OFFICIAL INVITATION

The International Powerlifting Federation,
Asian Powerlifting Federation
and
Mongolian United Powerlifting Federation
invite
the APF member nations to participate in the

2026 Asian Open & Masters Classic and Equipped Powerlifting Championships
& Special Olympics Powerlifting Championship
from December 01st to 10th 2026.

in Ulaanbaatar, Mongolia

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:	Name: Battulga Dash Phone: +976-99110749 E-mail: **tugapowerlifting@gmail.com**
Correspondence, Visa:	Name: MUPF offical Phone: +976-99110749 E-mail: **powerlifting.mgl@gmail.com**
Hotel Booking & Transfer:	Name: Holiday Inn Ulaanbaatar Phone: +976-70142424, +976-80002249 E-mail: **salesholidayinn@hih.mn**
APF General Secretary:	Name: Tatiana Romanova Phone: +996 700 963 500 E-mail: **romanovatm@gmail.com**
APF Championship Secretary:	Name: P.J. Joseph E-mail: **pjjoseph_arjun@yahoo.co.in**
APF Treasurer:	IP WING YUK Phone:+852 9302 3519 E-mail: **josephine.ip@powerlifting.sport**
Host City:	Ulaanbaatar, Mongolia
Date:	December 1-10
Venue:	"Holiday Inn Ulaanbaatar"

Technical Meeting: at Holiday Inn Ulaanbaatar Hotel

Official Hotel: **"**Holiday Inn Ulaanbaatar Hotel"

Hotel Rates: **Prices for night PER ROOM /PER NIGHT (breakfast included)**

Standard King (Single 100USD / Double 140USD)

Twin Room (140USD)
Superior Twin Room (160USD)
Executive (180USD)

PLEASE NOTE THAT AN EXTRA BED IS AVAILABLE FOR ADDITIONAL CHARGE OF 35$

Less than 2 nights booking is not available

Note 1:
Check-in time - 14.00**; check out time -** 12.00. **Late check out (**from 12.00 till 18.00) – 50%payment off regular price**; late check out (from 18.00) –** full payment per room per night. **Early check in -** 50% payment off regular price per room per night.

Note 2:
All athletes nominated by their national federation for an IPF Calendar championship event are required to stay in the designated championship hotel for the duration of their official participation in the event. The stay must include a minimum of two consecutive nights in the designated championship hotel. The accreditation badge issued corresponds to the number of days the individual is officially participating in the event. If a nominated athlete does not stay in the designated championship hotel, they will not be issued an accreditation badge and will also be excluded from participating in the event. All coaches, officials, and referees are required to stay a minimum of two consecutive nights in the designated championships hotel, while their accreditation remains valid for the duration of the competition. (IPF By-laws 14.4).

Note 3:
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 at the latest with the deadline of the preliminary nomination. After the deadline the organizer cannot guarantee the accommodation.

Payable by:
1. Payment by cash at **arrival.**

International Airport for arrival: Chinggis Khaan International Airport
Transfer cost: **One way 35 $, round way 60 $**
Scales: Scales will be available at the official hotel, 24 hours.
Training: To be announced by APF
Flag and anthem: Will be provided by the team.
Closing Banquet: **35$ for each person**

Participation Fee: 90$ for each lifter declared must be wired to the APF bank account

Anti-Doping Fee: 80$ for each lifter declared must be wired to the APF bank account.
Special Olympics Powerlifting – No Participation fee & Anti Doping Fee.

Coaches Fee: 50 $ for each Nominated Coach

APF ACCOUNT NUMBER
China Citic Bank International Limited
Des Voeux Road Central Branch
The Chinese Bank Building
61-65 Des Voeux Road Central, Hong Kong
Swift Code: KWHKHKHH
Beneficiary's Name: Asian Powerlifting Federation
Beneficiary's A/C No: 018-744-1-40131301

Health and Travel Insurance: All delegate members must have a valid health insurance (it is also obligatory to have it at customs). The organiser and the APF will not incur any expenses for a doctor or a stay in hospital. We recommend the travel insurance for covering loss of luggage, theft, delayed planes etc.

Anti-Doping Information:

1. You are **strictly liable** for any substance found in your body (or specimen). You may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.
1. Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the WADA Prohibited List.
1. Educate yourself on the risks of taking supplements and minimize your risk.

All athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform (ADeL) in order to be able to compete. You must submit your completed certificate from ADeL with your nomination for your registration to be complete.

