**OFFICIAL INVITATION**

**The International Powerlifting Federation**

and

**Kazakhstan Powerlifting Federation**

invite

the IPF member nations to participate in the

**Men’s and Women’s combined World Open, Sub-Junior & Junior and Masters**

**Classic & Equipped Bench Press Championships**

**from 21st to 29th May 2022**

**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:** Alexey Pankrashev

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**Accommodation**

**and transport:** Vyacheslav Starkov

Phone**:** +7 777 384 44 14

E-Mail: [kazakhstanbenchpress2022@gmail.com](mailto:kazakhstanbenchpress2022@gmail.com)

**Technical Secretary:** Vyacheslav Starkov

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**IPF 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

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**Host City:** Almaty, KAZAKHSTAN

**Date:** 21st to 29th May 2022

**Venue:** Sadu Sports Palace, 128/7 Al-Farabi Ave., Almaty

**Technical Meeting**: 20th May at 20.00 hours

1. **Hotel: Hotel Kazakhstan, Dostyk ave. 52/2**

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

USD (single room – 1 person) 60 USD per night/room

USD (twin room – 2 persons) 80 USD per night/room

USD (triple room – 3 persons) 100 USD per night/room

USD (deluxe single room – 1 person) 90 USD per night/room

USD (luxe single room – 1 person) 115 USD per night/room

1. **Hotel: Astana International Hotel, Baytursynov Street 113**

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

USD (single room – 1 person) 60 USD per night/room

USD (twin room – 2 persons) 70 USD per night/room

USD (triple room – 3 persons) 90 USD per night/room

1. **Hotel: Sadu Hotel, 128/7 Al-Farabi Ave.**

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

USD (single room – 1 person) 90 USD per night/room

USD (twin room – 2 persons) 110 USD per night/room

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).

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 at the latest with the deadline of the preliminary nomination. After the deadline the organizer cannot guarantee the accommodation.**

**Payable by:**

1. Bank transfer accordingly the invoice from the organizer

Payment must be received at the bank account latest **at the issued payment deadline on the invoice.**

2. Payment by cash (USD) at **arrival.**

3. Payment by Credit card at **arrival.**

**Arrivals/Transportation Information**

**International Airport**

**for arrival:** International Airport of Almaty

Transport from and to the airport will be provided by Organizers.

Transportation to and from the Almaty airport to the hotel is:

15 USD per person/one way

25 USD per person/both ways

All payments must be transfered at the latest 14 days prior to the beginning of the Championship by bank transfer.

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**Scales:** Scales will be available at the hotel, 24 hours.

  Scales will also be available at the venue.

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

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

**Closing Banquets:**

**Equipped:** Monday, 23rd May30 USD/person

**Classic:** Sunday, 29th May 30 USD/person

**Participation Fee:** 50 € for each lifter declared must be wired to the IPF bank account

**Anti-Doping Fee:** 60 € for each lifter declared must be wired to the IPF 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 IPF 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:** The Championship will be organised under strict COVID19 rules and regulations.

IPF COVID Precautions are published on the webpage under the following link:

<https://www.powerlifting.sport/fileadmin/ipf/data/championships/informations/2021/IPF.Covid.Precautions.pdf>

Additionally, the IPF will follow to 100% the COVID Rules and Regulations of the Government from the host country (Kazakhstan). ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the Kazakhstan Government. Failure to do so, will cause a disqualification and exclusion from the championship.

**Anti-Doping Information:**

*For the*

**Men’s and Women’s combined World Open, Sub-Junior & Junior and Masters Classic & Equipped 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](https://www.powerlifting.sport/anti-doping/prohibited-list).
3. [Educate](https://adel.wada-ama.org/en) yourself on the risks of [taking supplements](https://www.powerlifting.sport/anti-doping/supplements) and minimize your risk.

ALL athletes nominated and registered for this event **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](https://adel.wada-ama.org/en)) in order to be able to compete. You must submit your completed certificate from ADeL with your nomination for your registration to be complete.

1. Understand and [educate](https://www.powerlifting.sport/anti-doping/education) yourself on your [rights and responsibilities](https://www.wada-ama.org/en/resources/education-and-prevention/at-a-glance-the-doping-control-process) as an athlete, including but not limited to:

* requirements for submitting whereabouts information
* rights and responsibilities during [sample collection](https://www.wada-ama.org/en/resources/education-and-prevention/doping-control-process-for-athletes)
* 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](https://www.powerlifting.sport/anti-doping/ipf-anti-doping-rules) and all consequences deriving

therefrom

1. 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 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).

