



OFFICIAL INVITATION

The International Powerlifting Federation
and
New Zealand Powerlifting Federation
invite
the IPF member nations to participate in the

Men's and Women's Commonwealth Classic Powerlifting & Benchpress Championships 2022
Mens & Womens Commonwealth Equipped Powerlifting & Benchpress Championships 2022
Special Olympics Classic Powerlifting Championships 2022

from 27th November 2022 to 4th December 2022

in Auckland, NEW ZEALAND

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: Darren Neves
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E-Mail: darren.neves@gmail.com

Correspondence, Visa: Evie Corrigan
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Accommodation and transport: Evie Corrigan
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Technical Secretary: Darren Neves
Phone: +64 9 21 399 319
E-Mail: darren.neves@gmail.com

IPF Championship Secretary: Darren Neves
Mobile Phone: +64 9 21 399 319
E-Mail: darren.neves@gmail.com

Host City: Auckland, NEW ZEALAND

Date: 27 November 2022- 4 December 2022

Venue: Eden Park, Reimers Avenue, Kingsland, Auckland 1024

Technical Meeting: 26 November at 7.00pm.



Hotels:

1. Quest on Queen

62 Queen Street, Auckland Central

<https://www.questapartments.co.nz/properties/north-island/auckland/quest-on-queen/overview>

One bedroom apartment with fully equipped kitchen and wifi \$199NZD pn

Bookings to be made via reservations@questonqueen.co.nz or +64 9 300 2500

Use code **Auckland Powerlifting Association** when you book to receive this rate

Please note a cancellation policy applies for cancellations after 60 days prior

Venue accessible by train. Britomart Train Station is a two minute walk away, stop at Kingsland Station with a 5 minute walk to the venue.

2. Quest Newmarket

31-39 Davis Crescent, Newmarket, Auckland

<https://www.questapartments.co.nz/properties/north-island/newmarket/quest-newmarket/overview>

Studio apartment \$195NZD pn

One bedroom apartment \$210NZD pn

Two bedroom apartment \$335NZD pn

All rooms include kitchen and wifi

Bookings to be made via reservations@questnewmarket.co.nz or +64 9 520 3000

Use code **APA22** when booking to receive these rates

Venue accessible by train. Newmarket Train Station is a five minute walk away.

3. The Surrey Hotel

465 Great North Road, Grey Lynn, Auckland

<https://www.thesurreyhotel.co.nz/>

Motel studio room \$165NZD pn

Deluxe room \$175NZD pn

Superior room \$205NZD pn

One bedroom apartment \$215NZD pn

Family room \$235NZD pn

Bookings to be made via website <https://www.thesurreyhotel.co.nz/rooms>

Venue accessible by a five minute walk.

The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible.

Arrivals/Transportation:

All athletes are advised to fly into Auckland International Airport.

Some transport will be provided to athletes, however it is up to the athlete to organise their own transport from the airport to the hotel. Travel distance is 17km from the airport to the venue.



- Scales:** Scales will be available at the venue.
- Training:** Training facilities available in the warm-up area at designated times.
- Flag and anthem:** Flags and Anthems will be provided.
- Opening Ceremony:** Sunday 27th of November 2022 at 10.00am at the Venue. All representatives from each participating country shall take part at the Ceremony.
- Closing Banquet:** Eden Park, Reimers Avenue, Kingsland, Auckland 1024.
- Price per ticket for one person: \$65.00 (NZD) to be paid by bank transfer 7 days before the Technical Meeting. The number of banquet tickets must be ordered on the Nomination form and sent to evie.corrigan@hotmail.com & darren.neves@gmail.com
- Participation Fee:** \$120.00 NZD for each lifter.
- Anti-Doping Fee:** \$60.00 NZD for each lifter.
- All payments must be made 7 days prior to the Technical Meeting by the participating nations. An invoices will be sent to each nation. Lifters are required to register with their country and not as a individual.
- All payments can be made to the following bank account:
ASB Bank, Auckland, New Zealand
12 3082 0080959 03, ASB swift code: ASBBNZ2A.
- Health and travel Insurance:** All delegates must have a valid health insurance. The organiser and the Commonwealth Powerlifting Federation will not incur any expenses for a doctor or hospital. We recommed travel insurance for covering loss of luggage, theft, delayed planes, ect.
- COVID19 Regulations:** The Championship will be organised under strict COVID19 rules and regulations. The New Zealand Precautions are published on the webpage under the following link:
<https://covid19.govt.nz/traffic-lights/life-at-orange/>
Additionally, the Commonwealth Federation will follow the COVID Rules and Regulations of the Government from the host country (New Zealand). ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the New Zealand Government. Failure to do so, will cause a disqualification and exclusion from the championship.
- Visa Applications:** Some attending nations will be required to apply for a visitor visa to visit New Zealand, please ensure you apply early to avoid delays especially with the significant delays experienced with COVID-19.

