



## **OFFICIAL INVITATION**

**2017 ASIAN BENCH PRESS CHAMPIONSHIPS (raw/classic and equipped)**

**Sub-Junior, Junior, Open, Masters (All age groups, Men & Women)**

**QUEZON CITY, PHILIPPINES, Sept 6-12, 2017**

<b>Preliminary Nominations deadline:</b>	<b>Final Nominations deadline:</b>	<b>Last day to cancel the booked hotel rooms:</b>
<b>July 8, 2017</b>	<b>August 16, 2017</b>	<b>August 23, 2017</b>

**Sanctioned by:** Asian Powerlifting Federation, International Powerlifting Federation

**Organized by:** Powerlifting Association of the Philippines (PAP)

**Meet Director:** Eddie Torres E-mail: [eedmail@gmail.com](mailto:eedmail@gmail.com) Tel: +63-918-8143533

**APF Technical Committee Chairperson:** Chao Chen Yeh Email: [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)

**Hotel:** Great Eastern Hotel  
1403 Quezon Avenue, Quezon City, Philippines  
Tel No: +63 2 3718282

Single room (1 big bed) US\$ 100 (per day, one person): 8 smoking & 49 non-smoking rooms available

Double room (2 regular beds) US\$75 (per day, per person): 20 smoking & 49 non-smoking rooms available

Junior suite – single occupancy US\$145 (per day, one person): 10 smoking & 40 non-smoking rooms available

Junior suite – double occupancy US\$90 (per day, per person): 2 smoking & 28 non-smoking rooms available

Hotel rates include **buffet breakfast, buffet lunch and buffet dinner** in the hotel. Some types of rooms have limited availability.

### **Hotel amenities:**

Free wi-fi at the lobby

Swimming pool

### **Hotel restaurants:**

Gulliver's of San Francisco (steaks, Western)

Café de Chine (coffee shop)

Dimsum/noodle kiosk

**Map:**

<https://maps.google.com.ph/maps?q=Great+Eastern+Hotel,+Quezon+Avenue,+Quezon+City&hl=en&sl=14.638618,121.03038&sspn=0.006073,0.009645&hq=Great+Eastern+Hotel,&hnear=Quezon+Ave,+Quezon+City,+Metro+Manila&t=m&z=16>

**Nearby places:**

Mercury Drugstore (100 meters)

Crossing's Department Store & Grocery (120 meters)

National Bookstore (100 meters)

Tropical Hut (Grocery) (120 meters)

SM City North EDSA (3 km) : largest shopping mall in the Philippines, 4<sup>th</sup> largest shopping mall in the world.

Trinoma Mall (3 km, beside SM City North EDSA Mall): Another large mall

**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).***

**Hotel booking :** All Hotel bookings should be sent to the Meet Director at least one month before the Championships.

At the arrival of the Hotel, Team Managers need to pay all the members hotel fees to the special championship desk.

All team members are responsible for their hotel expenses. The organizer of this event will not pay for any hotel accommodations. Team managers will be responsible for all unpaid bills.

**ID-Card:** Together with nomination forms, each nation must email photos (for security reason) to the Meet Director, for all officials and lifters.

**Scales:** Venue or hotel room

**Venue:** Quezon Ballroom, Great Eastern Hotel, Quezon City

**Technical meeting:** 7:30pm, 6th September 2017 in the hotel

**Opening ceremony:** 7th September 10:00am at the venue

**Banquet:** 12<sup>th</sup> September, 8:00pm

**Banquet fee:** Banquet Ticket US\$25

**Airport:** Ninoy Aquino International Airport (Manila)

**Transportation:** The cost from Ninoy Aquino International Airport to Hotel and from Hotel to Ninoy Aquino International Airport is US\$ 15 each way.

**Drug Test Fee & Participation Fee:** Drug Test Fee USD65\$ and Participation Fee USD45\$ per lifter will be collected at the Technical Meeting.

**National Flag & Nation Anthem:** Each participating nation must bring their National Flag.

Each participation nation must email their National Anthem to the meet director or bring a flash drive containing their national anthem.

