



## Official Invitation

*The International Powerlifting Federation  
Asian Powerlifting Federation,  
and The Hong Kong Weightlifting & Powerlifting Association  
invite the Asian member nations to participate in the*

**2025 Asian Equipped & Classic Bench Press Championship  
Sub-Junior, Junior, Open, Masters (All age categories, Men & Women)  
Special Olympics Classic Bench Press Championship (Men & Women)  
in Hong Kong,  
From 8<sup>th</sup> October to 12<sup>th</sup> October, 2025**

**Please note:** All information is posted only for information purposes. All team selections, all official entries for the Championships and all hotel bookings must be done by IPF Member nations, and NOT by individuals.

<i>Preliminary Nominations Deadline:</i>	<i>Final Nomination Deadline:</i>
<b>8 August, 2025</b>	<b>17 September, 2025</b>

**Sanctioned by** : Asian Powerlifting Federation  
International Powerlifting Federation  
**Organized by** : Hong Kong Weightlifting & Powerlifting Association  
**Meet Director** : Josephine WY Ip, email : [wyiphkucc@yahoo.com.hk](mailto:wyiphkucc@yahoo.com.hk)  
**APF Secretary** : Tatiana Romanova, email: [romanovatm@gmail.com](mailto:romanovatm@gmail.com)  
**APF Technical Chairlady** : Chen-Yeh Chao, email: [chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw)  
**Transportation** : Benson Pok, email : [pokkimwon@hkwpa.org.hk](mailto:pokkimwon@hkwpa.org.hk)  
**Accommodation and Visa** : Benson Pok, email : [pokkimwon@hkwpa.org.hk](mailto:pokkimwon@hkwpa.org.hk)  
**Host City** : Hong Kong  
**Date** : 8<sup>th</sup> October to 12<sup>th</sup> October 2025  
**Venue** : Hong Kong Queen Elizabeth Stadium

### Asian Powerlifting Federation

NO: 66, 1st floor, Al e Ahmad St., Tehran – Iran

Postal code: 1445843181

Tel:+98 21 88242100 Fax: +98 21 88270581

**Technical Meeting** : **7<sup>th</sup> October, 2025**

**Official Hotel:**

**The Dorsett Wanchai Hotel Hong Kong**

387-397 Queen's Road East, Wanchai, Hong Kong ( 2-minute walk to venue)

Tel: (852) 35521111

E mail: gm.wanchai@dorsetthotels.com

**Sister hotel Cosmo Hotel**

375-377 Queen's Road East, Wanchai, Hong Kong (2-minute walk to venue)

Twin room for during Oct 7-12 2025, 2 people with 2 daily breakfasts: An average of US\$ 75 per person per night for 5 nights package will be offered at first come first serve basis. Any extension of stay after Oct 12 noon needs to be paid by the team separately at a higher price. The package price for Oct 7-12 2025, **5 nights** will be **\$375** per person. The package **can only be booked on or before the final nomination date, ie September 17, 2025.**

After the final nomination date, or the booking is less than 5 days, the room rate for twin room is \$85 per night per person, with breakfast included.

Single occupancy rate is \$135 per night, with breakfast included.

**Main hotel:** limited number of rooms are available and will be assigned to APF officials.

If there are rooms available, the teams can book. The rates for

single room is \$155 per night, with breakfast included

twin room and triple room is \$95 per night per person, with breakfast included

**Package price can only be guaranteed if payment is done by remittance at 14 days prior to the competition, i.e. on or before September 24, 2025. Afterwards, such concession rate will not be guaranteed.**

Meal box can be purchased in the competition venue. There are many restaurants close to the venue.

Check-in time - 14.00; check out time - 12.00. Late check out (from 12.00 till 18.00) – 50% payment of regular price; late check out (after 18.00) – full payment per room per night. Early check in or late check out before 18.00 - 50% payment of regular price per room per night if rooms are available.

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**Note 1:** According to IPF Bylaws 14.4, All accredited athletes, coaches, referees, and officials from each federation must stay in the official hotel for all days they require an accreditation for the event. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship.

For all championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for a minimum of two nights. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.

Accreditation is according to the dates of hotel room booking. Entry to competition is by QR code with photo ID and those who have not accredited on a particular date will not be able to enter the competition venue.

**Note 2 :** The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay their rooms to organizers directly by bank transfer to get hotel confirmation before taking a flight. Ad hoc room booking may incur a higher price.

**Note 3:** Lifters can participate in both Equipped and Classic Championships by paying 2 participation fees & anti-doping fees. However, Junior and Masters can participate only in one age category. Lifters cannot participate in both Open and another age category.

**Payment by:**

1. Bank Transfer to APF account

Payment must be received at the bank account mentioned on the invoice 14 days prior to the beginning of the Championship

2. Cash on arrival is only accepted in very special circumstances. Room booking will not be guaranteed and higher room charge in same hotel or different hotels will be required.

