



Official Invitation

The International Powerlifting Federation
and
the Japan Powerlifting Association
invite
the IPF member nations to participate in the
**World Open, Sub Junior, Junior & Master Classic & Equipped
Bench Press Championships 2019**
from 18th May – 25th May 2019
In Narita City, Tokyo, Japan

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: Motohisa Kojo Email: kojo@hakuho.or.jp
33 Wakakusa-cho, Ako city, Hyogo, 678-0243, Japan
Tel +81- 79-145-1111

Technical Secretary: Munehiro Shiota Email: shiota620@gmail.com

Correspondence, visa: Motohisa Kojo Email: kojo@hakuho.or.jp

Accommodation contact: Motohisa Koji Email: kojo@hakuho.or.jp

Airport Transportation: Motohisa Kojo Email: kojo@hakuho.or.jp

Championship Secretary: Gaston Parage,
3, route D'Arlon, L-8009 Strassen, Luxembourg
Mobile Phone: +352-621165214, Fax: +352-582696, E-Mail:
Gaston.Parage@powerlifting-ipf.com

Host City: Narita City, Tokyo Japan

Date: 17th May - 25th May 2019

Venue: Banquet Hall on 1st lobby floor of Marroad International Hotel Narita
10 minutes from Tokyo-Narita International Airport by Shuttle bus
<http://www.marroad.jp/narita/eindex.htm>

Technical Meeting: Friday 17th May 2019 at 20:00
2nd floor of Maroud International Hotel Narita

Weight-in: 2nd floor of Marroud International Hotel Narita



Official Hotels:

Marroad International Hotel Narita
763-1 Komaino, Narita City 286-0121 Chiba, Tokyo Japan
Phone No.+81-476-30-2222

<http://www.marroad.jp/narita/eindex.htm>

10 minutes from Tokyo-Narita International Airport by Shuttle bus

Room rate:

Single room US\$ 105(per day, per person, standard room)
Twin room (two beds room) US\$190 (per day, per room, standard room)
*The Main hotel rates include breakfast

Arrivals/Transportation:

Shuttle bus from Narita Airport every 30 minutes.

Terminal 1 : Hotel Bus Stop No.16

Terminal 2 & 3 : Hotel Bus Stop No.27

Note 1:

All athletes, coaches, referees or officials from each federation must 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 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. Each Team manager will be responsible. All rooms must be booked and paid for at the latest with the deadline of the final nomination – 26th April 2019. After the deadline the organizer cannot guarantee the accommodation.

Payment:

1. Wire funds: This is preferred, instructions are below.
2. JPY/USD/Euros cash for payment for hotel
3. Contact the meet director for credit card payment (3% bank fee)
4. Meet Director MUST have payment by 15th May
5. Hotel will NOT accept payment for rooms directly

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

INSTRUCTIONS FOR WIRING FUNDS

1. Wire funds-see below
2. E-mail kojo@hakuho.or.jp to confirm wire has been sent and please include dates of check in and check out and total amount wired.
3. You will receive an e-mail back to confirm funds were received and have cleared.

The organizer will not be responsible for any hotel bills of the



participating Nations. Each Team manager will be responsible. All rooms must be booked and paid for at the latest with the deadline of the final nomination – 28th May 2018. After the deadline the organizer cannot guarantee the accommodation.

Wire Transfers

Bank: SUMITOMO MITSUI BANKING CORPORATION
Branch: HIMEJI BRANCH
Branch Code 451
Account Name: NISENJYUKYUNENDO SEKAIBENCHPRESSTAIKAI
JIMUKYOKU DAIHYO KOJO MOTOHISA
Account Number: 9588378
Swift Code: SMBCJPJT

Note:

- Sender must pay any applicable fees for transfers.
- All lifter's name must be informed.

Note 3:

26th April 2019 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets.

If not cancelled in time, association has to pay the reserved hotel rooms (if the hotel requires such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified at the final nomination form.

For referees the 26th April 2019 is last day for changes of categories for which referee has been allocated in the final nomination which his national Federation sent to Championships Secretary.

Note 4:

Lifters will be able to compete in both Classic and Equipped Championships, but cannot take part per example Classic Masters and Classic Open, but you can take part example in Classic Open and in Equipped Masters or vice versa but need to pay twice the participation fee and anti-doping fee.

Arrival / Transportation: Please send your detailed travel itinerary to Motohisa Koji, so that the transfer can be provided. Hotel shuttle is free of charge.

