



**OFFICIAL INVITATION**  
**The International Powerlifting Federation**  
and  
**Powerlifting America**  
invite  
the IPF member nations to participate in the  
**World Open, Sub-Junior, Junior & Master Classic & Equipped Bench Press Championships**  
**from 21 May 2024 to 01 June 2024**  
**in Austin/Texas/USA**

**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 Directors:</b>	Name: Tamara Lopes Phone: +1 775.544.5441 E-Mail: <a href="mailto:tamara@powerlifting-america.com">tamara@powerlifting-america.com</a>
	Name: Robert Keller Phone: +1 954.790.2249 E-mail: <a href="mailto:robert@powerlifting-america.com">robert@powerlifting-america.com</a>

<b>Official Championship Website:</b> <a href="http://www.ipfworlds.us">www.ipfworlds.us</a>
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<b>Correspondence, Visa:</b>	Name: Robert Keller Phone: +1 954.790.2249 E-mail: <a href="mailto:robert@powerlifting-america.com">robert@powerlifting-america.com</a>
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<b>Accommodation / Hotel</b>	Name: Nathaly Bernard Phone: +1.512.634.2006 x2026 E-Mail: <a href="mailto:nathaly.bernard1@aimbridge.com">nathaly.bernard1@aimbridge.com</a>
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<b>Technical Secretary:</b>	Name: Bill Clayton Phone: +1 908.303.9267 E-mail: <a href="mailto:billclayton@powerlifting-america.com">billclayton@powerlifting-america.com</a>
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<b>IPF Championship Secretary:</b>	Gaston Parage, 3, route D'Arlon, 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>
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<b>Host City:</b>	Austin/Texas/USA
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<b>Date:</b>	21 May 2024 – 01 June 2024
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<b>Venue:</b>	St. Edwards University, 3001 South Congress Avenue, Building RAC, Austin TX 78704
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<b>Technical Meeting:</b>	May 21, 2024 at 1900hrs, Marriott Hotel South Austin, 4415 S I-35 Frontage Rd, Austin, TX78744
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## **Hotel Reservations:**

**Please find enclosed below find the Reservation Link to reserve your hotel room. Please use this link to make your hotel reservations. If you require assistance with making your reservations, please contact Nathaly Bernard at: [nathaly.bernard1@aimbridge.com](mailto:nathaly.bernard1@aimbridge.com)**

## **Hotel Reservation Link:**

**[Book your group rate for 2024 Classic & Equipped World Bench Press Championships](#)  
(Reservation link updated on December 15, 2023)**

## **Hotel Information:**

Marriott Austin South | +1 512-441-7900 | Toll Free + 1-800-228-9290  
4415 S IH-35

Austin, TX 78744 US

Hotel Information:

King (1 King) = Max 3 Occupancy

2 Doubles = Max 4 Occupancy

Suite ( 1 King & Sofa Sleeper) = Max 4 Occupancy

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Courtyard Austin South | +1 512-912-1122

4533 South IH-35

Austin, TX 78744

Hotel Information:

King (1 King) = Max 2 Occupancy

2 Queens = Max 4 Occupancy

King Suite (1 King & Sofa Bed) = Max 4 Occupancy

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Fairfield Inn & Suites Austin South | +1 512-707-8899

4525 South IH-35

Austin, TX 78744

Hotel Information:

2 Doubles = Max 4 Occupancy

Suite (1 King) = Max 3 Occupancy

Suite (1 King & Sofa Sleeper) = Max 5 Occupancy

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Springhill Suites Austin South | +1 512-441-8270

4501 South IH-35

Austin, TX 78744

Hotel Information:

Suite ( 1 King Bed & Sofa Sleeper) : Max 2 Occupancy

Suite Double ( 2 Doubles & Sofa Sleeper) : Max 4 Occupancy

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Residence Inn Austin South | +1 512-912-1100

4537 South IH-35

Austin, TX 78744

Hotel Information:

1 Bedroom Suites (1King Bed/Bedroom & Sofa Sleeper) : Max 4 Occupancy

Studio (1 King Bed & Sofa Sleeper) : Max 4 Occupancy

2 Bedroom Suites (2 King Beds/Bedrooms & Sofa Sleeper): Max 6 Occupancy

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## Event Summary:

