



**IPF WORLD MEN'S & WOMEN'S POWERLIFTING CHAMPIONSHIPS 2010**  
**in POTCHEFSTROOM SOUTH AFRICA**

Sanctioned by the International Powerlifting Federation  
and  
the SOUTH AFRICAN Powerlifting Federation

invites the IPF member nations to participate in the

**31<sup>th</sup> Women's World and the 40<sup>th</sup> Men's World Powerlifting Championships 2010**

**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.**

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**Technical Secretary:** VICKY BOTHA Mobile Phone +27824473848 E-Mail: [hannie@lagayim.co.za](mailto:hannie@lagayim.co.za)

**Financial Director:** GAIL MCKENZIE-KERR Mobile Phone +27827725258 E-Mail:

[cgmksadmin@54.co.za](mailto:cgmksadmin@54.co.za); Office number: +27114653379; Fax number +27114657938

**IPF Championship Secretary:** Gaston Parage, 1, rue Pasteur, L-4642 Differdange, Luxembourg

Mobile Phone: +352-621165214, Fax: +352-582696, E-Mail: [gaston.parage@powerlifting-ipf.com](mailto:gaston.parage@powerlifting-ipf.com)

**Host City:** POTCHEFSTROOM / SOUTH AFRICA

**Date:** 07 November. - 13. November 2010

**Venue:** SPORTS HALL – NORTH-WEST UNIVERSITY PUK CAMPUS POTCHEFSTROOM.

**Congress:** Sunday, 07. November 2010, Begin: 14.00 at the Conference Room PUK SPORT HOTEL, Loop street, POTCHEFSTROOM.

**Technical Meeting:** Sunday, 07 November 2010, after the Congress at the Conference room PUK SPORT HOTEL.

**Meet Hotel:** Hotel name and address: PUK SPORT HOTEL (5 Star), ASSTRO VILLA and SPORTS ACADEMY FACILITIES. All in walking distance (5 min walk) from venue.

This Hotel is brand new with Conference Room and has a restaurant on the premises. There are tennis courts and a big swimming pool available. The two (2) double-bedded rooms have their own kitchens.

Single Room: 135 EURO per room/ night including breakfast (1 person only) - PUK HOTEL

Double Rooms: 135 EURO per room / night including breakfast (2 persons only) – PUK HOTEL

Twin Rooms: 60 EURO per person / night including breakfast- ASSTRO VILLA

Single Room: 50.00 EURO per person / night including breakfast - DENNEPARK

**Note:** Amount is per room, single room for one person only, double room for two persons only, Twin room for two persons only.

**For room booking please contact HANNIE SMITH - E-mail: [hannie@lagayim.co.za](mailto:hannie@lagayim.co.za)**

**Electronic Money Transfer to be done directly to the South African Powerlifting Federation:**

**Electronic Money Transfer as below:**

SOUTH AFRICAN POWERLIFTING FEDERATION  
ABSA BANK FOURWAYS  
BRANCH CODE - 632905  
ACCOUNT NUMBER - 4042438158

Please Fax/Email your deposit slip to Gail with your Country as a Reference:

Cell number : +2782 7722 5258  
Office number : +2711- 465 3379  
Fax number : +2711- 465 7938  
E-mail : [cgmksadmin@54.co.za](mailto:cgmksadmin@54.co.za)

**At all World Championships the accommodation fees shall be payable by bank transfer or credit card as detailed above (Exceptions may be granted by the IPF EC).**

**By bank transfer as specified by the organizer in the invitation for each World Event; payment must be received at the account of the organizer 7 days prior the beginning of the Championships.**

**By credit card, in cash in Rand or in Euros according to the actual exchange currency rate.**

**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.**

**The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible. All the rooms must be booked at the latest with the deadline of the final nomination – 18 October 2010. After the deadline the organizer cannot guarantee accommodation. Type of accommodation will be reserved on payment.**

**Arrivals/Transportation:** Transport from OLIVER TAMBO (JOHANNESBURG) International Airport to meet hotel. Max. 90 minutes drive. Bus will be provided 55 EURO PER PERSON from Airport To Potchefstroom and return to Airport..

Please send your detailed travel itinerary to HANNIE SMITH - E-Mail: [hannie@lagayim.co.za](mailto:hannie@lagayim.co.za) with your Preliminary Nomination and confirm your itinerary with the Final Nomination in order for the Meet Director can arrange enough rooms and transport.

The Team leader is responsible to provide correct departure schedule of their team to the championship office at the VENUE.

**Scales:** Scales available at hotel and venue.

**Training:** at VENUE – Puk gym is equipped with brand new HAMMER STRENGTH APPARATUS.

**Flag and anthem:** Each nation must bring their flag for podium pictures.

**Photos:** Identification is necessary for security reasons; each nation must send one photo for each lifter, coach and official. A maximum of three coaches will be allowed into the venue warm up area.. Photos must be sent together with the final nominations. If possible, send a digital version by mail.

