



OFFICIAL INVITATION

The International Powerlifting Federation
and
South African Powerlifting Federation
invite
the IPF member nations to participate in the

World Open, Sub-Junior, Junior & Masters Classic & Equipped Bench Press Championships

from 19th May 2023 to 27th May 2023

in Sun City South Africa

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:	Name: Johan Hannie Smith Address: Elandsfontein 144 Fochville 2515 Phone: +27825663433 E-mail: hannie.smith@powerlifting.sport
Correspondence, Visa:	Name: Johan Hannie Smith Phone: +27825663433 E-mail: hannie.smith@powerlifting.sport
Accommodation and transport:	Name: Johan Hannie Smith Phone: +27825663433 E-mail: hannie.smith@powerlifting.sport
Technical Secretary:	Name: Vicki Botha Phone: +27824473848 E-mail: vickibotha@yahoo.com
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
Host City:	Sun City Pilanesberg South Africa
Date:	Date from – to 19 th May 2023 –27 th May 2023
Venue:	Sun City Pilanesberg South Africa
Technical Meeting:	19 th May 2023, 19:00, Conference Room Sun City

Hotels

CABANAS 3*	Sharing per room	Single per Room
ROOM TYPE		
STANDARD TWIN ROOM	R 2540	R 2010
TWIN LAKE VIEW ROOM	R 2840	R 2465
STANDARD FAMILY ROOM	R 3045	R 2870

SOHO HOTEL 4*	Sharing per room	Single per Room
ROOM TYPE		
STANDARD TWIN ROOM	R 3620	R 3060

CASCADES HOTEL 5*	Sharing per room	Single per Room
ROOM TYPE		
STANDARD TWIN ROOM	R 4020	R 3520

PALACE AT THE LOST CITY 5* deluxe	Sharing per room	Single per Room
ROOM TYPE		
STANDARD TWIN ROOM	R 5035	R 4520

Please note:

- Rates are quoted per room per night per night including breakfast.
- Full prepayment will be required upon receiving confirmation of booking.
- Family room policy allow for 2 Adults and 1 Child under 12 years and includes breakfast.
- Accommodation is on a LIMITED and thus first-come, first serve basis.
- All residents gain free access into the Sun City complex, Valley of Waves and Palace botanical gardens

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

South African Powerlifting Federation
Nedbank/South Africa
Current Account: 1030629544
Branch Code: 198765
Swift Code: NEDSZAJJ
Shop 31 Nedbank Fourways View
Cnr Wilkoppies & Ceder Road
Fourways View
South Africa

2. Payment by credit card or in cash (EUR) at **arrival.**

International Airport for arrival:	OR Tambo International Airport Johannesburg South Africa
Arrivals/Transportation:	OR Tambo International Airport Johannesburg South Africa Transport will be by Bus & Mini Bus to Sun City. Euro 55 ONE WAY per person. Euro 110 both ways.
Transport between Hotel and Venue will be provided for free. Schedule of operating hours of the bus will be published in the Hotel and Venue.	
Scales:	Scales will be available at the official hotel(s), 24 hours. Scales will also be available at the venue.
Training:	Will be in the Competition Hall. 3 Training stations will be available. Training stations open all day. No music to be played while you train.
Flag and anthem:	Will be provided by the Organizer.
Closing Banquet:	Green House Sun City, 20h00 Euro 40 - Soft drinks included The banquets tickets must be ordered with the preliminary nomination. Payment must be done by Bank Transfer or Cash at the Competition Office in the Venue.
Participation Fee:	60 € 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.

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. ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the Host Countries Government. Failure to do so, will cause a disqualification and exclusion from the championship.

Anti-Doping Information:

For the:

World Open, Sub-Junior, Junior & 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](#).
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.

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 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.

Nominations: Team nomination forms must be in the hands of the Meet Director and the IPF Championship Secretary not later than: **21st March 2023**

Preliminary: **21st March 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: **29th April 2023** (later entries will not be accepted).

21 Days Before Technical Meeting: 29th April 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 and IPF Championship Secretary Gaston Parage – Gaston.Parage@powerlifting.sport

**Provisional time Table: IPF World Bench Press Championships 2023
Sun City South Africa
Technical Meeting Saturday 19th May 2023 19:00**

CLASSIC BENCH PRESS							
Day		Weight-in time	Start	first platform			
				age category	classes		
Saturday	20 th May	07:00 – 08:30	09:00	Men M3 – M4	59 – 74kg		
		10:00 – 11:30	12:00	Women M1 – M4	47 – 63kg		
		Opening Ceremony			14:30		
		13:00 – 14:30	15:00	Men M1 – M2	59 - 83kg		
Sunday	21 st May	07:00 – 08:30	09:00	Women M1 – M4	69 – 84+kg		
		10:00 – 11:30	12:00	Men M3 – M4	83 - 120+kg		
		13:00 – 14:30	15:00	Men M2	93 – 120+kg		
		16:00 – 17:30	18:00	Men M1	93 – 120+kg		
Monday	22 nd 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		
Tuesday	23 rd 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		
Wednesday	24 th May	07:00 – 08:30	09:00	Open Women	63 – 76		
		09:00 – 10:30	11:00	Open Men	83 – 105		
		12:00 – 13:30	14:00	Open Women	84 – 84+		
		14:00 – 15:30	16:00	Open Men	120 – 120+		
			20:00	Closing banquet			

EQUIPPED BENCH PRESS

Day	Weight-in time	Start	first platform			
			age category	classes		
Thursday	25 th May	07:00 – 08:30	09:00	Men M1 – M4	59 – 74kg	
		10:00 – 11:30	12:00	Women M2 – M4	47 – 84+kg	
		13:00 – 14:30	15:00	Men M1 – M4	83kg - 93kg	
		16:00 – 17:30	18:00	Women M1	47 – 84+kg	
Friday	26 th May	07:00 – 08:30	09:00	Men M1 – M4	105 – 120+kg	
		10:00 – 11:30	12:00	Women Sub-Junior and Junior	47 – 84+kg	
		13:00 – 14:00	15:00	Men Sub-junior and Junior	53 – 120+kg	

Saturday	27th May	07:00 – 08:30	09:00	Open Men	59kg – 93kg		
		10:00 – 11:30	12:00	Open Women	47kg – 84+kg		
		13:00 – 14:30	15:00	Open Men	105kg – 120+kg		
			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 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.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on 19 May 2023 at 19h00. 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
President IPF

Johan Hannie Smith
Meet Director

Johan Hannie Smith
President nat. Fed.