



Canterbury Powerlifting

in association with

The New Zealand Powerlifting Federation

Presents the:

Asia/Oceania CLASSIC POWERLIFTING CHAMPIONSHIPS 2016

4th Dec to 11th Dec 2016

In Christchurch, New Zealand

Sanctioned by the International Powerlifting Federation
and
Oceania Powerlifting Federation

Invite the members of the Asia and Oceania nations.

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: Steve Lousich, 280 Cameron Street, Hampstead, New Zealand 7700 E-mail: steve.lousich@gmail.com, Phone: +64-3-3089513 Mob +64-21-672881

Correspondence: Please send information to steve.lousich@gmail.com, canterburypowerlifting@gmail.com

Technical/Championship Secretary, Visa: Sylvia Clarkson email oawlasec@xtra.co.nz,
Additional Sheet provided for Visa Information

Host City: Christchurch, New Zealand

Date: 4th -11th December 2016

Venue: Celebration Centre. 81 Bickerton St, Wainoni, Christchurch 8061

Technical Meeting: Sunday 4th December 2016 at venue 3:30pm



Hotel Information: Please note: Nations must book their own accommodation with hotels directly.



RYDGES

HOTELS • RESORTS

Rydges Latimer Christchurch is the official event hotel.

30 Latimer Square
Christchurch 8011

Receive 15% discount when you book online at www.rydges.com/accommodation/new-zealand/latimer-christchurch/welcome/ using the corporate

ID:POWERWEB. Price Range \$200-280
4-5 star accommodation

Approx. 5km from venue. Walking distance to bus line direct to venue. Breakfast is included with some room options.
Scales and Sauna available for use.

Other accommodation options:

Chateau on the Park

4-5 star accommodation
189 Deans Avenue
Riccarton Christchurch
8011 Price Range
\$200-\$300

Breakfast is included with some room options.

9km from venue –20 mins by taxi \$25 -\$30 fare **or** 35 minutes by bus \$3.50 fare
(approximate times fares estimates only, subject to variations depending on traffic)

For bookings visit www.chateau-park.co.nz

Ibis

Economy accommodation
107 Hereford Street
8011 CHRISTCHURCH
Price Range \$150-\$200

Breakfast is included with some room options.

Approx. 5km from venue. 10 mins by taxi \$15-\$20 fare **or** 20 minutes by bus \$3.50 fare (approximate times fares estimates only, subject to variations depending on traffic)

For bookings visit www.ibis.com/Christchurch

Breakfree

Budget accommodation
165 Cashel St
Christchurch 8011
Price Range \$150-\$200

Breakfast is included with some room options.

Approx. 5km from venue. 10 mins by taxi \$15-\$20 fare **or** 20 minutes by bus \$3.50 fare (approximate times fares estimates only, subject to variations depending on traffic)

For bookings visit www.breakfreeoncashel.nz



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

- Transportation:** Transport from Airport to Hotel is each persons' responsibility, however many hotels offer free airport shuttle services.
- Transport to and from the venue is also each persons' responsibility however taxis can be arranged by your hotel and the Yellow Line bus runs directly past all listed hotels and from the city centre bus exchange to the street of the venue every half hour. See www.metroinfo.co.nz for more details. Any queries regarding transport or accommodation please contact Canterburypowerlifting@gmail.com
- Scales:** Scales will be available at the Venue from 7am until, 11pm each day. Scales will also be available at Rydges Latimer; the 'Official' Hotel.
- Training:** Training facilities are available at the CSPC Centre 120 Wainoni Road, Christchurch from 8am each day. A small training fee may apply.
- Hotels may also have small gym facilities. Rydges (official hotel) has a Sauna available as do some other hotels. Please note there are no sauna facilities at the competition venue.
- Massage** Massage is available each day from Mon-Sat at the venue. Details will be available at the venue and bookings will be essential.
- Food and drink:** Full café/dining facilities available onsite at venue.
- Childcare:** Childcare for children under five is available onsite at the venue however places and hours are limited and this must be arranged in advance. Email: justkidspreschool81@gmail.com
- Flag and anthem:** Nations to provide flags. Anthems will be provided by organiser
- Photos:** Identification tags given to lifters/coaches/referees from entry lists once identified. Please bring your passport to registration to receive ID tag.
- Event photography:** Darin Young photography is the official photographer for this event. No other commercial photography will be permitted. Photos can be viewed and ordered after each session daily. Costs start at \$30 for 8x10 print – package options available.
- Closing Banquet:** Sunday 11th December 18:00pm at New Brighton Club – On venue site. Cost \$40 not included in entry fee. Limited to 300.

