



OFFICIAL INVITATION

Sanctioned by the International Powerlifting Federation & Commonwealth Powerlifting Federation and the Canadian Powerlifting Union invite all the member nations to participate in the

8th WOMEN'S & MEN'S OPEN, SUB/JR, JUNIOR & MASTERS COMMONWEALTH CLASSIC & EQUIPPED POWERLIFTING, CLASSIC & EQUIPPED BENCH PRESS CHAMPIONSHIPS 2019

In St. John's, Newfoundland & Labrador, Canada from 15 – 21 September 2019

***** AIRPORT OF DESTINATION is YYT*****

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:

Jeff Butt/John Smart - email: info@709powerlifting.com

Jeff Cell: +011 709 5972945

John Cell: +011 709 7465811

Nominations: Meet Directors as above and

Copy: CPF President Richard Parker - richard.parker@britishpowerlifting.org

Copy: CPF Vice President Mike Armstrong - mike.armstrong311@gmail.com

Correspondence & Visa support: Meet Directors as noted above

Accommodation see below for hotel information and bookings

Please email Meet Directors all information concerning your stay in St. John's, Newfoundland & Labrador (YYT):

➤ **transport request, preliminary and final nomination, flight details and hotel confirmations.**

Technical Secretary: Brock Haywood - subrhaywood@outlook.com

Tel: +001 204 8863860

Host City: St. John's, Newfoundland & Labrador (**YYT airport code**) - Canada

Date: 15 – 21 September 2019

Venue: Holiday Inn St. John's Conference Centre.

180 Portugal Cove Road

St. Johns, Newfoundland and Labrador

Canada

https://www.ihg.com/holidayinn/hotels/us/en/st-johns/yytca/hoteldetail?cm_mmc=GoogleMaps--HI--CA--YYTCA

Technical Meeting: Sunday 15th September 2019, 12:00 hrs at the – Holiday Inn St. John's Conference Centre



Hotel: Holiday Inn St. John's Conference Centre.

180 Portugal Cove Road

St. Johns, Newfoundland and Labrador

A1B 2N2

Canada

https://www.ihg.com/holidayinn/hotels/us/en/st-johns/yytca/hoteldetail?cm_mmc=GoogleMaps-_-HI-_-CA-_-YYTCA

Tel: +011 855 9141413

Tel: +011 709 7220506

Note 1: All athletes, coaches, referees and officials from each federation have to book their rooms with Karen.penney@sunraygroup.ca – Holiday Inn St. John's Conference Centre and have to stay in the official hotel during the championship, ensure your delegates note the group block name “**Commonwealth Bench Press & Powerlifting**”. **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). All rooms must be booked at the latest with the deadline of the final nomination**

Note 2: The organizer will not be responsible for any hotel bills of the participating nations. PRIOR to arrival, all delegates must pay directly for their rooms via the Holiday Inn St. John's Conference Centre as noted above. Room rates are as listed below (*all surcharges and taxes included*).

Option 1

Single Room
Double Room

Standard Accommodation

CAD 201.11 per **person** per night Bed and Breakfast (King Bed)
CAD 201.11 per **room** per night Bed and Breakfast (2 Double Beds)

Option 2

Single Room
Double Room

Executive Accommodation *LIMITED AVAILABILITY*

CAD 224.91 per **person** per night Bed and Breakfast (King Bed)
CAD 224.91 per **room** per night Bed and Breakfast (2 Double Beds)

European euro (EUR)			
European euro (EUR)			
Low [High]	2019-02-13	1.4940 CAD	[0.6693 EUR]
Average	2019-02-11 – 2019-02-15	1.4981 CAD	[0.6675 EUR]
High [Low]	2019-02-14	1.5015 CAD	[0.6660 EUR]

US dollar (USD)			
US dollar (USD)			
Low [High]	2019-02-13	1.3240 CAD	[0.7553 USD]
Average	2019-02-11 – 2019-02-15	1.3269 CAD	[0.7536 USD]
High [Low]	2019-02-14	1.3298 CAD	[0.7520 USD]

*Exchange rates can be verified via the following link: <https://www.bankofcanada.ca/rates/exchange/daily-exchange-rates-lookup/>

**Dinner can be booked if required in the franchised restaurant, Eastside Mario's located within the Holiday Inn St. John's Conference Centre. This establishment features your favorites of steaks, Salmon, Cod, Chicken, pizza and pasta dishes.



Standard rooms in our St. John's, NL hotel offer comfort and quality. Each room features free high-speed, wireless Internet access, a well-lit work desk, pay movies, mini fridge, and games, free daily newspaper and pillow top beds, all in the comfort of an attractive, private environment.

Executive Suites at the Holiday Inn hotel in St. John's, NL feature extra space and comfort, as well as quality standard amenities such as free high-speed Internet access, CD players, refrigerators and pillow top beds. Select suites feature kitchenettes or children's areas with bunk beds and an extra TV.

