



OFFICIAL INVITATION

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

AFRICA POWERLIFTING, BENCH PRESS - CLASSIC & EQUIPPED CHAMPIONSHIPS

For

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

27th October 2024 – 3rd November 2024

**At ELGRO Hotel & Conference Centre,
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

Cell:+27825663433

Technical Secretary: Vicky Botha Cell: +27824473848

General Secretary: Heather Leighton Email: heather.leighton@powerlifting.sport

Correspondence & Visa support: Johan Hannie Smith Email: hannie.smith@powerlifting.sport

Nominations: Heather Leighton Email: heatherleighton@gmail.com

Technical Chairman Hannie Smith email: hannie.smith@powerlifting.sport

Hamid JAMAL email: bhjamal@hotmail.fr

Transport request: Johan Hannie Smith hannie.smith@powerlifting.sport cell: +27825663433

Host City: Potchefstroom South Africa

Venue: ELGRO Hotel Conference Centre Potchefstroom South Africa

Arrival & Registration: Sunday 27th October 2024 09h00 – 20h00

Congress: Monday 28th October 2024 14h00

Technical Meeting: Monday 28th October 2024

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. **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

Hotels:

ELGRO HOTEL 3* Wolmarans street 60 Potchefstroom 2520

Single room with 1 breakfast (1 person staying): Euro 70 per person per night

Twin room with 2 breakfasts (2 people staying): Euro 40 x 2 Euro 80 per room per night

limited number of rooms are available

WILLOWS HOTEL 4*

Single room with 1 breakfast (1 person staying): Euro 80 per person per night

Twin room with 2 breakfasts (2 people staying): Euro 50 x 2 Euro 100 per room per night

limited number of rooms are available

Note: Check-in time - 14.00; check out time - 12.00. Late check out (from 12.00 till 18.00) – 50% payment off regular price; late check out (from 18.00) – full payment per room per night. Early check in - 50% payment off regular price per room per night if rooms are available.

Note 1: All athletes, coaches, referees and officials from each member have to book their rooms with the organizer and have to stay in the official hotel during the **entire** period in attendance at the championship. Failure to comply to the rule mentioned above will have the effect that they will not receive accreditation and will not be permitted to compete or participate.

Note 2: The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay their rooms to organizers directly by bank transfer to get hotel confirmation or Cash Euro/Dollar /Rand & Credit Card on arrival. 5% transaction fee will be charge, according to the exchange rate.

Payment by:

Bank Transfer to POWERLIFTING UNLIMITED

First National Bank / South Africa

Account nr: 62604351122

Branch Code: 250437

Swift Code: FIRNZAJJ149 / FIRNZAJJXXX

First National Bank

Shop 12 President Square Park Street Fochville 2515 Gauteng

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 – **6th October 2024** 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 Potchefstroom is **55 EURO** one way, **110 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

Scales:	Scales available at the official hotels.
Training:	Training facilities available at training area at the venue.
Flag and anthem: organizers	Flags will be provided by organizers. Anthems will be provided by organizers
Opening Ceremony:	Tuesday 29 th October 2024 at 12H00 at the Venue. All representatives from each participating country shall take part at the Ceremony.
Departure:	Monday 4nd November 2024
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: bank account OR	60,00 EUR for each lifter must be paid by bank transfer to the APF 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.

Health and travel

Insurance: All delegate 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

Heather Leighton heatherjeighton@gmail.com

Preliminary: **29th August 2024** (complete filled in preliminary form must be sent to Heather Leighton heatherjeighton@gmail.com & hannie.smith@powerlifting.sport final nomination will be accepted if complete filled in the preliminary was not sent).

Final: **06th October 2024** (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: Venue after each category.

AFRICAN POWERLIFTING AND BENCH PRESS CHAMPIONSHIPS 2024 – PRELIMINARY TIMETABLE

**Provisional Timetable (will be revised after preliminary nomination)
Final Time Table will be made after the Technical Meeting)**

Date		TIME
Sunday 27/10/2024	Arrival & Registration	09h00 – 20h00
Monday 28/10/2024	Congress	15h00
Monday 28/10/2024	Technical Meeting	19h00
Tuesday 29/10/2024	Session 1 Classic Bench Press – ALL Women	07h00-08h30 Start: 09h00
	Session 2 Classic Bench Press – ALL Men	10h00-11h30 Start: 12h00
	Opening Ceremony	11h00
	CLASSIC POWERLIFTING Session 3 Sub-Jun & Junior Men 53 - +120kg	12h00-13h30 Start: 14h00
Wednesday 30/10/2024	Session 1 Sub-Jun & Junior Women 43- +84 kg	07h00-08h30 Start: 09h00
	Session 2 Master Men All 59- +120kg	12h00-13h30 Start: 14h00
Thursday 31/10/24	Session 1 Master Women All 47 - +84kg	07h00-08h30 Start: 09h00
	Session 2 Open Women 47- 63kg	12h00-13h30 Start: 14h00
Friday 01/11/2024	Session 1 Open Men 59- 83kg	07h00-08h30 Start: 09h00
	Session 2 Open Women 69 - +84kg	12h00-13h30 Start: 14h00
Saturday 02/11/2024	Session 1 Open Men 93 - 105kg	07h00-08h30 Start: 09h00
	Session 2 Open Men 120 - +120kg	12h00-13h30 Start: 14h00
	Session 3 EQUIPPED BENCH PRESS Equipped Bench Press – All Men & Women	14h00-15h30 Start: 16h00
Sunday 03/11/2024	EQUIPPED POWERLIFTING Session 1 Sub-Jun/Jun/Open Women 43 - +84kg	07h00-08h30 Start: 09h00
	Session 2 Sub-Jun /Jun/Open Men 53 - +120Kg	13h00-14h30 Start: 15h00
	Special Olympics will be included in the weight categories	
Monday 04/11/2024	Departure	

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 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.

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. 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 Smith