Entry Fee:

Please note-All lifters entered in A Teams are automatically in Asia/Oceania competition. B Teams are entered in Oceania only. Asia lifters do not pay \$40 as they cannot compete in Oceania only competition

3 lift- Asia/Oceania

\$200.00NZD per lifter

\$50.00 NZD doping fee per lifter

\$40.00 NZD Both Federations (Asia Reps exempt)

Coaches free (Maximum 2 per lifter)

Bench Press -Asia/Oceania

\$200.00 NZD per lifter

\$50.00 NZD doping fee per lifter

\$40.00 NZD Both Federations (Asia Reps exempt)

Coaches free (Maximum 2 per lifter)

3 lift- Oceania Only

\$200.00NZD per lifter

\$50.00 NZD doping fee per lifter

Coaches free (Maximum 2 per lifter)

Bench Press –Oceania Only

\$200.00 NZD per lifter

\$50.00 NZD doping fee per lifter

Coaches free (Maximum 2 per lifter)

Extras - Equipped or Unequipped

Combined 3 lift and bench press options

Coaches free (Maximum 2 per lifter)

For each extra event add \$50

Examples:

Asia Lifters Asia/Oceania Unequipped three lift = \$200 entry + \$50 doping fee = **Total \$250**

Asia Lifters Asia/Oceania Unequipped three lift plus Asia/Oceania Bench = \$200 entry + \$50 doping fee +\$50 extra event = **Total \$300**

Oceania Lifter enters Oceania Unequipped three lift = \$200 entry + \$50 doping fee = **Total \$250**

Oceania Lifter enters Asia/Oceania Unequipped three lift = \$200 entry + \$50 doping fee + \$40 for competing in both federations = **Total \$290**

Oceania Lifter enters Oceania three lift and Oceania Bench only = \$200 entry fee + \$50 doping fee + \$50 entry for bench only = **Total \$300**

Oceania Lifter enters Asia/Oceania three lift and Oceania Bench only = \$200 entry fee + \$50 doping fee + \$50 entry for bench only + \$40 for competing in both federations = **Total \$340**

Oceania Lifter enters Asia/Oceania three lift and Asia/Oceania Bench = \$200 entry + \$50 doping fee + \$50 entry for bench only + \$40 for representing both federations = **Total \$340**

For Lifters belonging to the Oceania Nations who wish to lift Equipped/Unequipped/Three Lift/Bench in both Federations add extra \$50 per event. Note: Equipped open only to Oceania Lifters.

\$10.00 NZ per spectator per day. Admittance to persons under 16 is free of charge.

Competition T-Shirts: These will be available for purchase at the venue.

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.

Live Streaming: Live streaming of this event will be available. Further details TBA.

