



# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM

Preliminary: <b>22nd November 2019</b>	Final: <b>January 1st 2020</b>	The latest day for changes of categories for which referee has been allocated in the final nomination: <b>21 Days Before Technical Meeting</b>
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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 21st to 27th January 2020 on Nauru Island

The final nomination form must be sent to:

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

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

**Copy:** ORPF Champ. Secret. Mulitalo Sailo Tulifau , e-mail: [sailo.tulifau@gmail.com](mailto:sailo.tulifau@gmail.com)  
Samoa

Submitted by \_\_\_\_\_ National Powerlifting Federation/Association

Submitting officer: \_\_\_\_\_ Title: \_\_\_\_\_  
**Preliminary**

**Final nomination**

**Submitting officer is responsible for the complete and accurate completion of all points of entry form**

Team manager : \_\_\_\_\_ **Head**

Referee 1:	Cat	*Available for categories/	:
_____	_____	<b>days:</b>	_____
Referee 2:	Cat:	*Available for categories/	
_____	_____	<b>days:</b>	_____
Referee 3:	Cat	*Available for categories/	
_____	:	<b>days:</b>	_____



Only for Jury in case of insufficient # of Cat. 1 referees

[illegible]



# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM

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Reserve lifters, max. 5 per team


### Junior MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Open MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team




# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM


### Masters 1 MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Masters 2 MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team




# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM

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### Masters 3 MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Masters 4 Men

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Sub Junior Equipped MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL
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# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM


Reserve lifters, max. 5 per team


### Junior Equipped MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Open Equipped MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL



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## OFFICIAL NOMINATION FORM

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Reserve lifters, max. 5 per team


### Masters 1 Equipped MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Masters 2 Equipped MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL



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## OFFICIAL NOMINATION FORM


Reserve lifters, max. 5 per team


### Masters 3 Equipped MEN

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Masters 4 Equipped Men

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team





# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM

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## WOMEN

### Sub Junior Women

	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Junior Women

	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team



# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM


### Open Women

	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Masters 1 Women

	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team




# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM


### Masters 2 Women

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Masters 3 Women

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Masters 4 Women

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL
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# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM


Reserve lifters, max. 5 per team


### Sub Junior Equipped Women

	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Junior Equipped Women

	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL



**Reserve lifters, max. 5 per team**

## Open Equipped Women

**Reserve lifters, max. 5 per team**

## Masters 1 Equipped Women

[illegible]



# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM


Reserve lifters, max. 5 per team


### Masters 2 Equipped Women

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### Masters 3 Equipped Women

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team




# Oceania Regional Powerlifting Federation

## OFFICIAL NOMINATION FORM


### Masters 4 Equipped Women

Class	Family Name	First Name	Birthday	SQ	BP	DL	TOTAL

Reserve lifters, max. 5 per team


### 1. ACCREDITATION OF THE FEDERATION'S TEAM LEADERS

Full and complete Name of team Leaders

**Please note:** Team leaders and Doctor or Physiotherapists **must** sit in the audience until they are reason for them to go to the warm up/wrapping area. (i.e. if there is an injury). Also, Team Doctors or Physiotherapists **must** provide documentation to prove their qualification.

### 2. ACCREDITATION OF THE FEDERATION'S ASSISTANT COACHES

Full and Complete Name of each assistant Coach	Federation Title



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### 3. ACCREDITATION OF THE FEDERATION'S TEAM DOCTOR OR PHYSIOTHERAPIST





# Oceania Regional Powerlifting Federation

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## OFFICIAL NOMINATION FORM

<b>Full and complete Name of team Doctor or physiotherapist –</b> <b>- must provide documentation to prove their qualification</b>

**Please note:** Team doctor or physiotherapist **must** sit in the audience until they are required to go to the warm up/wrapping area i.e. if there is an injury.