



## Official Invitation

The International Powerlifting Federation  
and  
the Kazakhstan National Powerlifting Federation  
invite  
the IPF member nations to participate in the  
**World Open, Sub Junior, Junior & Master Classic & Equipped  
Bench Press Championships 2021**  
from 21<sup>th</sup> – 31<sup>th</sup> October 2021  
In Almaty, Kazakhstan

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

**Meet Director:** Tatiana Romanova, e-mail: [kazbenchpress2021@gmail.com](mailto:kazbenchpress2021@gmail.com)  
[romanovatm@gmail.com](mailto:romanovatm@gmail.com)  
Mobile: +996 700 963500

**Visa:** Vyacheslav Starkov, e-mail: [kazbenchpress2021@gmail.com](mailto:kazbenchpress2021@gmail.com)  
Mobile: +7 777 384 4414

**Technical Secretary:** Vyacheslav Starkov, e-mail: [kazbenchpress2021@gmail.com](mailto:kazbenchpress2021@gmail.com)

**Accommodation/transfer** Tatiana Romanova, e-mail: [kazbenchpress2021@gmail.com](mailto:kazbenchpress2021@gmail.com)

**Championship Secretary:** Gaston Parage, 3, route D'Arlon, L-8009 Strassen, Luxembourg  
Mobile Phone: +352-621165214, Fax: +352-582696,  
e-mail: [Gaston.Parage@powerlifting.sport](mailto:Gaston.Parage@powerlifting.sport)

**Host City:** Almaty, Kazakhstan

**Date:** 21<sup>th</sup> - 31<sup>h</sup> October 2021

**Venue:** The Baluan Sholak Sports Palace, 44 Abai Ave., Almaty

**Technical Meeting:** Thursday 21<sup>th</sup> October 2021 at 19:00

**Official Hotels:**

**1. Hotel Kazakhstan**

**Address:** Almaty, Dostyk ave. 52/2

**Hotel Rates:** Prices for night per room

single room: 75 USD per room/night, including breakfast

double room: 90 USD per room/night, including breakfast

triple room: 100 USD per room/night, including breakfast

Deluxe (single/double): 120 USD per room/night, including breakfast

Luxe (single/double): 135 USD per room/night, including breakfast

**Shuttle service: From hotel to venue is free.**

**2.6 km from Venue**

**2. Astana International Hotel**

**Address:** Baitursynov Street 113

**Hotel Rates:** Prices for night per room

single room: 65 USD per room/night, including breakfast

double room: 75 USD per room/night, including breakfast

Deluxe: 85 USD per room/night, including breakfast

Luxe: 95 USD per room/night, including breakfast

**0.3 km from Venue**

**3. Grand Aiser Hotel**

**Address:** Pozharsky Street 1

**Hotel Rates:** Prices for night per room

single room: 75 USD per room/night, including breakfast

double room: 90 USD per room/night, including breakfast

Deluxe single: 100 USD per room/night, including breakfast

Deluxe double: 110 USD per room/night, including breakfast

Deluxe triple: 115 USD per room/night, including breakfast

**0.3 km from Venue**

*Note 1: 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.*

**Payment:** **The accommodation and arrivals/transportation and closing banquet fees shall be payable as follows:**

1. Cash (USD)

**Arrivals/Transportation:**

**Arrivals/Departures by plane – Almaty airport:**

Transport from Almaty airport to hotel **15\$ (one way)**,

Transport from Almaty airport to hotel and back to the airport **25\$**

If you order the transport, you must pay for it even if you later decide not to use it.

**Shuttle Service:**

From hotel to venue is free.

**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. (IPF By-laws 14.4).. All room bookings must be done through the Tatiana Romanova, e-mail: [kazbenchpress2021@gmail.com](mailto:kazbenchpress2021@gmail.com)

**Note 2:**

The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible. All rooms must be booked no later than the deadline of the final nomination – 30 September 2021. After the deadline the organizer cannot guarantee the accommodation.

**Note 3:**

30 September 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, association has to pay the reserved hotel rooms (if the hotel requires such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified at the final nomination form.

For referees the 30 September 2021 is last day for changes of categories for which referee has been allocated in the final nomination which his national Federation sent to Championships Secretary.

**Note 4:**

In the event of a Powerlifting or Bench Press Championships being combined e.g. with a Sub-Junior, Junior Open & Master's Championships having both Classic and Equipped, a lifter has the option of competing in both Championships. The athlete shall be required pay entry fee for both championships and will be required to compete twice. Once the athlete is entered on the Preliminary Nomination, he/she may not change their age division. The lifter may only change the weight class on the Final Nomination.

**Scales:**

Scales available at the venue and at the hotel

- Training:** Training facilities will be available at the venue in training area for accredited persons.
- Flag and anthem:** Will be provided by the organizer
- Closing Banquet 1:** Time TBD  
Price **30 USD** per person paid to the organizer.  
Payment in advance for banquet tickets is recommended.  
Tickets order send to:  
Tatiana Romanova, e-mail: [kazbenchpress2021@gmail.com](mailto:kazbenchpress2021@gmail.com)  
Tickets for the Banquet can be paid at the venue or accreditation room
- Closing Banquet 2:** Time TBD  
Price **30 USD** per person paid to the organizer.  
Payment in advance for banquet tickets is recommended.  
Tickets order send to:  
Tatiana Romanova, e-mail: [kazbenchpress2021@gmail.com](mailto:kazbenchpress2021@gmail.com)  
Tickets for the Banquet can be paid at the venue or accreditation room
- Participation Fee:** **50 EUR** for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be sent by the IPF treasurer.
- Anti-Doping Fee:** **60 EUR** for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be sent by the IPF treasurer.