### 2024 IPF World Bench Press Championships

Technical Meeting: Tuesday, May 21, 2024

Event Start Date: Wednesday, May 22, 2024

Event End Date: Saturday, June 1, 2024

Last Day to Book your Hotel Room: Wednesday, May 1, 2024

**Note: If you do not book your room in the one of the competition hotels, through the organizer, you will not be able to participate in the championship.**

### Hotel(s) offering your special group rate:

- Austin Marriott South for 260.68 USD per night, includes breakfast and all taxes.
- Courtyard Austin South for 222.27 USD per night, includes breakfast and all taxes.
- SpringHill Suites Austin South for 198.75 USD per night, includes breakfast and all taxes.
- Fairfield Inn & Suites Austin South for 198.75 USD per night, includes breakfast and all taxes.
- Residence Inn Austin South for 222.27 USD per night, includes breakfast and all taxes.

### [Book your group rate for 2024 Classic & Equipped World Bench Press Championships](#)

(Reservation link updated on December 15, 2023)

### Note 1:

**All athletes, coaches, referees and officials from each federation must stay in the official hotel for all days they require an accreditation for the event. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship.** 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  
Please contact Ms. Nathaly Bernard at: [nathaly.bernard1@aimbridge.com](mailto:nathaly.bernard1@aimbridge.com)
2. Payment by credit card **at arrival.**

### International Airport

for arrival: Austin-Bergstrom International Airport (USA)

### Airport Transportation (Arrivals/Departures): Austin-Bergstrom International Airport (AUS)

Please book your transport with Carter Transportation Austin (SuperShuttle/ExecureCar)

Use online/app discount code **VLLFF**. Service is available 24/7 and reservations are highly recommended.

<https://www.supershuttle.com/?GC=VLLFF>

**Drop-off location is the** Marriott Austin South, 4415 IH – 35, Austin, Texas 78744

Arrival Cost: 25 USD from the Austin Airport to the Marriot Austin South Hotel.

Departure Cost: 25 USD from the Marriott Austin South Hotel to the Austin Airport.

Questions: [delonda@cartertransportationaustin.com](mailto:delonda@cartertransportationaustin.com) / 1-512-929-3900 x 119

### Transport from Hotel to Eleiko USA to Competition Venue and Back to the Hotel

Important Note: Transport between Hotel and Venue for ALL accredited athletes, coaches, officials, and referees will be provided for free. Schedule of operating hours of the bus will be published in the Hotel and Venue. No accredited guests will be required to purchase a pass for the transport from hotel to Eleiko to venue.

<b>Scales:</b>	Scales will be available at the official hotel(s), 24 hours. Scales will also be available at the venue. The Scales will be available a minimum 2 days prior to the first competition day.
<b>Training:</b>	ELEIKO USA in Austin – 3910 S Industrial Dr Suite 100, Austin, TX78744 <b>Telephone: 866.447.9441</b> Training available from 19 May till 2 <sup>nd</sup> June 2024 daily from 9am 6pm 6 Training Sets available + Test Scale Daily transport from hotels to ELEIKO to Venue and return according to a published transport schedule. The Training Equipment at Eleiko USA will be available a minimum 2 days prior to the first competition day.
<b>Flag and anthem:</b>	Will be provided by the Organizer.
<b>Closing Banquet:</b>	ELEIKO Austin – 3910 S Industrial Dr Suite 100, Austin, TX78744 Tickets EUR 40, --/USD 45,-- including 2 soft drinks/beer/wine The Banquet for the Classic lifters will take place on 27 May 2024 @ 1900hrs, and the Banquet for the Equipped Athletes will be held on 01 June 2024 @ 1900hrs. <b>The Theme for both Banquets shall be:</b>  Get ready for the ultimate TEXAS BBQ BANQUET at Eleiko HQ during the 2024 IPF Bench World Championships! After the intense competitions wrap up, Eleiko, along with legendary Pitmaster "The Smoking Swede" and his trusty sidekick Pitmaster Dobbins, is hosting a Texas-style BBQ exclusively for the amazing athletes and coaches. We're serving up slow-smoked meats, mouthwatering sides, and ice-cold refreshments, all accompanied by amazing country tunes from our live band. With a blend of Texan and Swedish hospitality, this BBQ promises unforgettable moments, a chance to honor our powerlifting champions, and a party to remember. We will have games and activities throughout the evening. Bonus points if you come dressed in your favorite cowboy hat and cowboy boots.  <b>The banquets tickets must be ordered/reserved and sent with the preliminary nomination. Payment must be performed by either Bank Transfer or by Credit Cars in the Competition Office in Marriott South Hotel.</b>
<b>Participation Fee:</b>	60 € for each lifter declared must be wired to the IPF bank account.
<b>Anti-Doping Fee:</b>	60 € for each lifter declared must be wired to the IPF bank account.
<b>Coach Capitation Fee:</b>	50 € for each Nominated Coach.
<b>Health and Travel Insurance:</b>	All athletes, coaches, officials and referees and delegation 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 each attendee purchase travel insurance for covering loss of luggage, theft, delayed flights, etc.

