



## OFFICIAL INVITATION

**The African Powerlifting Federation**  
and  
**Algerian Powerlifting Federation**  
invite  
the African member nations to participate in the

**APF African Classic, Equipped sub-juniors , Juniors, Open and Masters  
Powerlifting Championship, including APF University Cup.**

**from 24<sup>th</sup> to 29<sup>th</sup> of October 2023**

**Please note: all information is posted only for information purposes. All team selection, all official entries for the Championships and all accommodation bookings must be done by APF-Member nations, NOT by individuals.**

<b>Meet Director:</b>	Name: Kamel Nedjah Address: BP 88, City Olympique-Dely Brahim Algiers. Phone: +213 552 85 154 E-mail: <a href="mailto:algeria.powerfitbody21@gmail.com">algeria.powerfitbody21@gmail.com</a>
<b>Correspondence, Visa:</b>	Name: Kamel Nedjah Address: BP 88, City Olympique-Dely Brahim Algiers. Phone: +213 552 85 154 E-mail: <a href="mailto:algeria.powerfitbody21@gmail.com">algeria.powerfitbody21@gmail.com</a>
<b>Accommodation And Transport</b>	Name: championship Secretariat Phone: +213 552 85 154 E-mail: <a href="mailto:abbfplfederation@gmail.com">abbfplfederation@gmail.com</a>
<b>Copy to meet Director:</b>	E-mail: <a href="mailto:algeria.powerfitbody21@gmail.com">algeria.powerfitbody21@gmail.com</a>
<b>Technical Secretary:</b>	Name: Johan Smith Phone: +27825663433 E-mail: <a href="mailto:hannie.smith@powerlifting.sport">hannie.smith@powerlifting.sport</a>
<b>APF Championship : Secretary:</b>	Heather Leighton <a href="mailto:heatherleighon@gmail.com">heatherleighon@gmail.com</a> Mobile Phone: +352-621165214, Fax: +352-582696

**Nominations: correspondances must be sent to :**

**Meet Director :** Kamel Nedjah [algeria.powerfitbody21@gmail.com](mailto:algeria.powerfitbody21@gmail.com)

**APF Championship secretary:** Heather Leighton [heatherleighon@gmail.com](mailto:heatherleighon@gmail.com)

**Technical Chairman :** Hannie Smith: [hannie@lagayim.co.za](mailto:hannie@lagayim.co.za)

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



<b>Host City:</b>	Algiers,
<b>Date:</b>	24 <sup>th</sup> – 29 <sup>th</sup> of October 2023
<b>Venue:</b>	La Coupole, complexe sportif, Mohamed Boudiaf Alger; Algérie.
<b>General Assembly</b>	<b>Wednesday 25<sup>th</sup> October 2023 at 17h00</b> Hotel l'Olympique, Dely Brahim Alger,
<b>Technical Meeting:</b>	wednesday 25 <sup>th</sup> October 2023 at 18h00, Hotel l'Olympique, Dely Brahim Alger,

**1- Hotel l'Olympic, Algiers 4 \* . 2- Dar Diaf Hotel Cheraga Alger 3 \* ,**

**Hotel Rates : Prices for one night, including City tax**

- Single room – (1adult) €120 EURO **three Meals( B+L+D)** - € 90 only **one Meal (B)**
  - Double room– (2 adults) €200 EURO **three Meals( B+L+D)** - €150 **only one Meal (B)**
  - Apartment– (3 adults ) €270 EURO **three Meals( B+L+D)** - €190 **only one Meal (B)**
- Breakfast, Lunch and Dinner are all Buffet, except for Lunch if in venue .**

**Dar Diaf Hotel Cheraga Algiers 3 \* .**

- Single room – (1adult) €100 EURO **three Meals( B+L+D)** - €80 **only one Meal (B)**
- Double room– 2 adults €170 EURO **three Meals( B+L+D)** - €130 **only one Meal (B)**

**2- Hotel Ferdi Lilly, Algiers, 4 \* Hotel,**

- Single room – (1adult) €130 EURO **three Meals( B+L+D)** - €100 **only one Meal (B)**
  - Double room– 2 adults €210 EURO **three Meals( B+L+D)** - €160 **only one Meal (B)**
- Breakfast, Lunch and Dinner are all Buffet, except for Lunch if in venue .**

**Please note**

- Free cancellation of the hotel rooms until 21 days prior the championship (05<sup>th</sup> October 2023)

**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 € 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. (APF By-laws).

**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 . by bank transfer , if not possible, then upon arrival in cash only.**

**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 transfer:**

1. Bank transfer against the invoice - **on the basis of a requirements of participants only against the invoice** (EUR according to the current exchange rate).

Payment must be received at the above mentioned bank account at the latest **14 days prior to the beginning of the Championship.**

### **Accommodation fees:**

shall be paid by bank transfer to the bank account of the organizer to following bank account to:

**Fédération Algérienne de Bodybuilding, Fitness et de Powerlifting.**

**IBAN NR : DZ 004 4570141111-64**

**SWIFT CODE : CPA LDZ AL XXX**

**CREDIT POPULAIRE D'ALGERIE**

**- AGENCE EL AURASSI 155 -**

**02 Brd Franz Fanon les Tagarins**

**- ALGER -**

### **Payable in cash :**

In Euro, Upon arrival to the organizer treasurer, if in **Dollar** according to the current exchange rate.