**Anti-Doping Information:**

*For the:*

***World Bench Press 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.

Only Sub-Junior & Junior 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 take 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>Opening Ceremony:</b>	22 <sup>th</sup> October 2021 at the Venue at 13:00 All representatives from each participating country shall take part at the Ceremony.
<b>Health and Travel Insurance:</b>	All delegate members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, theft, delayed planes etc.
<b>Nominations:</b>	Team nomination form must be in the hands of the Meet Director ( <a href="mailto:kazbenchpress2021@gmail.com">kazbenchpress2021@gmail.com</a> ) and the IPF Championship Secretary ( <a href="mailto:Gaston.Parage@powerlifting.sport">Gaston.Parage@powerlifting.sport</a> ) not later than 22 <sup>th</sup> August 2021.
<b>Preliminary:</b>	22 <sup>nd</sup> August ( <b>complete filled in preliminary form must be sent. No final nomination will be accepted if the complete filled in the</b>

preliminary was note sent)

**Final :** 30<sup>th</sup> September (later entries will not be accepted)

**Victory Ceremonies:** Will be held immediately after each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation.

### Provisional time Table: IPF World Bench Press Championships 2021 Almaty, Kazakhstan

Thursday	21 <sup>th</sup> October		<b>19:00</b>	<b>Technical meeting</b>			
<b>EQUIPPED BENCH PRESS</b>							
<i>Day</i>		<i>Weight-in time</i>	<i>Start</i>	<i>first platform</i>		<i>second platform</i>	
				<i>age category</i>	<i>classes</i>	<i>age category</i>	<i>classes</i>
Friday	22 <sup>th</sup> October	08:30 – 10:00	10:30	Men M3 – M4	59 – 74kg	Women M3 – M4	47kg – 84+kg
			<b>13:00</b>	<b>Opening ceremony</b>			
		12:00 – 13:30	14:00	Men M1 – M2	59 – 74kg	Men M1–M4	83kg
		14:30 – 16:00	16:30	Women M1	47kg – 84+kg	Women M2	47kg – 84+kg
		17:30 – 19:00	19:30	Men M1 – M2	93kg	Men M3 – M4	93 – 105 kg
Saturday	23 <sup>th</sup> October	09:00 – 10:30	11:00	Men M2 Men M3 – M4	105 – 120+kg 120 – 120+kg	Men M1	105 – 120+kg
		12:00 – 13:30	14:00	Men Sub-Junior	53kg – +120kg	Women Sub-Junior	43kg – 84+kg
		15:00 – 16:30	17:00	Women Junior	43kg – 57kg	Women Junior	63kg – +84kg
		17:00 – 18:30	19:00	Men Junior	53kg – 74kg	Men Junior	83kg – 120+kg
Sunday	24 <sup>th</sup> October	08:00 – 09:30	10:00	Open Men	59kg – 66kg	Open Men	74kg – 83kg
		10:00 – 11:30	12:00	Open Women	47kg – 57kg	Open Women	63kg – 76kg
		12:00 – 13:30	14:00	Open Men	93kg – 105kg	Open Women	84kg – 84+kg
		14:00 – 15:30	16:00	Open Men	120 – 120+kg		

			<b>20:00</b>	<b>Closing banquet</b>			
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CLASSIC BENCH PRESS							
Day		Weight-in time	Start	first platform		second platform	
				age category	classes	age category	classes
Monday	25 <sup>th</sup> October	09:00 – 10:30	11:00	Men M3 – M4	59 – 74	Women M1 – M4	47 – 52
		13:00 – 14:30	15:00	Women M1 – M4	57 -63		
Tuesday	26 <sup>th</sup> October	09:00 – 10:30	11:00	Men M1	59 – 83	Men M2	59 – 83
		13:00 – 14:30	15:00	Women M1	69 – 84+	Women M2-M4	69 – 84+
Wednesday	27 <sup>th</sup> October	09:00 – 10:30	11:00	Men M3 – M4	83 – 93	Men M3 – M4	105 – 120+
		13:00 – 14:30	15:00	Men M1	93 – 120+	Men M2	93 – 120+
Thursday	28 <sup>th</sup> October	09:00 – 10:30	11:00	Women Sub-Junior	43 – 84+	Men Sub-Junior	53 – 120+
		13:00 – 14:30	15:00	Women Junior	43 – 57	Men Junior	53 – 74
Friday	29 <sup>th</sup> October	09:00 – 10:30	11:00	Women Junior	63 – 84+	Men Junior	83 – 120+
		13:00 – 14:30	15:00	Open Women	47 – 57		
		16:00 – 17:30	18:00	Unified Bench Press	ALL	Unified Bench Press	
Saturday	30 <sup>th</sup> October	09:00-10:30	11:00	Open Men	59 -74		
		12:00 – 13:30	14:00	Open Women	63 – 76		
		15:00 – 16:30	17:00	Open Men	83 – 93		
Sunday	31 <sup>st</sup>	08:00 – 09:30	10:00	Open Men	105		

	October						
		11:00 – 12:30	13:00	Open Women	84 – 84+		
		14:00 – 15:30	16:00	Open Men	120 – 120+		
			<b>20:00</b>	<b>Closing banquet</b>			

### 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 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 time table of events. All changes will take place at the technical meeting that will be held on 21<sup>th</sup> October at 19:00
- Victory Ceremonies will be held at the end of each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation.
- If the organizer does not receive a 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 applies to participation and anti-doping fees (IPF-By-Laws 105.5.2)

Gaston Parage  
IPF President

Zhan Maksatuly  
KNPF President

Tatiana Romanova  
Meet Director