### 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 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>Nominations:</b>	Team nomination forms must be in the hands of the Meet Director and the IPF Championship Secretary not later than: <b>22 March 2024</b>
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<b>Preliminary:</b>	<b>22 March 2024</b> complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
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<b>Final:</b>	<b>30 April 2024</b> (later entries will not be accepted).
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**21 Days Before Technical Meeting: 30 April 2024 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)

#### **Please take note of IPF By-Law 14.4:**

All accredited athletes, coaches, officials, and referees nominated by their national federation for an international or world championship event, must stay in the official hotel(s) designated by the organizer. An accreditation badge shall not be issued to a nominated athlete, coach, official or referee that is not staying in the hotel. Additionally, the issued credential shall match the number of days they will be officially participating in the event. If an athlete, coach, referee or official does not stay in the hotel, they shall not receive accreditation and shall be excluded from the event.

**Provisional timetable:  
2024 IPF World Bench Press Championships  
Austin/Texas/USA**

<b>CLASSIC BENCH PRESS</b>							
<i>Day</i>		<i>Weight-in time</i>	<i>Start</i>	first platform			
				<i>age category</i>	<i>classes</i>		
Tuesday	21 <sup>st</sup> May	<b>19:00</b>		<b>Technical Meeting</b>	<b>Marriot Hotel</b>		
Wednesday	22 <sup>nd</sup> May	07:00 – 08:30	09:00	All Men Masters	59 – 66kg		
		09:00 – 10:30	11:00	All Women Masters	47 – 52kg		
		11:00 – 12:30	13:00	All Men Sub-Junior and Junior	53 – 66 kg		
		12:30 – 14:00	14:30	All Women Sub-Junior and Junior	43 – 52kg		
		<b>17:30</b>		<b>Opening Ceremony</b>			
		16:00 – 17:30	18:00	All Open Women All Open Men	47 – 52kg 59 – 66kg		
Thursday	23 <sup>rd</sup> May	07:00 – 08:30	09:00	All Women Masters	57kg		
		09:00 – 10:30	11:00	All Men Masters	74kg		
		11:00 – 12:30	13:00	All Women Sub-Junior and Junior	57kg		
		12:30 – 14:00	14:30	All Men Sub-Junior and Junior	74kg		
		16:00 – 17:30	18:00	All Open Women All Open Men	57kg 74kg		
Friday	24 <sup>th</sup> May	07:00 – 08:30	09:00	All Men Masters	83kg		
		09:00 – 10:30	11:00	All Women Masters	63kg		
		11:00 – 12:30	13:00	All Men Sub-Junior and Junior	83kg		
		12:30 – 14:00	14:30	All Women Sub-Junior and Junior	63kg		
		16:00 – 17:30	18:00	All Open Women All Open Men	63kg 83kg		
Saturday	25 <sup>th</sup> May	07:00 – 08:30	09:00	All Women Masters	69kg		
		09:00 – 10:30	11:00	All Men Masters	93kg		
		11:00 – 12:30	13:00	All Women Sub-	69kg		

