



OFFICIAL INVITATION

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

AFRICAN CLASSIC AND EQUIPPED POWERLIFTING AND BENCH PRESS CHAMPIONSHIPS (Masters, Sub-Junior, Junior & Open categories)

incorporating the
**ARNOLD CLASSIC AFRICA Classic and Equipped Powerlifting and
Bench Press Championships (Open Age category)**

and the
APF UNIVERSITY POWERLIFTING CUP

Monday 29th November 2021 – Saturday 4th December 2021

In 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 hannie@lagayim.co.za

Cell: +27 82 5663433 Fax +27 86 5243879

Correspondence & Visa support: Johan (Hannie) Smith & Vicki Botha

hannie@lagayim.co.za

Nominations: Heather Leighton heatherjleighton@gmail.com

Meet Director Hannie Smith email: hannie@lagayim.co.za

Championship Secretary : Vicki Botha hannie@lagayim.co.za

Cell: +27 82 4473848 Fax +27 86 5243879

Accommodation: Helen de Wet - conference@elgro.co.za Wup nr. +27842500564

Transport: Johan (Hannie) Smith hannie@lagayim.co.za

Cell: +27 82 5663433 Fax +27 86 5243879

Technical Secretary: Vicki Botha email : hannie@lagayim.co.za

Host City: Potchefstroom South Africa

Date: Tuesday 30th Nov – 4th December 2021

Venue: Elgro Convention Centre Wolmarans Street Potchefstroom South Africa

Examinations : If anyone wishes to write the referee examination they need to **apply online on the IPF webpage. IPF Referee Registrar must first approve such an examination**

Congress : Monday 29th November 2021, 16h00 at the – Drostdy Venue 1st Floor, Elgro Hotel

Technical Meeting: Monday 29th November 2021, 19:00 at Elgro Hotel Potchefstroom

Hotel: - Elgro Hotel & Willows Hotel Helen De Wet conference@elgro.co.za Wup nr. +27842500564

Option 1

Luxury Accommodation

Single Room R1 300.00 per person per night Bed, and Breakfast (Double Bed)

Double / Twin Room R1 545.00 per room per night Bed and Breakfast (2 Beds)

Option 2

Standard Accommodation

Single Room R1045.00 per person per night Bed, and Breakfast (Double Bed)

Double / Twin Room R1 245.00 per room per night Bed and Breakfast (2 Beds)

Dinner can be booked at reception at The ELGRO Hotel at the rate of R225.00 per person per night.

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

Tea/Coffee Making facilities, Air Conditioning, On-Suite Bathrooms

Accommodation fees payable by Credit/Debit card;

1. Cash in RAND, EUR and DOLLAR (according to the current exchange rate);

2. Bank transfer to the following bank account:

Banking details:

Account name: ELGRO HOTEL

Account: Absa Bank

Account number: 680 146 934

Branch: POTCHEFSTROOM

Branch code: 632005
Swift code: ABSAZAJJ
I-Ban Code: ZA632005

Note 1: All athletes, coaches, referees and officials from each federation have to book their rooms with **Helen de Wet – ELGRO HOTEL** 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*** (By-Laws 105.4.4)

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 **Elgro Hotel**.

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 or by credit card, you must inform the organizer in advance. All rooms must be booked at the latest with the deadline of the final nomination – 10 November 2021 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 OR-TAMBO International Airport to ELGRO Hotel is **Euro 55 one way. Euro 110 Both way's** & includes the shuttle service between the Venue and all Hotels. Payment will be in Cash/Card on arrival to the Meet Director.

Please send your detailed travel itinerary to the Meet Director Hannie Smith - email: hannie@lagayim.co.za and Vicki Botha email; hannie@lagayim.co.za so that the transfer can be provided

- Scales:** Scales available at the official hotels.
- Training:** Training facilities available in Warm-up area at the venue.
- Opening Ceremony:** Tuesday 30th November, 12:00 at the Venue. All representatives from each participating country shall take part at the Ceremony.
- Closing Banquet:** Saturday 4th December 2021, 19:00
- Price per ticket for one person: **30,00 EUR** paid on arrival **to the Meet Director**
- Soft Drinks on tables free.**