**Nominations:** Team nomination forms must be in the hands of the Meet Director and the IPF Championship Secretary not later than: **22st March 2022.**

**Preliminary:** 22st March 2022 **complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).**

**Final:** 30th April 2022 **(later entries will not be accepted).**

**21 Days Before the start of the competition: 30th April 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 World 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 IPF Championship Secretary Gaston Parage – [Gaston.Parage@powerlifting.sport](mailto:Gaston.Parage@powerlifting.sport)

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| --- | --- |
| **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 2022**

**Almaty, Kazakhstan**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Friday | 20th  May |  | **20:00** | **Technical meeting** | | | |
| EQUIPPED BENCH PRESS | | | | | | | |
| *Day* | | *Weight-in time* | *Start* | first platform | |  | |
| *age category* | *classes* |  |  |
| Saturday | 21st  May | 08:00 – 09:30 | 10:00 | Men M1 – M4 | 59 – 74kg |  |  |
|  |  |  | **13:00** | **Opening ceremony** | | | |
|  |  | 12:00 – 13:30 | 14:00 | Women M2 – М4 | 47 – 84+kg |  |  |
|  |  | 14:00 – 15:30 | 16:00 | Men M1 – M4 | 83kg - 93kg |  |  |
|  |  | 17:00 – 18:30 | 19:00 | Women M1 | 47 – 84+kg |  |  |
|  |  |  |  |  |  |  |  |
| Sunday | 22st  May | 07:00 – 08:30 | 09:00 | Men M1 – M4 | 105 – 120+kg |  |  |
|  |  | 11:00 – 12:30 | 13:00 | Women SubJunior and Junior | 47 – 84+kg |  |  |
|  |  | 15:30 – 17:00 | 17:30 | Men Subjunior and Junior | 53 – 120+kg |  |  |
|  |  |  |  |  |  |  |  |
| Monday | 23rd  May | 08:00 – 09:30 | 10:00 | Open Men | 59kg – 93kg |  |  |
|  |  | 11:00 – 12:30 | 13:00 | Open Women | 47kg – 84+kg |  |  |
|  |  | 15:00 – 16:30 | 17:00 | Open Men | 105kg – 120+kg |  |  |
|  |  |  | **20:00** | **Closing banquet** | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| CLASSIC BENCH PRESS | | | | | | | |
| *Day* | | *Weight-in time* | *Start* | first platform | | second platform | |
| *age category* | *classes* | *age category* | *classes* |
| Tuesday | 24th  May | 09:00 – 10:30 | 11:00 | Men M3 – M4 | 59 – 74kg |  |  |
|  |  | 12:00 – 13:30 | 14:00 | Women M1 – M4 | 47 – 63kg |  |  |
|  |  |  |  |  |  |  |  |
| Wednesday | 25th  May | 09:00 – 10:30 | 11:00 | Men M1 – M2 | 59 – 83kg |  |  |
|  |  | 13:00 – 14:30 | 15:00 | Women M1 – M4 | 69 – 84+kg |  |  |
|  |  |  |  |  |  |  |  |
| Thursday | 26th  May | 09:00 – 10:30 | 11:00 | Men M3 – M4 | 83 – 120+kg |  |  |
|  |  | 12:00 – 13:30 | 14:00 | Men M2 | 93 – 120+kg |  |  |
|  |  | 14:00 – 15:30 | 16:00 | Men M1 | 93 – 120+kg |  |  |
|  |  |  |  |  |  |  |  |
| Friday | 27th  May | 08:00 – 09:30 | 10:00 | Women Sub-Junior | 43 – 84+ |  |  |
|  |  | 10:00 – 11:30 | 12:00 | Men Sub-Junior | 53 – 120+ |  |  |
|  |  | 13:00 – 14:30 | 15:00 | Women Junior | 43 – 57 |  |  |
|  |  | 14:00 – 15:30 | 16:00 | Men Junior | 53 – 74 |  |  |
|  |  |  |  |  |  |  |  |
| Saturday | 28th  May | 08:00 – 09:30 | 10:00 | Women Junior | 63 – 84+ |  |  |
|  |  | 10:00 – 11:30 | 12:00 | Men Junior | 83 – 120+ |  |  |
|  |  | 13:00 – 14:30 | 15:00 | Open Women | 47 – 57 |  |  |
|  |  | 16:00-17:30 | 18:00 | Open Men | 59 -74 |  |  |
|  |  |  |  |  |  |  |  |
| Sunday | 29th  May | 08:00 – 09:30 | 10:00 | Open Women | 63 – 76 |  |  |
|  |  | 10:00 – 11:30 | 12:00 | Open Men | 83 – 105 |  |  |
|  |  | 13:00 – 14:30 | 15:00 | Open Women | 84 – 84+ |  |  |
|  |  | 14:00 – 15:30 | 16:00 | Open Men | 120 – 120+ |  |  |
|  |  |  | **20:00** | **Closing banquet** | | | |

**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 to 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. A lifter can only compete one time at the equipped and one time at the classic championships. The age category he or she choiced for the preliminary nomination cannot be changed after the preliminary dateline

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Friday May 20, 2022 at 20:00 hrs. 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.

Gaston Parage Zhan Maksatuly Alexey Pankrashev

IPF President KNPF President Meet Director