**Health and Travel Insurance:** We recommend travel insurance for covering loss of luggage, theft, delayed planes etc. The organiser and the APF will not incur any expenses for a doctor or a stay in hospital.

**Nominations:** Team nomination forms must be in the hands of Meet Director ( [eedmail@gmail.com](mailto:eedmail@gmail.com) ) and APF Technical Committee Chairperson ( [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw) ) not later than:

**Preliminary:** July 8, 2017

**Final:** Aug 16, 2017

**Costume:** All lifters must wear IPF-approved singlets. Lifters who do not wear IPF-approved singlets will not be allowed to participate

**Correspondence:** E-Mails regarding the championships must be sent to Eddie Torres ( [eedmail@gmail.com](mailto:eedmail@gmail.com) ) & copy to Chao Chen Yeh ( [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw) )

**Farshid Soltani**

**Chao Chen Yeh**

**Raajesh Tiwari**

**Eddie Torres**

**APF President**    **Technical Committee Chairperson**

**APF General Secretary**

**Meet Director**

**PROVISIONAL TIMETABLE (Final Time Table will be made after the Technical Meeting)**

<b>Date</b>	<b>Weigh-in</b>	<b>Event</b>	<b>Weight Class</b>	<b>Start</b>
<b>6-Sep</b>		<b>Technical meeting</b>		<b>7:30pm</b>
<b>7-Sep</b>		<b>Opening ceremonies</b>		<b>10:00am</b>
	<b>9:00-10:30am</b>	<b>Women Equipped</b>	<b>43/47/52kg</b>	<b>11:00am</b>
	<b>1:00-2:30pm</b>	<b>Women Equipped</b>	<b>57/63kg</b>	<b>3:00pm</b>
	<b>3:30-5:00pm</b>	<b>Women Equipped</b>	<b>72/84/84+kg</b>	<b>5:30pm</b>
<b>8-Sep</b>	<b>9:00-10:30am</b>	<b>Men Equipped</b>	<b>53/59kg</b>	<b>11:00am</b>
	<b>1:00-2:30pm</b>	<b>Men Equipped</b>	<b>66kg</b>	<b>3:00pm</b>
	<b>3:30-5:00pm</b>	<b>Men Equipped</b>	<b>74kg</b>	<b>5:30pm</b>
<b>9-Sep</b>	<b>9:00-10:30am</b>	<b>Men Equipped</b>	<b>Men 83kg</b>	<b>11:00am</b>
	<b>1:00-2:30pm</b>	<b>Men Equipped</b>	<b>Men 93/105kg</b>	<b>3:00pm</b>
	<b>3:30-5:00pm</b>	<b>Men Equipped</b>	<b>Men 120/120+kg</b>	<b>5:30pm</b>
<b>10-Sep</b>	<b>9:00-10:30am</b>	<b>Women Raw/Classic</b>	<b>43/47/52kg</b>	<b>11:00am</b>
	<b>1:00-2:30pm</b>	<b>Women Raw/Classic</b>	<b>57/63kg</b>	<b>3:00pm</b>
	<b>3:30-5:00pm</b>	<b>Women Raw/Classic</b>	<b>72/84/84+kg</b>	<b>5:30pm</b>
<b>11-Sep</b>	<b>9:00-10:30am</b>	<b>Men Raw/Classic</b>	<b>53/59kg</b>	<b>11:00am</b>
	<b>1:00-2:30pm</b>	<b>Men Raw/Classic</b>	<b>66kg</b>	<b>3:00pm</b>
	<b>3:30-5:00pm</b>	<b>Men Raw/Classic</b>	<b>74kg</b>	<b>5:30pm</b>
<b>12-Sep</b>	<b>8:30-10:00am</b>	<b>Men Raw/Classic</b>	<b>Men 83kg</b>	<b>10:30am</b>
	<b>11:30-1:00pm</b>	<b>Men Raw/Classic</b>	<b>Men 93/105kg</b>	<b>1:30pm</b>
	<b>2:30-4:00pm</b>	<b>Men Raw/Classic</b>	<b>Men 120/120+kg</b>	<b>4:30pm</b>
		<b>Banquet</b>		<b>8:00pm</b>

**Victory Ceremonies: After every session**