Anti-Doping Information:

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 uploading to the Goodlift website.

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.

Nominations : Team nomination forms must be in the hands of the Meet Director Darren Neves and the IPF Championship Secretary darren.neves@gmail.com

Preliminary : **27 September 2022** All nominations are to be registered on the Goodlift website: <https://goodlift.info/nominations.php>. No final nominations will be accepted if the preliminary nominations were not sent).

Final : **5 November 2022** (late entries will not be accepted).

21 Days Before the start of the competition: 5th of November 2022 is the latest date for any removal of nominated lifters. If a lifter has not been withdrawn 21 days prior to the Technical Meeting of the Championships, federations are bound to pay the entry fee for that lifter.

Correspondence: E-Mails regarding the championship must be sent to:

Meet Director and IPF Championship Secretary Darren Neves – Darren.neves@gmail.com

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.



Provisional Timetable of Events

This is a preliminary timetable which is subject to change, please ensure this is considered when booking flights.

Day	Weigh-in time	Classes		Start
Saturday, 26.11.2022		Accreditation		16:00
		Technical Meeting		18:00
Sunday, 27.11.2022		Open Ceremony		10:00
		Equipped Powerlifting		
	11:00 – 12:30	Women	All weight classes	13:00
	16:00 – 17:30	Men	All weight classes	18:00
Monday, 28.11.2022		Classic Powerlifting		
	08:00 – 09:30	Women	All Masters 47kg- 63kg	10:00
	13:00 – 14:30	Women	All Masters 69kg- 76kg	15:00
	17:00 – 18:30	Women/ Men	Special Olympics Lifters	19:00
Tuesday, 29.11.2022	07:00 – 08:30	Men	All Masters 59kg- 83kg	09:00
	11:00 – 12:30	Women	All Masters 84kg- 84+kg	13:00
	16:00 – 17:30	Men	All Masters 93kg - 105kg	18:00
Wednesday, 30.11.2022	07:00 – 08:30	Men	All Masters 120kg- 120+kg	09:00
	12:00 – 13:30	Women	43kg – 84+kg SJ, Junior	14:00
	16:00 – 17:30	Men	59kg- 74kg SJ, Junior	18:00
Thursday, 01.12.2022		Equipped/ Classic Benchpress		
	08:00 - 09:30	Classic/ Equipped Women Equipped Men	All weight Classes	10:00
	11:00 – 12:30	Classic Men	59kg – 83kg	13:00
	14:00 – 15:30	Classic Men	93kg – 120+kg	16:00
Friday 02.12.2022		Classic Powerlifting		
	08:00 – 09:30	Men	59kg – 66kg Open	10:00
	11:00 – 12:30	Women	52kg - 57kg Open	13:00
Saturday 03.12.2022	17:00 – 18:30	Men	74kg – 83kg Open	19:00
	07:00 – 08:30	Women	63kg – 69kg Open	09:00
	12:00 – 13:30	Men	93kg – 105kg Open	14:00
	17:00 - 18:30	Women	76kg Open	19:00
Sunday, 04.12.2022	07:00 – 08:30	Women	84kg - +84kg Open	09:00
	12:00 – 13:30	Men	120kg - +120kg Open	14:00
		Closing Banquet		19:00



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] on the submitted Final Nomination Form you must send the finalized list the athletes that will take part in the championship. At the Technical Meeting you can only delete athletes from your final nomination form and no one can change weight classes.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Saturday, 26 November 2022, 18:00hrs.

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely 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.

Darren Neves
Meet Director
Commonwealth Championship Secretary

Evie Corrigan
Visa Correspondence