



OFFICIAL INVITATION to HONG KONG ATHLETES

The Hong Kong Weightlifting & Powerlifting Federation and the Arnold Sports Festival invite athletes to participate in the 2017 Arnold Sports Festival Asia Geared & Classic Powerlifting & Bench Press Championship 19 – 20 of August 2017

In AsiaWorld-Expo, Hong Kong

- Date :** 19-20 August 2017
- Venue :** AsiaWorld-Expo, Hong Kong
- Sections :** Men:
Geared & Classic Powerlifting : all body weight
Geared & Classic Bench press: all body weight
Women:
Geared & Classic Powerlifting:all body weight
Geared & Classic Bench press: all body weight
- Participation Fee:** **HK\$1500** for each lifter for each section. There are 4 sessions: Clasic Powerlifting, Geared Powerlifting, Classic Bench Press and Geared Bench Press.
Participation fee must be paid to confirm the registration.
- Anti-Doping Fee:** **HK\$700** for each lifter
Anti-doping fee must be cleared to confirm the registration.
- Nominations :** 20 top level lifters worldwide will be invited by the organizer. Other nomination is by individual. Hong Kong lifters must be member of Honh Kong Weightlifting & Powerlifting association. Please submit your nomination form and payment to General office in 1005, Olympic House or Wanchai Sports Ground during opening hours.
- Entries :** **Participants are accepted on first come first serve basis.** 40 entries (Geared Powerlifting 4; Geared bench press 14; Classic powerlifting 6, Clasic bench press 16) are allocated for local lifters.Registration is confirmed only after payment. All Hong Kong lifters will have a valuable gift pack.Once the slots are filled up, late registrants are put in the waiting list. There is no refund policies for local athletes unless there is medical certificate certifying injuries or sickness. If an athlete is medically unfit for competition, 50% of the paid fee will be refunded when the gift pack is returned.
- Registration deadline:** **June 18,2017.** Late entries will not be accepted. If there is slots left, they will be allocated to international lifters
Those in the waiting list will be informed whenever there is a withdrawal.
- Payment:** In cash or by cheque payable to 'The Hong Kong Weightlifting & Powerlifting Association'. If the cheque cannot be encashed, the registration will be forfeited.
- Closing Banquet:** Sunday, 20 August 2017, at Ballroom, Mariott hotel;
Special price for local participants : HK\$300 for athletes, \$400 for accompanying person, free for officials with significant contribution



Awards:

Each lifter will be awarded with a participation medal. It will be presented after each section.
Best lifters awards will be given by Wilk's score.

Classic Powerlifting Men & Women:
 Champion: Trophy + US\$150 Prize money
 1st runner-up: Trophy + US\$100 Prize money
 2nd runner-up: Trophy + US\$ 50 Prize money

Classic Bench Press Men & Women:
 Champion: Trophy + US\$150 Prize money
 1st runner-up: Trophy + US\$100 Prize money
 2nd runner-up: Trophy + US\$ 50 Prize money

Equipped Powerlifting Men & Women:
 Champion: Trophy + US\$150 Prize money
 1st runner-up: Trophy + US\$100 Prize money
 2nd runner-up: Trophy + US\$ 50 Prize money

Equipped Bench press Men & Women:
 Champion: Trophy + US\$150 Prize money
 1st runner-up: Trophy + US\$100 Prize money
 2nd runner-up: Trophy + US\$ 50 Prize money

Correspondence : Emails regarding the championships must be sent to HKWPA at e mail:
arnoldasiapowerlifting@hkwp.org.hk

Arnold Sports Festival Asia, Geared & Classic Powerlifting & Bench Press Championship			
in AsiaWorld-Expo, August 19-20 2017			
Provisional timetable			
Day	Weigh in time	Classes	Start
Friday 18 August 2017		Technical meeting	20:00
Saturday 19 August 2017	8.00 – 09.30	Classic Bench Press Championship, all participants Group 1; Women, Group 2: Men light weight up to 93kg, Group3, Men heavy weight	10:00
	12:00-13:30	Geared Powerlifting Championship, all participants Group 1: Women, Group 2 Men	14:00
Sunday 20 August 2017	8.00 – 09.30	Classic Powerlifting Championship, all participants Group 1 Women, Group 2 Men	10:00
	12:30- 14:00	Geared Bench Press Championship, all participants Group 1 : Women, Group 2, Men light weight up to 93kg, Group 3 heavy weight	14:30
Sunday 20 August 2017		Closing banquet, Marriott Hotel Grand Ballroom Award ceremony for best lifters	19.00

Kim-Won Pok
 President
 Hong Kong Weightlifting & Powerlifting Association