				Junior and Junior			
		12:30 – 14:00	14:30	All Men Sub-Junior and Junior	93kg		
		16:00 – 17:30	18:00	All Open Women All Open Men	69kg 93kg		
Sunday	26 <sup>th</sup> May	07:00 – 08:30	09:00	All Men Masters	105kg		
		09:00 – 10:30	11:00	All Women Masters	76 - 84kg		
		11:00 – 12:30	13:00	All Men Sub-Junior and Junior	105kg		
		12:30 – 14:00	14:30	All Women Sub-Junior and Junior	76 - 84kg		
		16:00 – 17:30	18:00	All Open Women All Open Men	76- 84kg 105kg		
Monday	27 <sup>th</sup> May	07:00 – 08:30	09:00	All Women Masters	84+kg		
		8:30 – 10:00	10:30	All Men Masters	120 – 120+kg		
		10:00 – 11:30	12:00	All Women Sub-Junior and Junior	84+kg		
		12:30 – 13:00	13:30	All Men Sub-Junior and Junior	120 – 120+kg		
		13:00 – 14:30	15:00	All Open Women All Open Men	84+kg 120 – 120+kg		
		<b>19:00</b>		<b>Closing Banquet</b>			

## EQUIPPED BENCH PRESS

Day		Weight-in time	Start	first platform			
				age category	classes		
Tuesday	28 <sup>th</sup> May	07:00 – 08:30	09:00	All Men Masters	59 – 66kg		
		09:00 – 10:30	11:00	All Women Masters	47 – 52kg		
		11:00 – 12:30	13:00	All Men Sub-Junior and Junior	53 – 66 kg		
		12:30 – 14:00	14:30	All Women Sub-Junior and Junior	43 – 52kg		
		16:00 – 17:30	18:00	All Open Women All Open Men	47 – 52kg 59 – 66kg		
Wednesday	29 <sup>th</sup> May	07:00 – 08:30	09:00	All Women	57 - 63kg		

				Masters			
		09:00 – 10:30	11:00	All Men Masters	74 - 83kg		
		11:00 – 12:30	13:00	All Women Sub-Junior and Junior	57 - 63kg		
		12:30 – 14:00	14:30	All Men Sub-Junior and Junior	74 - 83kg		
		16:00 – 17:30	18:00	All Open Women All Open Men	57 – 63kg 74 – 83kg		
Thursday	30 <sup>th</sup> May	07:00 – 08:30	09:00	All Men Masters	93kg		
		09:00 – 10:30	11:00	All Women Masters	69kg		
		11:00 – 12:30	13:00	All Men Sub-Junior and Junior	93kg		
		12:30 – 14:00	14:30	All Women Sub-Junior and Junior	69kg		
		16:00 – 17:30	18:00	All Open Women All Open Men	69kg 93kg		
Friday	31 <sup>st</sup> May	07:00 – 08:30	09:00	All Women Masters	76 – 84kg		
		09:00 – 10:30	11:00	All Men Masters	105kg		
		11:00 – 12:30	13:00	All Women Sub-Junior and Junior	76 – 84kg		
		12:30 – 14:00	14:30	All Men Sub-Junior and Junior	105kg		
		16:00 – 17:30	18:00	All Open Women All Open Men	76 – 84kg 105kg		
Saturday	1 <sup>st</sup> June	07:00 – 08:30	09:00	All Men Masters	120 – 120+kg		
		8:30 – 10:00	10:30	All Women Masters	84+kg		
		10:00 – 11:30	12:00	All Men Sub-Junior and Junior	120 – 120+kg		
		12:30 – 13:00	13:30	All Women Sub-Junior and Junior	84+kg		
		13:00 – 14:30	15:00	All Open Women All Open Men	84+kg 120 – 120+kg		
		<b>19:00</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 to the 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 21 May 2024 at 1900hrs. 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.

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**Gaston Parage**  
**President**  
**International Powerlifting Federation**

**Tamara Lopez**  
**Treasurer**  
**Powerlifting America**

**Robert Keller**  
**President**  
**Powerlifting America**