRY FEES

Entry HKD750 Powerlifting
HKD500 Bench Press
HKD1000 Powerlifting & Bench Press

Anti-Doping Fee HKD250 per Lifter

Teams will be invoiced on receipt of entry





ENTRY FORM

NATION: _____

TEAM MANAGER: _____

PHONE: _____

EMAIL: _____

COACHES: _____

REFEREES: _____

MEDICAL: _____



Booking Deadline: November 22, 2019 For Official use only
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**Hong Kong Powerlifting Federation Event
December 12 – 15, 2019**

Ibis Hong Kong Central & Sheung Wan Hotel Reservation Form

Guest Name (Mr / Mrs / Ms): (Surname) _____ (First Name) _____

Share Guest if any (Mr / Mrs / Ms) _____ (Nationality) _____

Telephone No. _____ Fax _____

E-mail Address _____

Arrival Date _____ Flight No./ ETA _____

Departure Date _____ Flight No./ ETD _____

No. of Room(s) _____ No. of Person(s) _____

Accommodation at ibis Hong Kong Central & Sheung Wan Hotel

* All reservation will be subjected to hotel room availability and *Rates are offer for December 09 – 16, 2019 (7 nights)
 *The special rate may be adjusted to our Best Available Rate should all rooms based on the below special rate be sold out

Room Type	Room Rate (per room per night)	Privileges
City View Room <input type="checkbox"/> Double (Queen Bed) <input type="checkbox"/> Twin (2 single beds)	<input type="checkbox"/> HK\$500.00 (Room Only Rate) <input type="checkbox"/> HK\$580.00 (Include 1 Buffet breakfast) <input type="checkbox"/> HK\$660.00 (Include 2 Buffet breakfast)	* Complimentary Wi-Fi internet access * Complimentary bottle of distilled water in room * Free access to fitness centre * Free local calls * Tea/Coffee making facilities *10% discount on laundry, dry cleaning and pressing service *10% discount on F&B consumption at TASTE and LE BAR
Harbour View Room <input type="checkbox"/> Double (Queen Bed) <input type="checkbox"/> Twin (2 single beds)	<input type="checkbox"/> HK\$680.00 (Room Only Rate) <input type="checkbox"/> HK\$760.00 (Include 1 Buffet breakfast) <input type="checkbox"/> HK\$840.00 (Include 2 Buffet breakfast)	Special Request (if any) (Subject to hotel availability) _____

GUARANTEED RESERVATION & CANCELLATION POLICY

- **Hotel room rates are inclusive of 10% service charge.**
- Kindly note that the above special rates are only applicable for booking reserved **on or before November 22, 2019** and **the room space is subject to the hotel's room availability and confirmation.**
- All reservations will only be processed with credit card details upon reservation for guarantee purpose, otherwise, the application will automatically be cancelled and rooms will be released.
- Please email or fax back the completed form to **Ms. Ivy Lai – Assistant Director of Sales**
 Tel: (852) 2252 2980 Fax no.: (852) 2252 2969 or E-mail: H7606-SM1@accor.com
- Hotel will reply to guest at the earliest time once received the reservation form.

Please note the following hotel cancellation policy:

Cancellation must be made on or before November 22, 2019.
 If the guest cancels or modifies the room up to November 22, 2019, the hotel will not charge anything to the credit card provided.

 No cancellation, amendment or early departures will be allowed after November 22, 2019. If received any cancellation or amendment received after the captioned date, penalty charge will be applied automatically for the whole period of stay from the guest's credit card as cancellation fee.

 Hotel has the right to forfeit the deposit for any late cancellation.

Credit Card VISA MASTER JCB DINERS AMEX

Name of cardholder: _____ Expiry Date: _____

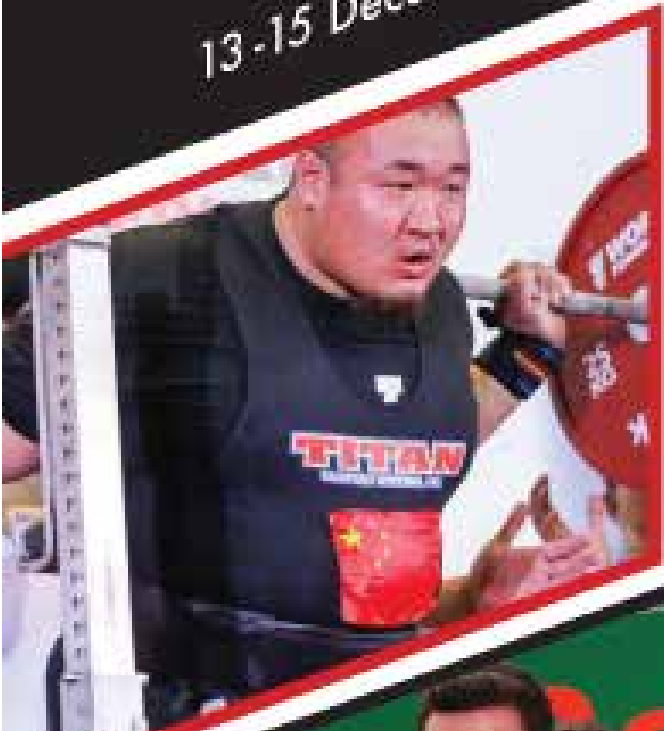
Credit Card No.: _____ Holder's Signature: _____

- Telegraphic Transfer (HK\$300 Bank charges will be applied on top of room rate)
 (Bank details will be provided once booking is confirmed)



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13-15 December • Sheung Wan, Hong Kong



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 **WORLD
POWERLIFTING**