

## OFFICIAL INVITATION

The African Powerlifting Federation and the South African Powerlifting Federation Invites the APF member nations to participate in the

### **AFRICAN CLASSIC & EQUIPPED BENCH PRESS CHAMPIONSHIPS**

**For**

**Men & Women Open, Masters, Sub-Junior & Junior**

**8 -11 MARCH 2023**

**At ELGRO Hotel Potchefstroom South Africa**

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 APF-Member nations, NOT by individuals.

**Meet Director: Johan Hannie Smith**

Email: [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport) Cell: +27825663433

**Technical Secretary:** Vicky Botha Cell: +27824473848

**General Secretary:** Nedjah Kamal Email: [nedjah.kamel@gmail.com](mailto:nedjah.kamel@gmail.com)

**Correspondence & Visa support:** Johan Hannie Smith Email: [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport)

**Nominations:** To be entered in Goodlift system, with copies to be sent to:

Heather Leighton Email: [Heather.Leighton@powerlifting.sport](mailto:Heather.Leighton@powerlifting.sport)

Technical Chairman Hannie Smith email: [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport)

Hamid JAMAL email :[bhjamal@hotmail.fr](mailto:bhjamal@hotmail.fr)

**Transport request:** Johan Hannie Smith [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport) cell: +27825663433

**Host City:** Potchefstroom South Africa

**Venue:** ELGRO Hotel Convention Centre Potchefstroom

**APF Congress: Wednesday 8<sup>th</sup> March 2023 14:00**

**Technical Meeting: Wednesday 8<sup>th</sup> March 2023, 19:00**



## **ACCOMMODATION**

Note 1: All athletes, coaches, referees and officials from each federation have to book their rooms with **organizer director** and have to stay in the official hotel during the championship. **If athletes, coaches, referees or officials do not stay in the official hotel during the entire time in attendance at the championship, they will be obliged to pay an administration fee of 100 EUR per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship**

**Note 2:** The organizer will not be responsible for any Extra hotel bills of the participating nations. All delegates must pay directly their rooms to the **organizer director**

**Accommodation contact:** Helen de Wet – ELGRO Hotel email address: [conference@elgro.co.za](mailto:conference@elgro.co.za)

w-up no: +27 84 2500 564

### **Accommodation options:**

#### **Option 1 – Bed and Breakfast Only**

**Elgro Hotel      3 Star Hotel**  
This hotel has 100 rooms and is the venue for the Competition

Single Room - R 1085.00 per person per night Bed, and Breakfast  
Double/Twin Room - R 1275.00 per room per night Bed and Breakfast

#### **Option 2 – Dinner, Bed, Breakfast and Lunch**

**Elgro Hotel      3 Star Hotel**  
This hotel has 100 rooms and is the venue for the Competition

Single Room - R 1510.00 per person per night – Dinner, Bed & Breakfast  
Double / Twin Room - R 2125.00 per room per night Dinner, Bed, & Breakfast

#### **Lunch consists of:**

Pasta Sauce  
Salad  
Bread Roll

#### **Dinner Consists of:**

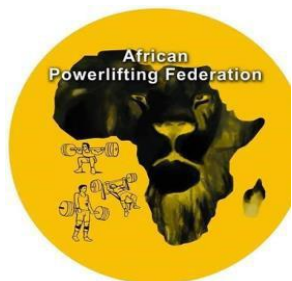
2 x Meat  
2 x Starch  
2 x Vegetables  
1 x Salad  
Dessert

**Accommodation fees payable by:** Card, Cash in Rand, EURO OR DOLLARS (according to the current exchange rate);

### **1. Bank transfer to the following bank account:**

#### **Banking details:**

**Account Name      : Elgro Hotel**  
**Bank                 : ABSA Bank**  
**Address             : Church Street, Potchefstroom**  
**Account Type      : Cheque**  
**Account Number   : 680 146 934**  
**Branch Code       : 632 005**  
**SWIFT Code        : ABSAZAJJ**



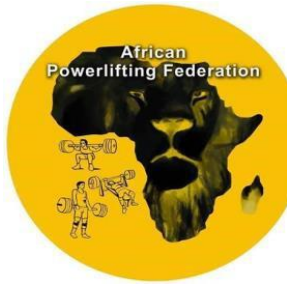
Payment must be received at the above-mentioned bank account at the latest 7 days prior to the beginning of the Championship. All bank charges go at the expense of order party. If you choose the payment by bank transfer, you must inform the organizer in advance. All rooms must be booked at the latest with the deadline of the final nomination – **18<sup>th</sup> February 2023** is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not cancelled in time, federations have to pay the reserved hotel rooms, the participation fee, the doping and the banquet tickets for all lifters and officials specified at the final nomination form.

#### Arrivals/Transportation:

Transport from Johannesburg International Airport to ELGRO Hotel in Potchefstroom is **50 EURO** one way, **100 EURO** Both ways. That includes all shuttle service between Venue and Hotel's. Payment will be in Cash/ or by bank transfer on arrival to the Meet Director.

