



OFFICIAL INVITATION

Sanction by the International Powerlifting Federation & Commonwealth Powerlifting Federation the South African Powerlifting Federation
Invite's all the member nations to participate in the

5 th WOMEN'S & MEN'S OPEN, SUB/JNR, JUNIOR & MASTERS COMMONWEALTH CLASSIC & EQUIPPED POWERLIFTING, CLASSIC & EQUIPPED BENCH PRESS CHAMPIONSHIPS 2017

In Potchefstroom, North West - South Africa from 10 – 17 September 2017

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 Commonwealth - Member nations, NOT by individuals.

Meet Director: Johan (Hannie) Smith - email: hannie@lagayim.co.za
Cell: +27 82 5663433 Fax +27 86 5243879 - Cell: +27 82 6419612

Correspondence & Visa support: Vicki Botha email: hannie@lagayim.co.za
Cell; +27824473848 fax; +27865243879

Nominations: hannie@lagayim.co.za Cell: +27 82 5663433
Copy: CPF President Richard Parker richard.parker@britishpowerlifting.org

Accommodation Helen de Wet. Email: elgrores@iafrica.com Tel: +27 18 2975411
Fax: +27 86 646 3689

Please send to Hannie Smith all information concerning your stay in South Africa: transport request, preliminary and final nomination.

Technical Secretary: Vicky Botha hannie@lagayim.co.za – Cell: +27 82 4473848

Host City: Potchefstroom - North West South Africa.

Date: 10 – 17 September 2017

Venue: Elgro Hotel Conference Centre Potchefstroom. elgrores@iafrica.com
<tel:+27182975411>

Technical Meeting: Sunday 10th September 2017, 20:00 hrs at the – Drostdy Venue 1st Floor – Elgro Hotel

Hotel: Elgro Hotel, Willows Hotel & Elgro Lodge. Helen de Wet email :
elgrores@iafrica.com Tel: +27 18 2975411 Fax: +27 86 646 3689

Note 1: All athletes, coaches, referees and officials from each federation have to book their rooms with **Helen de Wet – ELGRO HOTEL** and have to stay in the official hotel during the championship. **If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of 100 EUR per person to**



the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (By-Laws 105.4.4)

Note 2: The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms to the ELGRO Hotel.

Option 1

Single Room
Double / Twin Room

Luxury Accommodation

R1 350.00 per person per night Bed, and Breakfast (Double Bed)
R1 750.00 per room per night Bed and Breakfast (2 Beds)

Option 2

Single Room
Double / Twin Room

Standard Accommodation

R 950.00 per person per night Bed, and Breakfast (Double Bed)
R1 450.00 per room per night Bed and Breakfast (2 Beds)

Dinner can be booked at reception at The ELGRO Hotel at the rate of R200.00 per person per night.

Here are some of the facilities we are able to offer our guests in our rooms:

- Tea/Coffee Making facilities
- Air Conditioning
- On-Suite Bathrooms

Accommodation fees payable by Credit/Debit card;

1. Cash in RAND, EUR and DOLLAR (according to the current exchange rate);

2. Bank transfer to the following bank account:

Banking details:

Account name: ELGRO HOTEL

Account: Absa Bank

Account number: 680 146 934

Branch: POTCHEFSTROOM

Branch code: 632005

Swift code: ABSAZAJJ

I-Ban Code: ZA632005

Payment must be received at the above mentioned bank account at the latest 7 days prior to the beginning of the Championship. All bank charges go at the expense of order party. If you choose the payment by bank transfer or by credit card, you must inform the organizer in advance.

All rooms must be booked at the latest with the deadline of the final nomination –

Arrivals/Transportation:

Transport from OR-THAMBO International Airport to ELGRO Hotel is 55 EUR one way.

Payment will be in Cash/Card on arrival to the Meet Director.

Please send your detailed travel itinerary to the Meet Director Hannie Smith - email:

hannie@lagayim.co.za and Vicki Botha email; hannie@lagayim.co.za so that the transfer can be provided.

Shuttle: Shuttle service will be provided from Other Hotels to Venue.

Scales: Scales will be available at all the hotels.

Training: Training facilities available at the venue.

Flag and anthem: Flag will be provided by the Organizer.

Photos: Identification is necessary for security reasons. Picture of each lifter, coach and official will be taken for the accreditation card after arrival at the Championship office.

Streaming: All rooms and venue will have Wi-Fi connection.

Closing Banquet: Sunday 17th September 2017 - Price: 30 EUR per person includes drinks on table.



More information at Venue during the competition week.