Scales: Scales available at 2nd floor at the hotel

Training: Warm-up Area

Flag and anthem: Will be provided by the Organizer

Closing Banquet: 21th May 2019 19:00 & 25th May 2019 19:00
At venue hall of Marroad International hotel.
Price per ticket €35.



Payment in advance for banquet tickets is recommended, but tickets will be available up to 48 hours prior to each.

Participation Fee: €50 for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be send by the IPF treasurer.

Anti-Doping Fee: €50 for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be send by the IPF treasurer.

Opening Ceremony: 18th May at the Venue.
All representatives from each participating country shall take part at the Ceremony.

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.

Nominations: Team nomination form must be in the hands of the Meet Director (kojo@hakuho.or.jp) and the IPF Championship Secretary (Gaston.Parage@powerlifting-ipf.com) not later than 18th March 2019.

Preliminary: **18th March (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was note sent)**

Final : **26th April (later entries will not be accepted)**

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 time Table:

Day		Weight-in time	Classes	Start
Friday	17 th May 2019		Technical Meeting	20:00
Classic Bench				
Saturday	18 th May 2019	07:00 – 08:30	Men M1 – M4 59 – 74kg	09:00
		09:30 – 11:00	Women M1 – M4 47 – 84+kg	11:30
			Opening Ceremony	14:00
		13:00 – 14:30	Men M1 – M4 83kg	15:00
		15:00 – 16:30	Men M1 – M4 93kg	17:00
		17:00 – 18:30	Men M1 – M4 105kg	19:00
Sunday	19 th May 2019	07:00 – 08:30	Men M1 – M4 120 – 120+kg	09:30
		10:00 – 11:30	Sub-Junior Women All	12:00
		12:00 – 13:30	Sub-Junior Men All	14:00
		14:30 – 16:00	Junior Women All	16:30
		17:00 – 18:30	Junior Men All	19:00
Monday	20 th May 2019	07:00 – 08:30	Open Women 47 – 57kg	09:00
		10:00 – 11:30	Open Men 59 – 66kg	12:00
		13:00 – 14:30	Open Women 63 – 72kg	15:00
		16:00 – 17:30	Open Men 74 – 83kg	18:00
Tuesday	21 th May 2019	08:00 – 09:30	Open Men 93 – 105kg	10:00
		11:00 – 12:30	Open Women 84 – 84+kg	13:00
		14:00 – 15:30	Open Men 120 – 120+kg	16:00
			Closing Banquet	19:00
Equipped Bench				
Wednesday	22 th May 2019	07:00 – 08:30	Men M1-M4 59 – 74kg	09:00
		09:30 – 11:00	Women M1-M4 47 – 84+kg	11:30
		12:00 – 13:30	Men M1-M4 83kg	14:00
		14:30 – 16:00	Men M1-M4 93kg	16:30
		17:00 – 18:30	Men M1-M4 105kg	19:00
Thursday	23 th May 2019	07:00 – 08:30	Men M1-M4 120 – 120+kg	09:00
		10:00 – 11:30	Sub-Junior Women All	12:00
		12:00 – 13:30	Sub-Junior Men All	14:00
		14:30 – 16:00	Junior Women All	16:30
		17:00 – 18:30	Junior Men All	19:00
Friday	24 th May 2019	07:00 – 08:30	Open Women 47 – 57kg	09:00
		10:00 – 11:30	Open Men 59 – 66kg	12:00



		13:00 – 14:30	Open Women 63 – 72kg	15:00
		16:00 – 17:30	Open Men 74 – 83kg	18:00
Saturday	25 th May 2019	08:00 – 09:30	Open Men 93 – 105kg	10:00
		11:00 – 12:30	Open Women 84 – 84+kg	13:00
		14:00 – 15:30	Open Men 120 – 120+kg	16:00
			Closing Banquet	19:00

Important Items to remember

- 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 a substitute. No new nominations will be accepted).
- 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.**
- Changes may occur to the time table of events. All changes will take place at the technical meeting that will be held on Friday 17th May at 20:00 at Marroad International Hotel.
- Victory Ceremonies will be held at the end of each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Trach Suit for the award presentation.
- If the organizer does not receive a confirmed cancellations of hotel rooms at least 21 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2)

Gaston Parage
IPF President

Kenji Sasaki
JPF President

Motohisa Kojo
Meet Director