Please send your detailed travel itinerary to the Meet Director Johan Hannie Smith [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport)

- Scales:** Scales available at the official hotels.
- Training:** Training facilities available at training area at the venue.
- Flag and anthem:** Flags will be provided by organizers. Anthems must be provided by each nation.
- Opening Ceremony:** Thursday 9th March 2023 at 10H00 at the Venue. All representatives from each participating country shall take part at the Ceremony.
- Closing Banquet:** Saturday 11<sup>th</sup> March 2023 at 19:00 ELGRO Hotel Potchefstroom  
Price per ticket for one person: **30,00 EUR** paid by bank transfer or on arrival.  
**The number of banquet tickets must be ordered at the Nomination form.**
- Participation Fee:** **60,00 EUR** for each lifter must be paid by **to the APF** before the Technical Meeting. APF invoice will be sent by the APF Treasurer 7 days before the Technical Meeting.
- Anti-Doping Fee:** **60,00 EUR** for each lifter must be paid by bank transfer **to the APF bank account OR CASH IN** arrival before the Technical Meeting. APF invoice will be sent by the APF Treasurer 7 days before the Technical Meeting.



### **Anti-Doping Information for the APF African 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.
4. All athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([Adel](#)) in order to be able to compete. You must submit your completed certificate from Adel with your nomination for your registration to be complete.
5. Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:
  - i. requirements for submitting whereabouts information
  - ii. rights and responsibilities during [sample collection](#)
  - iii. responsibility to avoid the use of prohibited substances and methods
  - iv. consent to the use of your information
  - v. obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom

All athletes participating at this event are classified as an International Level Athlete

As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.

For all Anti-Doping related questions, please contact [ipfantidoping@cces.ca](mailto:ipfantidoping@cces.ca).



## Health and travel

### Insurance:

All delegates must have a valid health insurance. The organizer and the APF will not incur any expenses for a doctor or hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes, etc.

### Nominations:

Team nomination forms must be in the hands of the Meet Director

Johan Hannie Smith [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport)

Heather Leighton [Heather.Leighton@powerlifting.sport](mailto:Heather.Leighton@powerlifting.sport)

### Preliminary:

**8<sup>th</sup> January 2023** (complete filled in preliminary form must be sent to Heather Leighton [Heather.Leighton@powerlifting.sport](mailto:Heather.Leighton@powerlifting.sport) & [hannie.smith@powerlifting.sport](mailto:hannie.smith@powerlifting.sport) final nomination will be accepted if complete filled in the preliminary was not sent).

### Final:

**16<sup>th</sup> February 2023** (later entries will not be accepted).

### Victory Ceremonies:

Victory Ceremony will take place after each session.

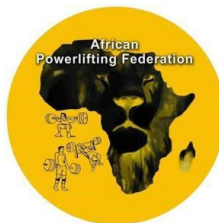
All lifters will receive Participation Medals.

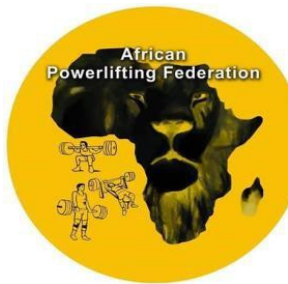
### Best Lifters Ceremony:

Banquet

### Important Note:

Changes may occur to the timetable of events. All changes will take place at the technical meeting.





## ALL AFRICA POWERLIFTING CHAMPIONSHIPS 2022 TIMETABLE

### **Thursday 9 March 2023**

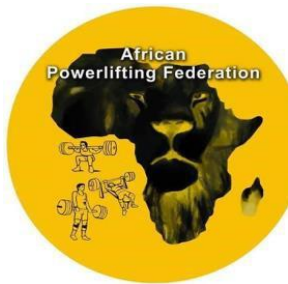
	<b>Weigh-in Time</b>	<b>Class</b>	<b>Number of lifters</b>	<b>Lifting starts</b>
Session 1 – Bench Press (Classic)	09h00-10h30	Women 43kg – 63kg		11h00
Session 2 – Bench Press (Classic)	12h00-13h30	Men 53kg – 66kg		14h00
Session 3 – Bench Press (Classic)	15h00-16h30	Women 69kg-+84kg		17h00

### **Friday 10 March 2023**

	<b>Weigh-in Time</b>	<b>Class</b>	<b>Number of lifters</b>	<b>Lifting starts</b>
Session 1 – Bench Press (Classic)	09h00-10h30	Men 74kg-83kg		11h00
Session 2 – Bench Press (Classic)	12h00-13h30	Men 93kg-105kg		14h00
Session 3 – Bench Press (Classic)	14h30-16h00	Men 120kg-+120kg		17h00

### **Saturday 11 March 2023**

	<b>Weigh-in Time</b>	<b>Class</b>	<b>Number of lifters</b>	<b>Lifting starts</b>
Session 1 – Bench Press (Equipped)	09h00-10h30	Women 43kg-+84kg		11h00
Session 2 – Bench Press (Equipped)	12h00-13h30	Men 53kg - +120kg		14h00
<b>BANQUET</b>				19h00



### **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).

According Technical Rules [Page 4, item 7] at the final nomination you must definite 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.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Wednesday 14/9/, 2022 at 19:30 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.

If the organizer does not receive confirmed cancellations of hotel rooms at least 21 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials.(IPF-By-Laws 12.9) The same applies to participation and anti-doping fees (IPF- By-Laws 14.5).

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the entire time in attendance at the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of € 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 championship (IPF By-laws 14.4).

**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 World Championships.

**Meet Director – Johan (Hannie) Smith**

