



OFFICIAL INVITATION

The International Powerlifting Federation
and
South African Powerlifting Federation
invite

the IPF member nations to participate in the

World Masters Classic & Equipped Powerlifting Championships

from 5th October 2024 to 13th October 2024

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
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Correspondence, Visa:	Name: Johan Hannie Smith Phone: +27825663433 E-mail: hannie.smith@powerlifting.sport
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Accommodation and transport:	Name: Johan Hannie Smith Phone: +27825663433 E-mail: hannie.smith@powerlifting.sport
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Technical Secretary:	Name: Vicki Botha Phone: +27824473848 E-mail: vickibotha@yahoo.com
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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:	Sun City Pilanesberg South Africa
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Date: Date from – to 5th October 2024 –13th October 2024

Venue: Sun Park Sun City Pilanesberg South Africa

Technical Meeting: 4th October 2024, 19:00, Conference Room Sun City

Hotels

CABANAS 3*	Sharing per room	Single per Room
ROOM TYPE		
STANDARD TWIN ROOM	R 2825	R 2255
STANDARD FAMILY ROOM	R 3560	R 3020

SOHO HOTEL 4*	Sharing per room	Single per Room
ROOM TYPE		
STANDARD TWIN ROOM	R 3970	R 3395
FAMILY ROOM	R 4530	R 3950

CASCADES HOTEL 5*	Sharing per room	Single per Room
ROOM TYPE		
TWIN FAMILY ROOM	R 4895	R 4280

PALACE AT THE LOST CITY 5* deluxe	Sharing per room	Single per Room
ROOM TYPE		
TWIN ROOM	R 6105	R 5370
FAMILY ROOM	R 7775	R 7040

Please note:

- Rates are quoted per room per night per night including breakfast.
- Family room policy allow for 2 Adults and 2 Child under 12 years or 1 child under 17 years on a sleeper Couch and includes breakfast for a maximum of 2 children.
- Accommodation is on a LIMITED and thus first-come, first serve basis.



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

Bank Transfer to POWERLIFTING UNLIMITED

First National Bank / South Africa
Account nr: 62604351122
Branch Code: 250437
Swift Code: FIRNZAJJ149 / FIRNZAJJXXX
First National Bank
Shop 12 President Square Park Street Fochville 2515 Gauteng

2. Payment by credit card or in cash (EUR) (US\$) at **arrival according to the exchange rate.**

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
Coach Caption Fee:	50 € for each Nominated Coach
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.	

Anti-Doping Information:

For the:

World Masters Classic & 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.

Only Sub-Junior & Junior 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 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 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: 6th August 2024
Preliminary:	6th August 2024 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
Final:	14th September 2024 (later entries will not be accepted).

21 Days Before Technical Meeting: 14th September 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

**Provisional time Table: IPF World Master’s Classic & Equipped Powerlifting Championships 2024
Sun City South Africa
Technical Meeting Saturday 4th October 2024 19:00**

CLASSIC POWERLIFTING							
Day		Weight-in time	Start	first platform			
				age category	classes		
Saturday	5 th OCT	07:00 – 08:30	09:00	Men M4	59 – +120kg		
		Opening Ceremony	12:30				
		11:00 -12:30	13:00	Women M3 – M4	47 – +84kg		

		16:00 – 17:30	18:00	Men M3	59 - 83kg		
Sunday	6 th OCT	07:00 – 08:30	09:00	Men M3	93 – +120kg		
		11:00 – 12:30	13:00	Women M2	47 - 57kg		
		15:00 – 16:30	17:00	Men M2	59 – 74kg		
Monday	7 th OCT	07:00 – 08:30	09:00	Men M2	83 -93kg		
		11:00 -12:30	13:00	Women M2	63 -+84kg		
		15:00 16:30	17:00	Men M2	105 - +120kg		
Tuesday	8 th OCT	07:00 – 08:30	09:00	Men M1	59 – 74kg		
		11:00 – 12:30	13:00	Women M1	47 – 63kg		
		15:00 – 16:30	17:00	Men M1	83kg		
Wednesday	9 th OCT	07:00 – 08:30	09:00	Men M1	93kg		
		11:00 -12:30	13:00	Women M1	69 -76kg		
		15:00 – 16:30	17:00	Men M1	105 kg		
Thursday	10 th OCT	08:00 – 09:30	10:00	Women M1	84 – +84kg		
		11:00 – 12:30	13:00	Men M1	120 – 120+kg		
		Classic Banquet		Greenhouse	19:00		
				Equipped Powerlifting			
Friday	11 th OCT	07:00 – 08:30	09:00	Men M4	59 – +120kg		
		11:00-12:30	13:00	Women M3 – M4	47 -+84kg		
		13:00 – 14:30	15:00	Men M3	59 -+120kg		
Saturday	12 th OCT	07:00 – 08:30	09:00	Men M2	59 – 93kg		
		10:00 – 11:30	12:00	Women M2	47 – +84kg		
		14:00 – 15:30	16:00	Men M2	105 – +120kg		
Sunday	13 th OCT	07:00 – 08:30	09:00	Men M1	59 – 93kg		



		10:00 – 11:30	12:00	Women M1	47 - +84kg		
		14:00 – 15:30	16:00	Men M1	105 - +120kg		
			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 4th October 2024 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
Championship Secretary

Johan Hannie Smith
Meet Director

Johan Hannie Smith
President nat. Fed.