**Arrivals/Transportation:**

If you arrive via airplane to Hong Kong International Airport

Transportation from the airport to Official Hotel cost **USD 35** per person one way.

Charge for transport must be paid on arrival at the latest. A team will not be accredited until the transportation fee has been paid.

If you arrive by high speed train through Chinese border, please request for special arrangement.

Please send your detailed travel itinerary to **Mr Benson Pok** [pokkimwon@hkwpf.org.hk](mailto:pokkimwon@hkwpf.org.hk) so that the transfer can be provided. If you order for transportation, you must pay for it even if you later decide not to use it.

**Additional information:**

**Scales**

: Trial scales will be available at the venue

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<b>Training</b>	: Training will be available at the official hotel or in a training center
<b>Flag and national anthem</b>	: Need to be provided by the team and national anthem needs to be tested with the AV officer before competition starts.
<b>Closing banquet</b>	: Banquet ticket is sold at US\$50: 12/10/2025 13:00
<b>Participation Fee</b>	: USD 90\$ for lifter, USD 50\$ for coach or assistant coach, Lifters who are also assistant coach or referee who are available to work for 2 days do not have additional payment Special Olympics lifters are free to participate
<b>Anti-Doping Fee</b>	: USD 80\$ for each entry
<b>Health and Travel Insurance</b>	: All delegate members must have a valid health insurance. The organizer and the APF 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
<b>Nominations</b>	: Team nomination must be entered to Goodlift system. One APF member can only nominate <b>one</b> team. <b>Photo of lifter, consent for anti-doping form, ADEL certificate and head coach responsibility form, referee nomination must be sent through the Goodlift system.</b>
<b>Preliminary</b>	: <b>8<sup>th</sup> August , 2025</b> ; nominations must be entered to the Goodlift system. No final nomination will be accepted if the nominations are not entered to Goodlift system. If a country does not have a valid password, please contact IPF Secretary to get a valid password. Nomination forms are for backup purpose and the valid nomination must be through Goodlift system.
<b>Final</b>	: <b>17<sup>th</sup> September, 2025</b>

#### **Important items to note:**

Preliminary nomination must be entered to the Goodlift system 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 preliminary nominated reserve lifter. No new nominations will be accepted). **The teams need to pay the participation fee and anti-doping fee of all nominated lifters even a lifter does not show up. The**

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fees for all lifters in the final nomination need to be paid before the competition starts and previous outstanding payment must be cleared. Otherwise, the membership will be temporarily suspended and the team cannot participate in future championships until the fees are cleared. Unless the APF secretary and meet director are informed by written format or there is a reason not controllable by the team or individual for no show, payment must be cleared.

- Opening ceremony** : 8<sup>th</sup> October 2025; The exact time will be announced after final nomination deadline.
- Costume** : All lifters must use IPF-approved singlets and equipment.
- Correspondence** : E-Mails regarding the championships must be sent to Ms Josephine Ip ([wyiphkucc@yahoo.com.hk](mailto:wyiphkucc@yahoo.com.hk)) with a copy to Chen-Yeh,Chao ([chenyehchao@yahoo.com.tw](mailto:chenyehchao@yahoo.com.tw))

Farshid Soltani: APF President

Chen-Yeh Chao: APF Technical Chair

Tatiana Romanova: APF Secretary General

Josephine WY Ip: Meet Director

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**Provisional Timetable (will be revised after preliminary nomination)**

**Final Time Table will be made after the Technical Meeting**

Date		TIME
7-10-2025	Referee Course & Examination	TBD
7-10-2025	Technical Meeting	TBD
8-10-2025	Opening Ceremony	TBD
8/10/2025	<b>Special Olympics Bench Press</b> <b>All classes</b>	TBD
9/10/2025	<b>Classic Bench Press</b> <b>Men 53- 74kg classes</b> <b>Equipped Bench Press</b> <b>Women 43-69kg classes</b> <b>Classic Bench Press</b> <b>Men 83-105 kg class</b>	TBD
10/10/2025	<b>Equipped Bench Press</b> <b>Women 76-84+ kg classes</b> <b>Classic Bench Press</b> <b>Men 120-120+ kg class</b> <b>Equipped Bench Press</b> <b>Men 53-74kg classes</b>	TBD
11/10/2025	<b>Classic Bench Press</b> <b>Women 43- 63 kg classes</b> <b>Equipped Bench Press</b> <b>Men 83-105kg classes</b> <b>Classic Bench Press</b> <b>Women 69-84+ kg class</b>	TBD
12/10/2025	<b>Equipped Bench Press</b> <b>Men 120-120+ kg classes</b>	TBD
12/10/2025	<b>Closing Banquet of Asian Bench Press Championship</b>	13:00

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