



International Powerlifting Federation

LEBANESE



POWERLIFTING FEDERATION

OFFICIAL INVITATION

The International Powerlifting Federation and Lebanon Powerlifting Federation

Invite

the IPF Arab member nations to participate in the

IPF ARAB CUP CLASSIC POWERLIFTING CHAMPIONSHIPS

**17th July – 23th July 2023 In
Beirut, Lebanon**

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 IPF-Member nations, NOT by individuals.

Meet Director:	Hassenen Moukaled - email: Lebanon_bbpf@hotmail.com Cell: +96170747473
Correspondence	Hassenen Moukaled - email: lebanon_bbpf@hotmail.com Cell: +96170747473
Visa support:	Hassenen Moukaled - email: lebanon_bbpf@hotmail.com Cell: +96170747473
Nominations:	Hassenen Moukaled - email: lebanon_bbpf@hotmail.com Cell: +96170747473
IPF Championship Secretary:	Gaston Parage, 3, route D'Arlon, L-8009 Strassen, Luxembourg phone : +352-621165214 fax : +352-582696 e-mail : Gaston.Parage@powerlifting.sport
Accommodation:	Hassenen Moukaled - email: lebanon_bbpf@hotmail.com Cell: +96170747473
Transport:	Hassenen Moukaled - email: lebanon_bbpf@hotmail.com Cell: +96170747473
Technical Secretary:	Hassenen Moukaled - email: lebanon_bbpf@hotmail.com Cell: +96170747473
Host City:	Beirut, Lebanon
Date:	17 th July – 23 th July 2023
Venue:	Hilton Beirut Metropolitan Palace
Technical Meeting:	Monday, 17 th July 2023, 20:00 hrs at the Hilton Beirut Metropolitan Palace
Hotel:	Hilton Beirut Metropolitan Palace Dimitri Hayek Street, Beirut 55555, Lebanon



Note 1: All athletes, coaches, referees, or officials from each National Member Federation must stay in the official hotel **for at least 3 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 USD 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.

Hotel Rates:

**All rooms must be booked at the latest with the deadline of the preliminary nomination.
After the deadline the organizer cannot guarantee the accommodation.**

Five (5) stars Hotel: **Hotel Name:** Hilton Beirut Metropolitan Palace (Competition Venue).

- Single room (1 Bed): \$ 125 (no meals) OR \$ 155 (3 meals)
- Double room (2 Beds): \$ 140 (no meals) OR \$ 200 (3 meals)

Four (4) stars Hotel: **Hotel Name:** Padova Hotel Beirut.

- Single room (1 Bed): \$ 75 (no meals) OR \$ 105 (3 meals)
- Double room (2 Beds): \$ 80 (no meals) OR \$ 140 (3 meals)

Payable by:

1. Bank transfer:

Name of the account: International Powerlifting Federation
Name of the Bank: Caisse d'Epargne de l'Etat du Luxembourg
Account Number: (IBAN) LU57 0019 1300 4802 3000
Bic Code: BCEELULLXXX
Address: Place de Metz L-2954 Luxembourg

2. In cash (EUR) or (USD) at arrival.

International Airport for arrival: Rafic Hariri International Airport.

Arrivals/Transportation:

- USD 20 / person / one way
- USD 35 / person / two ways

Please send the itinerary of your journey and all the transfer details (date and time of arrival, flight number, number of persons, etc.) to Mr. Hassenen Moukaled – e-mail: lebanon_bbp@hotmai.com cell: +96170747473



Scales:	Scales available at the official hotel.
Training:	Training facilities available in the warm-up area at designated times
Flag and anthem:	Flags and Anthems will be provided.
Closing Banquets:	Hilton Beirut Metropolitan Palace – July 22 nd , 2023 @20:00 hrs. Price per ticket for one person: 40 EUR (Buffet & Soft Drinks included) paid by bank transfer or on arrival. The number of banquet tickets must be ordered with the Preliminary form.
Participation Fee:	60,00 EUR for each lifter must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be sent by the IPF Treasurer 7 days before the Technical Meeting.
Anti-Doping Fee:	60,00 EUR for each lifter must be paid by bank transfer to the IPF bank account 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 (it is not obligatory to have it at customs). The organizer and the IPF will not incur any expenses for a doctor or hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes, etc.

Anti-Doping Information:

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. 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 and to be uploaded into the [GOODLIFT](#) nomination..
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.



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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 taking 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.

Nominations: Team nomination forms must be in the hands of the Meet Director Mr. Hassenen Moukaled email lebanon_bbp@hotmail.com and IPF Championship Secretary Gaston.Parage@powerlifting.sport

Preliminary: **19th May 2023 (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).**

Final: **27th June 2023 (later entries will not be accepted).**

21 Days Before the start of the competition: 26th June 2023 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 Hassenen Moukaled – lebanon_bbp@hotmail.com
IPF Championship Secretary Gaston Parage – Gaston.Parage@powerlifting.sport

Victory Ceremonies: Will be held immediately after each lifting session. It is mandatory that each

athlete wears his/her National Team Warm-up / Track Suit for the award presentation.



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Provisional Timetable (Weigh in and Start time are subject to change after final nomination)

Day	Weigh In Time	Classes		Start
Monday 17.07.2023	TECHNICAL MEETING			20:00
Tuesday 18.07.2023	07:00 - 08:30	Men (SJr/Jr/S/M)	53 – 59 Kg	09:00
	OPENING CEREMONY			10:30
	09:30 - 11:00	Women (SJr/Jr/S/M)	43 - 47 kg	11:30
	11:30 - 13:00	Men (SJr/Jr/S/M)	66 Kg	13:30
	LUNCH BREAK			15:00 – 17:00
	15:30 – 17:00	Women (SJr/Jr/S/M)	52 – 57 kg	17:30
Wednesday 19.07.2023	07:30 – 09:00	Men (SJr/Jr/S/M)	74 Kg	09:30
	10:30 - 12:00	Women (SJr/Jr/S/M)	63 kg	12:30
	LUNCH BREAK			13:00 – 14:30
	14:30 - 16:00	Men (SJr/Jr/S/M)	83 Kg	16:30
	16:30 - 18:00	Women (SJr/Jr/S/M)	69 Kg	18:30
Thursday 20.07.2023	07:30 - 09:00	Men (SJr/Jr/S/M)	93 Kg	09:30
	10:30 - 12:00	Women (SJr/Jr/S/M)	69 Kg	12:30
	LUNCH BREAK			13:00 – 14:30
	14:30 - 16:00	Men (SJr/Jr/S/M)	105 Kg	16:30
	16:30 - 18:00	Women (SJr/Jr/S/M)	76 Kg	18:30
Friday 21.07.2023	07:30 - 09:00	Men (SJr/Jr/S/M)	120 Kg	09:30
	10:30 - 12:00	Women (SJr/Jr/S/M)	84 Kg	12:30
Saturday 22.07.2023	07:30 - 09:00	Men (SJr/Jr/S/M)	+ 120 Kg	09:30
	10:30 - 12:00	Women (SJr/Jr/S/M)	+ 84 Kg	12:30
	Closing Banquet			20:00