	GUEST ROOMS	SUITE S
In-Room Comfort		
Pillow Menu	✓	✓
Rollaway Bed/Cot Available	✓	
Crib Available	✓	✓
Iron/Ironing Board	✓	✓
Separate Hanging Closet	✓	✓
In-Room Heating and A/C Controls	✓	✓
Black-out Shades	✓	✓
Extra Bedding Available	✓	✓
Bathroom		
Private Bathroom	✓	✓
Bathroom Amenities Available	✓	✓
Hair Dryer	✓	✓
Bathtub	✓	✓
Refreshments / Kitchen		
Mini Refrigerator	✓	✓
Microwave	✓	
Coffee Maker	✓	✓
Complimentary Coffee/Tea Supplies	✓	✓
Entertainment		
Flat-screen TV	✓	✓
Cable/Satellite	✓	✓
Pay-per-view Available	✓	✓
Stereo/Radio	✓	✓
Workspace / Desk		
Work Desk with Lamp	✓	✓
Phone / Fax		
Direct-dial Phone	✓	✓
Phone with Voicemail	✓	✓
Electrical Details		
120 AC	✓	✓
Electrical Adapters Available	✓	✓
Miscellaneous		
Connecting Rooms Available	✓	✓
Kid Suites Available	✓	
Windows Open by Guest	✓	



Accommodation fees payable by Credit/Debit card;

1. Cash in **CANADIAN DOLLAR** (according to the current exchange rate);
2. Bank transfer to the following bank account:

Bank Name: [ROYAL BANK OF CANADA](#)
Bank Address: [66 KING ST W, COBOURG, ON, K9A 2L9](#)
Account name: [SUNBRIDGE PORTUGAL COVE LP INC.](#)
Account Type: [Checking](#)
Currency: [CAD](#)
Account number: [1003839](#)
Transit Number: [01002](#)
Institution Number: [003](#)
Branch code: [COBOURG](#)
Swift code: [ROYCCAT2](#)

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.

Arrivals/Transportation: Transport from **YYT** – St. John's International Airport to Holiday Inn St. John's Conference Centre is **\$30.00 CAD per person RETURN**. Payment can be etransfer in advance or cash in CAD ONLY upon arrival and paid to the Meet Director.

Shuttle: Shuttle service will be provided from other hotels to venue if required.

Scales: Scales will be available at all the hotel/venue.

Training: Training facilities available at the venue.

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

Photos: Identification is necessary for security reasons, therefore pictures 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. More details will be available at the Venue.

Closing Banquet: Sunday 21st of September 2019 - Price: **\$65.00 CAD per person** and to be paid directly to Holiday Inn St. John's Conference Centre. More information at Venue during the competition week.

Participation Fee: **\$75.00 CAD** for each **Competition declared by the lifter**

Anti-Doping Fee: **\$75.00 CAD** for each **Competition declared by the lifter**

To be paid to the Meet Director, **payment will be in Cash or etransfer** at:
payment@709powerlifting.com

Password for etransfer will be: deadlift

****Please ensure complete name of lifter in the etransfer message.***



Lifters are allowed to enter two competitions each at \$75.00 CAD, but **only one anti-doping fee per lifter is payable.**

Health and Travel Insurance: All delegate members must have valid health insurance. The organizer 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 JeffButt/John Smart info@709powerlifting.com and the CPF President Richard Parker richard.parker@britishpowerlifting.org and CPF Vice President Mike Armstrong mike.armstrong311@gmail.com by:

Preliminary: 16th July 2019 (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final: 24th August 2019 (late entries will not be accepted)

ALL PARTICIPATING NATIONS MUST BE VALID MEMBERS OF THE CPF WITH ALL FEES PAID

21 days before Technical Meeting (24th August 2019) is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. (IPF-By-Laws 105.5.2).

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.



Classic & Equipped Commonwealth Open, Sub-Junior, Junior & Master's Powerlifting & Bench Press Championships
St. John's, Newfoundland & Labrador (YJT), Canada - September 15-21, 2017

Provisional Timetable

TIME	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start
6:00			Equipped Women		Equipped Men		Equipped Men		Classic Women		Classic Men		Classic Men			
6:30			Bench - All		Bench - All		Powerlifting		Powerlifting		Powerlifting		Powerlifting			
7:00							All Open		All JR		Open - Up to 93		JR,Open,Master 105			
7:30																
8:00			Equipped Women		Equipped Men		Equipped Men		Classic Women		Classic Men		Classic Men		Classic Men	
8:30			Bench - All		Bench - All		Powerlifting		Powerlifting		Powerlifting		Powerlifting		Powerlifting	
9:00			Classic Women		Equipped Women		All Open		All JR		Open - Up to 93		Open - Up to 93		JR,Open,Master 105	
9:30			Bench - All		Powerlifting		All									
10:00	Technical Meeting															
10:30				Classic Women		Equipped Women								Classic Men		
11:00			Equipped Men	Bench - All		Powerlifting								Powerlifting		
11:30			Powerlifting			All								JR,Open,Master 120 & +120		
12:00			All JR & Master					Classic Women		Classic Men		Classic Women				
12:30	CPF Congress		Opening Ceremony					Powerlifting		Powerlifting		Powerlifting				
13:00				Equipped Men				Masters		All JR		Open			Classic Men	
13:30				Powerlifting				Up to 63		Masters up to 83		Up to 63			Powerlifting	
14:00				All JR & Master										JR,Open,Master 120 & +120		
14:30					Classic Men				Classic Women						Powerlifting	
15:00					Bench				Powerlifting						JR,Open,Master 120 & +120	
15:30					Up to 93				Masters							
16:00	Special Olympics								Up to 63							
16:30	All								Up to 63							
17:00									Classic Women							
17:30		Special Olympics							Powerlifting							
18:00		All							Masters							
18:30									72, 84, +84							
19:00																
19:30																
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21:00																
21:30																
22:00																
22:30																
23:00																



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 confirm the final 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 changes 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, 15th September 2019 at 12:00 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 via instructions listed above **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 (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.

Richard Parker
CPF President

Jeff Butt/John Smart
Meet Directors

Mark Giffen/Mike Armstrong
Canadian Powerlifting Union