**50<sup>th</sup> BIRTHDAY PARTY: Tuesday, 09, November 2010 at 19h00 for:**

- |                         |                 |
|-------------------------|-----------------|
| 1. IPF President:       | Detlev Albrings |
| 2. IPF Treasurer:       | Gaston Parage   |
| 3. German President:    | Bernd Rimarzig  |
| 4. SAPF Vice President: | Hannie Smith    |

The venue will be announced at the Technical meeting

**ALL ATHLETES MANAGERS AND COACHES ARE INVITED TO THIS PARTY FREE OF CHARGE.**

**Closing Banquet:** Saturday, 13. November 2010 at 19.30 hours, site will be announced on arrival.

**Price for banquet ticket:** 25 EURO per person

**Entry Fee:** 30 EURO for each lifter declared must be paid by wire transfer to the IPF account.

**Anti-Doping Fee:** 50 EURO for each lifter declared must be paid by wire transfer to the IPF account.

**Opening Ceremony:** 08 November 2010, at the venue 10h00

**Health and Travel Insurance:** All delegate members must have a 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.

Please ensure that your athletes & team officials possess the requisite insurance coverage to meet current requirements.

**Nominations:** Team nomination forms must be in the hands of the Meet Director and IPF Championship Secretary not later than:

**Preliminary:** 9. September 2010 (**preliminary form must be sent. No final nomination can be accepted if the preliminary was not sent**)

**Final:** 18. October 2010 (Later entries will not be accepted)

All nominated lifters and officials must cover all Hotel costs if we have received no information about a cancellation 7 days prior to the championships, and the same applies for the participation and anti-doping fees (IPF-By-Laws 105.5.2).

**7 Days before Technical Meeting: 1 NOVEMBER is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms.** If no withdrawal is made 7 days prior to the Technical Meeting of an World championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination sheet.

***New rules:***

- 1) Preliminary nomination must be sent not later than 60 days before the date of the Championships. Final nomination must be submitted not later than 21 days before the date of the Championships, and it includes only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nomination will be accepted).***
- 2) According Technical Rules Page 4 item 7 at the final nomination you must definite list the athletes, who takes part. At the Technical meeting you can only delete athletes from your final nomination or change the weight classes. Replacing of athletes through reserve lifters at the Technical meeting is not possible.***

***All lifters are expected to produce passports or other documents at the weigh-in.***

**Correspondence:** E-Mails or fax messages (E-Mails are preferred) regarding the championships must be sent to the Meet Director; and a copy to the IPF Championship Secretary Gaston Parage.

**Provisional schedule for the World Men's & Women's Powerlifting Championships  
in Potchefstroom, 08. - 13 November 2010**

Day	Weigh in time	Classes	Start
Mon 8.11.2010		Opening Ceremony at the venue	1000 hours
	0900-1030 hours	Men 56.0 & 60.0 kg	1100 hours
	1300-1430 hours	Women 48.0 & 52 kg	1500 hours

Tue 9.11.2010	0800-0930 hours	Men 67.5 kg	1000 hours
	1100-1230 hours	Women 56.0 kg	1300 hours

**50<sup>th</sup> BIRTHDAY PARTY:** Tuesday, 09, November 2010 at 19h00 hours, for IPF President, Detlev Albrings, IPF Treasurer, Gaston Parage, German President, Bernd Rimarzig and SAPF Vice President, Hannie Smith.  
The venue will be announced at the Technical meeting.

Wed 10.11.2010	0800-0930 hours	Women 60.0 & 67.5 kg	1000 hours
	1100-1230 hours	Men 75 kg	1300 hours
	1500-1630 hours	Men 82.5kg	1700 hours

Thu 11.11.2010	0800-0930 hours	Women 75.0 & 82.5 kg	1000 hours
	1200-1330 hours	Men 90.0 kg	1400 hours
	1600-1730 hours	Men 100,0 kg	1800 hours

Fri 12.11.2010	0900-1030 hours	Women 90 & 90+ kg	1100 hours
	1200-1430 hours	Men 110.0 kg	1500 hours
Sat13.11.2010	0700-0830 hours	Men 125.0 kg	0900 hours
	1000-1130 hours	Men 125+ kg	1200 hours
		Closing Banquet	1930 hours

**Victory Ceremonies:** At the end of each competition part.

**Important Note:** Changes may occur to the timetable. All changes will take place at the technical meeting.

**Indemnity & Insurance:** Any participating federations and its delegated athletes / officials should 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.

**Detlev Albrings**  
IPF President

**Hannie Smith**  
Meet Director

**Gaston Parage**  
Championship Secretary