Participation Fee: 50 EUR for each **Competition declared by the lifter**

Anti-Doping Fee: 50 EUR for each **Competition declared by the lifter**

Must be paid to the Meet Director: Payment will be in **Cash/Card** or

PayPal Account: JSmithPowerliftingUnlimited@gmail.com

or by bank transfer to:

JOHAN SMITH ta 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 1

FOCHVILLE 2515

Please use your Name and Surname as reference.

Lifters are allowed to enter two competitions each at 50 Euro, but only one anti-doping fee per lifter is payable.

Health and Travel Insurance: All delegate members must have valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, theft, delayed planes etc

Nominations:

Team nomination forms must be in the hands of the Meet Director Hannie Smith

hannie@lagayin.co.za and the CPF President Richard Parker

richard.parker@britishpowerlifting.org by:

Preliminary: 12th July 2017 (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final: 20th August 2017 (late entries will not be accepted)

ALL PARTICIPATING NATIONS MUST BE PAID UP MEMBERS OF THE CPF

21 days before Technical Meeting (20th August 2017) is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. (IPF-By-Laws105.5.2).

If not withdrawn as above, all competing Federations must pay the reserved hotel rooms costs, participation and doping fees for all lifters specified on the final nomination form.

Correspondence, Visa: emails regarding the championship must be sent to: Vicki Botha email; hannie@lagayim.co.za

Copy to CPF President [Richard Parker \[richard.parker@britishpowerlifting.org\]](mailto:richard.parker@britishpowerlifting.org)



Classic & Equipped Commonwealth Open, Sub-Junior, Junior & Master's Powerlifting & Bench Press Championships

Potchefstroom South Africa , September 10-17, 2017

Provisional Timetable

Day	Weigh in time	Classes	Start
Sunday 10 th Sept		CONGRESS	15:00
Sunday 10 th Sept		Technical meeting	19:00
Monday 11 th Sept	09.00	OPENING CEREMONY	09:00
	08:00 – 09:30	SPECIAL OLYMPICS	10:00
	11:00 – 12:30	CLASSIC BENCH PRESS All - Women 43.0 – 63.0 kg.	13:00
	14:00 – 15:30	CLASSIC BENCH PRESS All – Men 53.0 – 66.0 kg.	16:00
Tuesday 12 th Sept	07:00 – 08:30	CLASSIC BENCH PRESS All – Women 72.0 – +84.0 kg.	10:00
	11:00 – 12:30	CLASSIC BENCH PRESS All – Men 74.0 – 83.0 kg.	13:00
	14:00 – 15:30	CLASSIC BENCH PRESS All – Men 93.0 – 105.0 kg.	16:00
	17:00 – 18:30	CLASSIC BENCH PRESS All – Men 120.0 – +120.0 kg.	19:00
Wednesday 13 th Sept	07:00 – 08:30	EQUIPPED BENCH PRESS - All WOMEN	09:00
	09:00 – 10:30	EQUIPPED BENCH PRESS – All MEN	11:00
	16:00 – 17:30	EQUIPPED POWERLIFTING - All WOMEN	13:00
	14:00 – 15:30	EQUIPPED POWERLIFTING - All MEN	16:00
Thursday 14 th Sept	07.00 – 08.30	All Women 47.0 – 52.0 kg.	09:00
	11:00 – 12.30	All Men 53.0 – 66 kg.	13:00
	15:00 -16:30	All Women 57.0 kg.	17:00
Friday 15 th Sept	07.00 – 08.30	All – Men 74.0 kg.	09:00
	11:00 – 12.30	All Women 63.0kg	13:00
	15:00 -16:30	All Men 83.0 kg	17:00
Saturday 16 th Sept	07:00 -08:30	All Men 93.0 kg	09:00



	11:00 – 12:30	All Women 72.0 kg	13:00
	15:00 -16:30	All Men 105.0 kg.	17:00
Sunday 17 th Sept	06:00 – 07:30	All Men 120.0 kg	08:00
	10:00 – 11:30	All Women 84.0 - +84.0 kg	12:00
	14:00 – 15:30	All Men +120.0 kg	16:00
BANQUET			20:00

Important Items to remember:

- a) Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination, i.e. only lifters from the preliminary nomination can be replaced by reserves. No new nominations will be accepted.
- b) According Technical Rules [Page 4, item 7] at the final nomination you must definite 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.
- c) Changes may occur to the timetable of events. All changes will take place at the Technical Meeting that will be held on Sunday, 10th September 2017 at 20.00 hrs.
- d) Victory Ceremonies will be held at the end of each lifting session. It is mandatory that each athlete attend and wear their National Team Warm-up/Track Suit for the award presentation.
- e) **All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during the championship.** If athletes, coaches, referees or officials must stay in the official hotel during the championship, they will be obliged to pay an administration fee of 100 EUR, per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).
- f) **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.

Rchard Parker
CPF President

Johan Smith
Meet Director

Johan Smith
South African President