Nominations: Team nomination forms must be in the hands of the Meet Director steve.lousich@gmail.com, and the Championship Secretary oawlasec@xtra.co.nz not later than:

Preliminary: 7th October 2016 **complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).**

Final: 14th November 2016 **(later entries will not be accepted).**

Correspondence: E-Mails regarding the championship must be sent to: Steve Lousich, steve.lousich@gmail.com and a copy to the Championship Secretary Sylvia Clarkson email oawlasec@xtra.co.nz

VISA information: Sylvia Clarkson email oawlasec@xtra.co.nz, canterburypowerlifting@gmail.com



- Medal Ceremony:** Medals will be presented to 1st, 2nd and 3rd places in each age and weightcategory for both Asia and Oceania unequipped three lift and Bench press for both equipped and unequipped at the end of each session. Only Oceania lifters are eligible to compete in the equipped three lift and bench. You must be wearing team tracksuit when receiving medals at the ceremony.
- Opening Ceremony:** The Opening ceremony is at 16:30 at the venue. Please ensure oneathlete and one official/coach from each Nation is present for the official ceremony.
- Coaches:** Coaches must be registered prior to the competition and have signed the coaching consent form. Only two coaches are allowed out the back per lifter. Coaches must wear appropriate uniform per the consent form for presentation and health and safety reasons.
- Doping Consent Form:** Please remember that every lifter must present at the weigh-in the completed doping consent for with their passport.



Provisional Timetable Asia Oceania Classic Championship 2016

Technical Meeting: Sunday 4th Dec at 13:30pm

Opening Ceremony: Sunday 4th Dec, 2016 at 16:30

Day	Weigh-in time	Classes	Start
Sunday 4/12/16		Referee's Briefing/Clinic	13.30
		Oceania Meeting	14:30
		Technical Meeting	15:30
		Opening Ceremony	16:30
Monday 5/12/16	08:00 – 09:30	All Oceania Equipped Men & Women	All Ages/Classes 10:00
	09:30- 11:00	All Women Bench Unequipped	All Ages/Classes 11:30
	11:30-13:00	All Oceania Eqd Men & Women Bench Only	All Ages/Classes 13:30
	16:00-17:30	All Men Bench Unequipped	53-83kg 18:00
Tuesday, 6/12/16	07:00 – 08:30	All Men Bench Unequipped	93-120+kg 09:00
	09:30 – 11:00	Unequipped Women Three Lift	43-52kg 11:30
	14:00-15.30	Unequipped Women Three Lift	57kg 16:00
Wednesday, 7/12/16	07:00-08:30	Unequipped Women Three Lift	63kg 09:00
	11:00-12:30	Unequipped Women Three Lift	72kg 13:00
	13:30-15:00	Unequipped Women Three Lift	84-84+kg 15:30
Thursday, 8/12/16	07:00-08:30	Unequipped Men SJ,J, M1,M2,M3,M4 Three Lift	53-66kg 09:00
	11:30-13:00	Unequipped Men SJ,J, M1,M2,M3,M4 Three Lift	74kg 13:30
	15:30-17:00	Unequipped Men SJ,J, M1,M2,M3,M4 Three Lift	83kg 17:30
Friday 9/12/16	07:00-08:30	Unequipped Men SJ,J, M1,M2,M3,M4 Three Lift	93kg 09:00
	10:00-11:30	Unequipped Men SJ M1,M2,M3,M4 Three Lift	105kg 12:00
	13:00-14:30	Unequipped Men SJ M1,M2,M3,M4 Three Lift	120-120+kg 15:00
	16:00-17:30	Unequipped Men Open Three Lift	59-66kg 18.00

Saturday 10/12/16	07:00-08:30	Unequipped Men Open Three Lift	74-83kg	09:00
	11:30-13:00	Unequipped Men Open Three Lift	93-105kg	13:30
	15:30-17:00	Unequipped Men Open Three Lift	120-120+kg	17:30

Changes may occur to the timetable of events.



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 to Technical Rules [Page 4, item 7] at the final nomination you must provide a definite list of 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 timetable of events. All changes will take place at the technical meeting that will be held on Sunday 4th December

Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

Participation and Anti-Doping fees must be received no later than 10 days before the technical meeting (IPF-By-Laws105.5.2).

Indemnity & Insurance: All participating federations and its delegated athletes and officials agree to indemnify 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 Asia/Oceania Championships.

**Steve Lousich
Meet Director**

**Colin Wright
CPA President**

**Sylvia Clarkson
Meet Secretary**