



OFFICIAL INVITATION

The African Powerlifting Federation and the Moroccan Powerlifting Federation Invite's the APF member nations to participate in the

AFRICAN & ARAB POWERLIFTING CHAMPIONSHIPS

Masters, Sub-Junior, Junior & Open categories

17 – 20. of October 2018

In Meknés, Morocco

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: Elmamoun mohamed - Email: elmamoun2001@yahoo.fr

Cell: +212 676 72 7786 or: +212 621 359507 Fax +212 535382722

APF president : Moussa Messaour – Email: federationfabbfpl2006@hotmail.com

Correspondence & Visa support: Elmamoun mohamed email: elmamoun2001@yahoo.fr

Nominations: Heather Leighton heatherjleighton@gmail.com

Hamid JAMAL email : bhjamal@hotmail.fr

Technical Chairman Hannie Smith email: hannie@lagayim.co.za

Elmamoun mohamed email: elmamoun2001@yahoo.fr

Accommodation: Elmamoun mohamed Email: elmamoun2001@yahoo.fr Tel: +212 6 76 72 77 86 or to Moroccopower.arms@gmail.com

Please send to Elmamoun mohamed all information concerning your stay in Morocco: transport request, preliminary and final nomination.

Technical Secretary: Heather Leighton email: heatherjleighton@gmail.com & **hannie smith** email : hannie@lagayim.co.za

Host City: Meknès - Morocco.

Date: 17– 20 October 2018

Venue: salle couverte de sport :la marche verte 20 Août - nouvelle Meknès.

Technical Meeting: Wednesday 17 October 2018, 17:00 hrs at the – Swani Hotel–

Hotel:

- hotel Plaisance
- hotel swani
- Hotel Belle Vue
- hotel Oasis Tafilalet

email : Elmamoun2001@yahoo.fr phone +212 676 72 7786 or: +212 621 359507 Fax +212 535382722

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**

Option 1

Accommodation

Single Room	Euro 90.00 per person per night Bed, and Breakfast +lunch+dinner
Double / Twin Room	Euro 160.00 per room per night Bed and Breakfast +lunch+dinner
Triple Room	Euro 195.00 per room per night Bed and Breakfast+lunch+dinner

Special note: all meals of lunches & dinners will take care by the most famous chief in the region +the drinks in table is for free : mineral water or soda

Here are some of the facilities we are able to offer our guests in our rooms:

Air Conditioning

On-Suite Bathrooms

Wifi connection

Accommodation fees payable by :

1. Cash in , EURO OR BY DOLLARS (according to the current exchange rate);

Account name: Elmamoun mohamed

Account: BMCE Bank ,khénifra ,Morocco / IBAN: BMCEMAMC

Account number: 011.380.0000.01.200.00.10654.42

Reference: **African and Arab Powerlifting Championships**

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 – 1st october 2018 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 International Airport to all hotels in Meknés is **20 EURO** one way, **40 EURO** Both way's. 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 Elmamoun mohamed - email: Elmamoun2001@yahoo.fr and email; moroccopower.arms@gmail.com so that the transfer can be provided.

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 18th October, 14:00 at the Venue. All representatives from each participating country shall take part at the Ceremony.

Closing Banquet: Saturday 20th october, 20:00

Price per ticket for one person: **20,00 EUR** paid by bank transfer or on arrival. **drinks, for free.**

The number of banquet tickets must be ordered at the Nomination form.

Participation Fee: **40,00 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: **50,00 EUR** for each lifter must be paid by bank transfer **to the IPF bank account** OR **CASH** IN arrival before the Technical Meeting. IPF invoice will be sent by the IPF Treasurer 7 days before the Technical Meeting.

Health and travel

Insurance: All delegate must have a valid health insurance. The organiser 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, ect.

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

hannie@lagayim.co.za and the APF General Secretary

Elmamoun2001@yahoo.fr

Preliminary : **18th August 2018**(complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final : **27 th September 2018** (later entries will not be accepted).

Schedule: See last page of this invitation

Correspondence : Emails regarding the championships must be sent to APF General Secretary email:elmamoun2001@yahoo.fr and the APF President Moussa Messaour - Email/ federationfabbfpl2006@hotmail.com

Victory Ceremonies: Victory Ceremony will take place after each session.

All lifters will received Participation Medals.

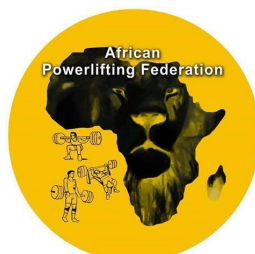
Best Lifters Ceremony: At Farewell Banquet

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

A Referees clinic and examination will be held at 10:00 on the 17th October. If attending and wish to write the examination they need to **apply online on the IPF webpage. Patrik Thur must first approve such an examination.** This will be done by computer therefore please ensure computer lap tops are available.

Moussa Messaour
APF President

Elmamoun Mohamed
Meet Director



ALL AFRICA & ARAB POWERLIFTING CHAMPIONSHIPS 2018

TIMETABLE

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

Wednesday 17 October 2018

APF Referees Clinic and Examination	Swani Hotel	10h30
APF Congress	Chamber of Commerce and Industry	16h00
Technical Meeting	Plaisance Hotel, Meknés	20h00

Thursday 18 October 2018

	Weigh-in Time	Class	Number of lifters	Lifting starts
Session 1 – Bench Press (Raw)	08h00-09h30	All Women, Men 57kg-83kg		10h00
Session 2 – Bench Press (Raw)	11h00-12h30	Men 93kg-120+kg		13h00
Session 3 – Powerlifting and Bench Press (Equipped)	14h00-15h30	All Women, All Men		16h00

Friday 19 October 2018

	Weigh-in Time	Class	Number of lifters	Lifting starts
Session 1 – Powerlifting (Raw)	07h00-08h30	Men 53kg-66kg		09h00
Session 2 – Powerlifting (Raw)	10h00-11h30	Women 47kg-63kg		12h00
Session 3 – Powerlifting (Raw)	13h00-14h30	Men 74kg-83kg		15h00

Saturday 20 October 2018

	Weigh-in Time	Class	Number of lifters	Lifting starts
Session 1 – Powerlifting (Raw)	07h00-08h30	Men 93kg-105kg		09h00
Session 2 – Powerlifting (Raw)	11h00-12h30	Women 72kg-84+kg		13h00
Session 3 – Powerlifting (Raw)	14h00-15h30	Men 120kg-120+kg		16h00
BANQUET				20h00

Sunday 21 October 2018 Departure of all Delegates