

## OFFICIAL INVITATION

**The International Powerlifting Federation**  
and  
**Mongolian United Powerlifting Federation**  
invite  
the IPF member nations to participate in the

**IPF World Classic & Equipped Masters Powerlifting Championships**

from 8<sup>th</sup> – 15<sup>th</sup> October 2023  
in Ulaanbaatar, Mongolia

**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.**

<b>Meet Director:</b>	Name: Battulga Dash Phone: +976-99110749 E-mail: <a href="mailto:powerlifting.mgl@gmail.com">powerlifting.mgl@gmail.com</a>
-----------------------	---

<b>Correspondence, Visa Nomination:</b>	Name: Egshiglen. U Phone: +976-99046848 E-mail: <a href="mailto:powerlifting.mgl@gmail.com">powerlifting.mgl@gmail.com</a>
---	--

<b>Accommodation and transport:</b>	Name: MUPF Phone: +976-99110749 E-mail: <a href="mailto:powerlifting.mgl@gmail.com">powerlifting.mgl@gmail.com</a> Hotel : <a href="mailto:salesholidayinn@hih.mn">salesholidayinn@hih.mn</a>
-------------------------------------	---

<b>Technical Secretary:</b>	Name: Battulga Dash Phone: +976-99110749 E-mail: <a href="mailto:powerlifting.mgl@gmail.com">powerlifting.mgl@gmail.com</a>
-----------------------------	---

<b>IPF Championship Secretary:</b>	Gaston Parage, 3, route D'Arion, L-8009 Strassen, Luxembourg Mobile Phone: +352-621165214, Fax: +352-582696 E-mail: <a href="mailto:Gaston.Parage@powerlifting.sport">Gaston.Parage@powerlifting.sport</a>
------------------------------------	--

<b>Host City:</b>	Ulaanbaatar, Mongolia
-------------------	-----------------------

<b>Date:</b>	8 <sup>th</sup> – 15 <sup>th</sup> October 2023
--------------	---

<b>Venue:</b>	Holiday Inn Ulaanbaatar Venue , Ulaanbaatar, sambuu street 24, 5th khoroo, 15141
---------------	--

<b>Technical Meeting:</b>	7 <sup>th</sup> October 2023, 20:00 Holiday Inn Ulaanbaatar
---------------------------	---

<b>Hotel:</b>	Name: Holiday Inn Ulaanbaatar Hotel Address: Ulaanbaatar, sambuu street 24, 5th khoroo, 15141 Phone: 70142424
---------------	---

E-mail: [salesholidayinn@ihg.mn](mailto:salesholidayinn@ihg.mn)

Webpage: [www.ihg.com](http://www.ihg.com)

Hotel Rates:	Prices per night per room with breakfast
	USD 90,-- (single room – 1 person)
	USD 130,-- (twin room – 2 persons)

**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. 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.**

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

**BANK DETAIL : MAX HOTELS LLC 3155105635 SWIFT CODE : GLMTMNUB**

**International Airport  
for arrival:**

Khushigtiin Khundii Airport (Chinggis Khaan)

**Arrivals/Transportation:** USD 50,-- both ways

Please note that once the transfer service is ordered it is automatically confirmed and you must pay for it even though you decide not to use it.

Transport between Hotel and Venue is not needed as the venue is located directly in the hotel.

**Scales:**

Scales will be available at the official hotel(s), 24 hours.  
Scales will also be available at the venue.

**Training:**

Training room is located in Hotel

**Flag and anthem:**

Will be provided by the Organizer.

**Closing Banquet:**

Price per ticket is USD 30,-- per person  
**The banquets tickets must be ordered with the preliminary nomination.**  
**Payment must be done** by cash or card at the championship office

**Opening Ceremony:** Sunday, 8th October, 12:00 at the Venue. All representatives from each participating country shall take part at the Ceremony.

**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.

**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. 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: **IPF World Classic & Equipped Masters Powerlifting 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](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:

**Preliminary:** **8<sup>th</sup> August 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:** **17<sup>th</sup> September 2023** (later entries will not be accepted).

**21 Days Before Technical Meeting: 17<sup>th</sup> September 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)

**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.

### Timetable

**Technical Meeting:** 7<sup>th</sup> October 2023, 20:00, Holiday Inn Ulaanbaatar

**Opening Ceremony:** 8<sup>th</sup> October 2023, 13:00, Venue

### Provisional Timetable of Events

Day	Weight In	Category	Start Time
Saturday 7th October		<b>Technical Meeting</b>	19:00
Sunday 8th October	07:00-08:30	<b>CLASSIC</b> Men M4 59 kg – 120+ kg	09:00
		<b>OPENING CEREMONY</b>	12:00
	11:00 - 12:30	Women M 3 & M4 47 kg – 84+ kg	13:00
	15:00 – 16:30	Men M3 59 kg – 83 kg	17:00
Monday 9 <sup>th</sup> October	07:00 - 08:30	Men M3 93 kg – 120 + kg	09:00
	10:00 - 11:30	Women M2 47 kg – 57 kg	12:00
	14:00-15:30	Men M2 59 kg – 74 kg	16:00
Tuesday 10 <sup>th</sup> October	07:00 – 08:30	Men M2 83 kg – 93kg	09:00
	11:00 – 12:30	Women M2 63 kg - +84 kg	12:00
	15:00 – 16:30	Men M2 105 kg – 120+ kg	17:00
Wednesday 11 <sup>th</sup> October	07:00 – 08:30	Men M1 59 kg – 74 kg	09:00
	11:00 – 12:30	Women M1 47 kg – 63kg	13:00
	15:30 – 17:00	Men M1 83 kg – 93 kg	17:30
Thursday 12 <sup>th</sup> October	07:00 – 08:30	Men M1 105 kg – +120 kg	09:00
	12:00 – 13:30	Women M1 69 kg – 84+ kg	14:00

		<b>BANQUET</b>	20:00
Friday 13 <sup>th</sup> October	08:00 – 09:30	<b>EQUIPPED</b> Men M4 59 kg – 120+ kg	10:00
	11:00 – 12:30	Women M 3 & M4 47 kg – 84+ kg	13:00
	14:00 – 15:30	Men M3 59 kg – +120 kg	16:00
Saturday 14 <sup>th</sup> October	07:00 – 08:30	Men M2 59 kg – 93 kg	09:00
	10:00 – 11:30	Women M2 47 kg – +84 kg	12:00
	15:00 – 16:30	Men M2 105 kg – +120kg	17:00
Sunday 15 <sup>th</sup> October	06:00 -07:30	Men M1 59 kg – 93 kg	08:00
	10:00 – 11:30	Women M1 47 kg – +84kg	12:00
	14:00 – 15:30	Men M1 105 kg – 120+ kg	16:00
		<b>BANQUET</b>	20:00

### 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 Friday, 7<sup>th</sup> October 2023 at 19:00. 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

**Battulga Dash**  
Meet Director

**Zayabaatar Buyan-Nemekh**  
President nat. Fed.