1. Understand and educate yourself on your rights and responsibilities as an athlete, including but not limited to:
2. requirements for submitting whereabouts information
3. rights and responsibilities during sample collection
4. responsibility to avoid the use of prohibited substances and methods
5. consent to the use of your information
6. obligations to follow the IPF Anti-Doping Rules and all consequences deriving there from

1. All athletes participating at this event are classified as an International Level Athlete.

As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.
For athletes competing in the Sub-Junior and Masters level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are taking a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.
For all anti-doping related questions, please contact ipfantidoping@cces.ca.

Nominations: Team nomination forms must be in the hands of the Meet Director and the APF Championship Secretary not later than:

Preliminary Entry : 02.10.2026 (complete filled in preliminary form must be sent. (No final nomination will be accepted if complete filled in the preliminary was not sent).

Final : 02.11.2026 (later entries will not be accepted).
30 Days Before Technical Meeting:

If not any withdrawal is made 30 days prior to the Technical Meeting of a Championship or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form (IPF By-Laws 14.4 and 14.5) Correspondence: E-Mails regarding the championship must be sent to: Meet Director

Asian Masters & Open Classic & Equipped Powerlifting Championships And Special Olympics Powerlifting Championship from 1st to 10th December 2026 in Ulaanbaatar, Mongolia

Provisional Time Table

Technical Meeting : 01/12/2026 @ 18.00
General Assembly : 01/12/2026 @ 19.00
Opening Ceremony : 02/12/2026 @ 12.30

Day	Weigh-in Time	Men/Women	Category	Start
CLASSIC POWERLIFTING				
02/12/2026 Wednesday	07.00 – 08.30	MEN OPEN & MASTERS	59 KG	09.00
	11.30 – 13.00	WOMEN OPEN & MASTERS	47 KG	13.30
	15.30 – 17.00	MEN OPEN & MASTERS	66 KG	17.30
03/12/2026 Thursday	07.00 – 08.30	MEN OPEN & MASTERS	74 KG	09.00
	11.00 – 12.30	WOMEN OPEN & MASTERS	52 KG	13.00
	14.30 – 16.00	WOMEN OPEN & MASTERS	57 KG	16.30
04/12/2026 Friday	06.00 – 07.30	MEN OPEN & MASTERS	83 KG	08.00
	11.00 - 12.30	WOMEN OPEN & MASTERS	63 KG	13.00
	15.00 – 16.30	WOMEN OPEN & MASTERS	69 KG	17.00
05/12/2026 Saturday	06.00 – 07.30	MEN OPEN & MASTERS	93 KG	08.00
	11.00 - 12.30	WOMEN OPEN & MASTERS	76 KG	13.00
	13.00 – 15.00	MEN OPEN & MASTERS	105 KG	15.30
06/12/2026 Sunday	06.00 – 07.30	WOMEN OPEN & MASTERS	84 & 84+ KG	08.00
	09.00 – 10.30	**Special Olympics**	**All Weight Category**	**11.00**
	12.00 - 13.30	MEN OPEN & MASTERS	120 & 120+ KG	14.00
	20.00	CLOSING BANQUET (CLASSIC)		

EQUIPPED POWERLIFTING				
07/12/2026 Monday	08.00 – 09.30	MEN OPEN & MASTERS	59 & 66 KG	10.00
	11.00 - 12.30	WOMEN OPEN & MASTERS	47 & 52 KG	13.00
	13.30 – 15.00	MEN OPEN & MASTERS	74 KG	15.30
08/12/2026 Tuesday	08.00 – 09.30	MEN OPEN & MASTERS	83 KG	10.00
	11.00 - 12.30	WOMEN OPEN & MASTERS	57 & 63 KG	13.00
	14.00 – 15.30	MEN OPEN & MASTERS	93 KG	16.00
09/12/2026 Wednesday	07.00 – 08.30	MEN OPEN & MASTERS	105 KG	09.00
	11.00 - 12.30	WOMEN OPEN & MASTERS	69 & 76 KG	13.00
	14.00 – 15.30	WOMEN OPEN & MASTERS	84 & 84+ KG	16.00
10/12/2026 Thursday	08.00 – 09.30	MEN OPEN & MASTERS	120 & 120+ KG	10.00
	17.00	CLOSSING BANQUET (EQUIPPED)		

Important Items to Remember

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with a copy to the Meet Director within the following time limits:

- Preliminary nomination not later than 60 days prior to an International Event.
- Final nomination, submitted not later than 30 days prior to an International Event, must be made from those nominated in the preliminary nomination. (IPF By-Laws 14.5)

According Technical Rules [Page 4, item 7] at the final nomination you must definitely 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 September 21. 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.

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 Championships.

Farshid Soltani	**Tatiana Romanova**	**Battulga Dash**
President APF	**APF Secretary General**	**Meet Director**