- Nomination form.** **The number of banquet tickets must be ordered at the**
- Participation Fee:** **40,00 EUR per event** for each lifter must be paid **to the APF** at 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** at Technical Meeting
- APF invoice will be sent by the APF Treasurer 7 days before the Technical Meeting.
- Flag and anthem:** Flags & Anthems will be provided by organizers.
- Health and travel Insurance:** All delegates must have 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, etc.
- Nominations :** Team nomination forms must be in the hands of the Meet Director hannie@lagayim.co.za and Heather Leighton heatherjleighton@gmail.com the APF Vice-President, as well as being loaded on the Goodlift Nomination System
- Preliminary :** **29th October (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).**
- Final :** **10th November (later entries will not be accepted).**
- Correspondence :** Emails regarding the championships must be sent to Johan Smith, hannie@lagayim.co.za
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African Powerlifting and Bench Press Championships Events

Classic Powerlifting
Equipped Powerlifting
Classic Bench Press
Equipped Bench Press

Age categories: Subjunior, Junior, Open, Master 1, Master 2, Master 3, Master 4

Weight divisions: All IPF weight divisions

Entry fee: 40,00 EUR per event

Medals (gold, silver, bronze) per weight division and age category.

Best Lifter trophies per age category. Best Team medals.

Arnold Classic Africa Powerlifting Events

Classic Powerlifting
Equipped Powerlifting
Classic Bench Press
Equipped Bench Press

Entry criteria: Lifters must be affiliated to their national IPF federation. For SAPF lifters, you need to have competed in an SAPF event in 2021.

*Note: Arnold Classic lifters will lift together with the African Championships sessions, and if they have entered both competitions they will only lift once.

Age Categories: Open only

Entry fee: 40,00 EUR per event

<i>Weight divisions for Arnolds</i>	<i>Men</i>	<i>Women</i>
Lightweight	-59kg and -66kg	-47kg and -52kg
Middleweight	-74kg and -83kg	-57kg and -63kg
Heavyweight	-93kg and -105kg	-69kg and -72kg
Super Heavyweight	-120kg and +120kg	-84kg and +84kg

Medals (gold, silver, bronze) per Arnolds weight division.

Best Lifter trophy for 1st place

African University Powerlifting Cup Event

Classic Powerlifting

Entry fee: 40,00 EUR

Entry criteria: Lifters must be born between 01/01/1996 and 31/12/2003, and currently registered at a university for a degree or diploma, or graduated last year.

*Note: University Cup lifters will lift together with the African Championships sessions, and if they have entered both competitions they will only lift once.

Medals (gold, silver, bronze) per weight division.

Best Student Lifter trophy for 1st place

Anti-Doping Fee: 60,00 EUR for each lifter, regardless of number of events entered

Provisional Timetable of Events

African Powerlifting & Bench Press Championships			
in Potchefstroom, South Africa			
Provisional timetable			
Day	Weigh in time	Classes	Start
Monday 29th November		Technical meeting	19:00
Tuesday 30th November	08:00 -09:30	Bench Press - Classic Women - ALL	10:00
		OPENING CEREMONY	12:00
	11:00 – 12:30	Bench Press – Classic Men - ALL	13:00
	13:00 – 14:30	Bench Press – Equipped Women	15:00
	15:00 – 16:30	Bench Press – Equipped Men	17:00
Wednesday 1st December	08:00 - 09:30	Equipped Powerlifting –Women	10:00
	12:00 - 13:30	Equipped Powerlifting – Men	14:00
	15:00–16:30	Classic Powerlifting Men 53 kg – 66 kg	17:00
Thursday 2nd December	07:00 - 08:30	Classic Powerlifting Women 43 kg – 57 kg	09:00
	11:00 - 12:30	Classic Powerlifting Men 74 kg	13:00
	15:00–16:30	Classic Powerlifting Women 63kg – 69kg	17:00
Friday 3rd December	07:00 – 08:30	Classic Powerlifting Men 83 kg	09:00
	11:00 – 12:30	Classic Powerlifting Men 93 kg	13:00
	15:00 – 16:30	Classic Powerlifting Men 105 kg	17:00
Saturday 4 th December	07:00 – 08:30	Classic Powerlifting Women 76 kg - +84 kg	09:00
	11:00 – 12:30	Classic Powerlifting Men 120kg - +120 kg	13:00
		BANQUET	19:00

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 nominated reserve lifter. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] on the submitted Final Nomination Form you must send the finalized list the athletes that will take part in the championship. At the Technical Meeting you can only delete athletes from your final nomination form and no one can change weight classes.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Monday, 29th November 2021 at 19:00 in the Drostdy Venue 1st Floor – Elgro Hotel.

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely 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. The same shall apply to participation and Anti-Doping fees (IPF-By-Laws105.5.2).

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the course of the championship. From the time of their arrival to their departure. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obligated to pay an administration fee of € 100 per person to the organizer. Failure to comply with this rule, will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

Johan Smith - Meet Director