



## OFFICIAL INVITATION

The Oceania Regional Powerlifting Federation  
and  
the Nauru Powerlifting Federation  
Invite  
the ORPF member nations to participate in the

**Men's and Women's combined Open, Sub-Junior, Junior & Masters Classic/Raw and Equipped  
Oceania Regional Classic and Equipped Powerlifting Championship  
From 21<sup>st</sup> to 27<sup>th</sup> January 2020**

**on Nauru Island**

**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 ORPF-Member nations, NOT by individuals. The Oceania Equipped Championship will be the qualifier for World Games Selection.**

**Meet Director:** Temakau Tannang- Email: [temtan10@gmail.com](mailto:temtan10@gmail.com) Phone +6745587660-  
+6745584292

**Correspondence, visa:** Horasio Cook- Email: [naurupowerlifting001@gmail.com](mailto:naurupowerlifting001@gmail.com)  
Phone: +6745573856- +6745566136

**Accommodation and transport:** Horasio Cook and Temakau Tannang

**Transport:** Link for accommodation, transport and banquet:  
[naurupowerlifting001@gmail.com](mailto:naurupowerlifting001@gmail.com)

**Technical Secretary:** Posie Bop- email: [posiebop@gmail.com](mailto:posiebop@gmail.com)  
Phone: +6745573153

**Championship Secretary:** Temakau tannang- Email: [temtan10gmail.com](mailto:temtan10gmail.com)

**Host City:** Yaren Nauru Island

**Date:** 21<sup>st</sup> to 27<sup>th</sup> January 2020

**Venue:** etangat Kramen Sport Complex Yaren District

**Hotel Information:** [menenghotelreservation@yahoo.com](mailto:menenghotelreservation@yahoo.com)

For more information:

**Technical Meeting:** Monday 20<sup>th</sup> January 2020, USP Campus Conference room

**Note 1:**

All athletes, coaches, referees or officials from each federation must stay in the official hotel for all days 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 \$85 AUD,-- 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 – 1<sup>st</sup> January 2020. After the deadline the organizer cannot guarantee the accommodation.

**Payable by:**

1. credit card
2. cash (Australian Dollars AUD ) **ONLY** according to the current exchange rate)
3. Bank transfer or Paypal according the invoice in AUD. Payment must be received at the bank account according to the invoice at the latest **14 days** prior to the beginning of the Championship.

**Arrivals/Transportation:**

Transport will be provided by the organising Nation from Airport and Airport to hotel and the movements for the duration of the competition.

Scales: Scales will be available at the hotels, 24 hours.  
Scales will also be available at the venue when not in use.

Training: Training will be available at the venue in specified area for accredited persons

Flag and anthem: nations should bring their own.

**Closing Banquets:**

**There will be one Banquet for all Athletes**

Banquet is free will be provided by hosting Nation.

**Participation Fee:** \$100 AUD for each lifter declared must be wired to the ORPF bank or paypal account

**Anti-Doping Fee:** \$75 AUD for each lifter declared must be wired to the ORPF bank or paypal account

**Health and Travel Insurance:** All delegate members must have a valid health insurance. The organiser and the ORPF will not incur any expenses for a doctor or a stay in hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes etc.

**Nominations:** Team nomination forms must be in the hands of the Meet Director [temtan10@gmail.com](mailto:temtan10@gmail.com) , not later than: 22<sup>nd</sup> November 2019



**Preliminary:** 22<sup>nd</sup> November 2019 **complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).**

**Final:** **January 1<sup>st</sup> 2020 (later entries will not be accepted).**

All nominated lifters and officials must cover all Hotel costs if we have received no information about a cancellation 14 days prior to the championships, and the same applies for the participation and anti-doping fees (IPF-By-Laws105.5.2).

**21 Days Before Technical Meeting: 1<sup>st</sup> January 2020 is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms.** If not any withdrawal is made 21 days prior to the Technical Meeting of an World championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form.

Correspondence: E-Mails regarding the championship must be sent to:

- Email: [temtan10@gmail.com](mailto:temtan10@gmail.com) Phone +6745587660-+6745584292

And a copy to the Championship Secretary [temtan10gmail.com](mailto:temtan10gmail.com)

VISA information: Horasio Cook- Email: [naurupowerlifting001@gmail.com](mailto:naurupowerlifting001@gmail.com) – Phone: +6745573856-+6745566136

## Preliminary Timetable **Oceania Championships – Nauru**

**Technical Meeting:** 20<sup>th</sup> January 2020 at 10:00

**Opening Ceremony:** 20 January 18:00

Day	Weigh-in time	Classes	Start
Sunday 19th		<b>Technical Meeting</b>	<b>2;30</b>
Monday January 20		<b>AGM</b>  <b>Opening Ceremony</b>	<b>10:00</b> <b>10:00</b> <b>18:00</b>
Tuesday January 21	07.00-08.30 Session 1	Women's Equip 47kg,52kg,57kg, 63kg  72kg, 84kg, 84kg+  Men's equipped 59kg, 66kg 74kg, 83kg	09.00
	13:00-14:30 Session 2	Equip men's, 93kg, 105kg, 120kg 120kg+	15:00
Wednesday 22nd	07:00-08:30 Session 1	Women's M3, M2 All weight categories  women's Jr & subJr 43kg, 47kg 52kg, 63kg	09:00
	13:00-14:30 Session 2	Women's Subjr & Jr 72kg, 84kg.  Women's Subjr & Jr 84kg+	15:00
Thursday 23rd	07:00-08:30 Session 1	Women's Open 47kg, 52kg, 63kg, & M1 All weight class  Women's Open 72-84kg 84kg+	09:00
	13.00-14.30 Session 2	Men's SJr 52, 59, 66kg Men's M3 All Weight class  Men's Jr 52, 59, 66kg Men's M2 All weight class	15:00
Friday 24th	0700-0830 Session 1	Men's SJr & M1 74kg 83kg, 93kg  Men's Jr 74, 83kg, 93kg	09.00
	07:00 – 08:30	Men's SJr & M1 105, 120kg, 120kg+  Men's Jr 105, 120, 120kg+	09:00
Saturday 25th	07:00-08:30 Session 1	<u>Men's Open</u> 59kg, 66kg,  <u>Men's Open</u> 74kg 83kg	09:00

	13:00-14.30 Session 2	<u>Men's Open</u> 105kg 120kg 120kg+  <b>Closing Banquet</b>		13:00  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 timetable of events. All changes will take place at the technical meeting that will be held on Monday, June 3, 2019 at 19:00 hrs. 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.

If the organizer does not receive 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).

All athletes, coaches, referees or officials from each federation must stay in the official hotel during the entire time in attendance at 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 **\$85 AUD** 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 (IPF By-laws 105.4.4).

**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity 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 World Championships.

**Eric Jioje**

**Horasio Cook**

**Temakau Tannang**

**President ORPF**

**Nauru Powerlifting President**

**Meet Director**