**International Airport  
for arrival:**

**Houari Boumediene International Airport Terminal 1.**

### **Arrivals/Transportation:**

Transport from Houari Boumediene International **Airport to hotel: 20 EUR** (each way/per person), **40 EUR** (two ways/per person), 35 Minutes Drive . Transport fee is payable in advance by bank transfer to above mentioned account, or on arrival in cash only.

Deadline – Friday 26<sup>th</sup> May 2023

**Scales:** Scales will be available at the official hotel(s), 24 hours.  
Scales will also be available at the venue.

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

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

**Closing Banquet:** 29<sup>th</sup> October 2023 at 20h00  
Price - €42.00  
Venue –Hotel L'Olympic Dely-Brahim Algiers.  
Closing Dinner Tickets and Payment confirmation are received instantly via email. (Please check your Spam/ Junk just in case you don't receive anything once payment is processed)

**The banquets tickets must be ordered with the preliminary nomination.**



**Participation Fee:** 60 € for each lifter declared must be wired to the APF bank account

**Anti-Doping Fee:** 60 € for each lifter declared must be wired to the APF bank account

**Health and Travel Insurance:** All delegate members must have a valid health insurance (it is also obligatory to have it at customs). The organiser 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:** If necessary, the Championship will be organised under strict COVID19 rules and regulations.

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

#### ***For the: APF African Classic and equipped Powerlifting Championship***

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.

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.

4. Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:
  - requirements for submitting whereabouts information
  - rights and responsibilities during [sample collection](#)
  - responsibility to avoid the use of prohibited substances and methods
  - consent to the use of your information
  - obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom
5. 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 athletes competing in the Sub-Junior and Masters level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are taking a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.

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



<b>Nominations:</b>	Team nomination forms must be in the hands of the Meet Director and the APF Championship Secretary not later than: <b>27<sup>th</sup> August 2023</b>
<b>Preliminary:</b>	<b>27<sup>th</sup> August 2023</b> complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
<b>Final:</b>	<b>05<sup>th</sup> October 2023</b> (later entries will not be accepted).

**21 Days Before Technical Meeting: 05<sup>th</sup> October 2023 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 African Championship or Cup, 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:

Meet Director and APF Championship Secretary Heather Leighton :

[algeria.powerfitbody21@gmail.com](mailto:algeria.powerfitbody21@gmail.com)

[heatherleighon@gmail.com](mailto:heatherleighon@gmail.com)

### All African Powerlifting Championships and University cup Provisional Timetable

**Technical Meeting:** wendnesday, 25<sup>th</sup> October 2023 19:00 – **Hotel L'Olympic**

**Opening Ceremony:** Thursday, 26<sup>th</sup> October 2023 – 09:30 – **La Coupole, Complexe sportif Med Boudiaf (Venue).**

*(Changes may occur to the timetable of events. Final changes will take place at the technical meeting.)*

### **Wednesday 25 October 2023**

APF Referees Clinic and Examination Candidate need to bring a Lap Top ( Personal computer )	Hotel L'Olympic Dely Brahim	10h30
APF General Assembly ( updating constitution with IPF)	Hotel L'Olympic Dely Brahim	17h00
Technical Meeting	Hotel L'Olympic Dely Brahim	18h00

### **Thursday 26 October 2023**

	Weigh-in Time	Class	Number of lifters	Lifting starts
Session 1 – Powerlifting (equipped) Sub-juiors-juniors-open-masters	08h00-09h30	All Women 43 to +84kg		10h00
Session 2 – Powerlifting (Equipped) Sub-juiors-juniors-open-masters	11h30-13h00	Men 59kg+120kg		13h30

### **Friday 27 October 2023**

	Weigh-in Time	Class	Number of lifters	Lifting starts
Session 1 – Powerlifting (Raw) Sub-juiors-juniors-open-masters	08h00-09h30	Men 53kg-66kg		10h00



Session 2 – Powerlifting (Raw) Sub-juiors-juniors-open-masters	11h30-13h00	Women 47kg-63kg		13h30
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Including university Cup.

**Saturday 28 October 2023**

	Weigh-in Time	Class	Number of lifters	Lifting starts
Session 1 – Powerlifting (Raw) Sub-juiors-juniors-open-masters	08h00-09h30	Men 74kg-83kg		10h00
Session 2 – Powerlifting (Raw) Sub-juiors-juniors-open-masters	11h30-13h00	Women 69kg-84+kg		13h30

Including university cup

**Sunday 29 October 2023**

	Weigh-in Time	Class	Number of lifters	Lifting starts
Session 1 – Powerlifting (Raw Sub-juiors-juniors-open-masters)	08h00-09h30	Men 93kg-105kg		10h00
Session 2 – Powerlifting (Raw) Sub-juiors-juniors-open-masters	11h30-13h00	Men 120kg-120+kg		13h30
<b>BANQUET</b>				20h00

including university cup

**Monday 30 October 2023 Departure of all Delegates**

### **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 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.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Saturday, 10<sup>th</sup> June 2023 19:00 at the Intercontinental Hotel. 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 World Championships.

**MEET DIRECTOR : Kamel Nedjah**