Abuja 2020 Road to Tokyo Para Powerlifting World Cup
Abuja, Nigeria
February 2020
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1 Competition Dates

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<th>Event</th>
<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>WPPO Level 3 Referee Course</td>
<td>01 – 03 February 2020</td>
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<tr>
<td>Introduction to Para PO Coaching Course</td>
<td>01 – 03 February 2020</td>
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<td>Team Arrival Dates</td>
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<td>International Classification</td>
<td>03 – 04 February 2020</td>
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<td>Raise the Bar! Anti-Doping Seminars</td>
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<td>Technical Meeting</td>
<td>04 February 2020</td>
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<td>Competition Dates</td>
<td>05 – 07 February 2020</td>
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<td>Team Departures</td>
<td>08 February 2020</td>
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2 Competition Entries

All competition entries must be completed via the [IPC Online entry system](http://www.paralympic.org/sdms) at [www.paralympic.org/sdms](http://www.paralympic.org/sdms) by the entry deadlines displayed below. Visa invitation, accommodation applications, accreditation applications and travel information must be submitted by no later than the deadlines published below.

<table>
<thead>
<tr>
<th>Event</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>Entry by number Opens</td>
<td>01 October 2019</td>
</tr>
<tr>
<td>Entry by number Deadline</td>
<td>06 December 2019</td>
</tr>
<tr>
<td>Entry by Name and Accreditation System Opens</td>
<td>28 October 2019</td>
</tr>
<tr>
<td>Final Deadline to return Visa invitation letter application</td>
<td>06 December 2019</td>
</tr>
<tr>
<td>Final Online Entry by Name deadline</td>
<td>16 December 2019</td>
</tr>
</tbody>
</table>
### Final Deadline to return:
- Travel Information
- Complete Online Accreditation Application

| 06 January 2020 |

### 3 Competition Venue

The Competition will be hosted at the Abuja International Conference Centre:

**Abuja International Conference Centre**

11, Central Area, 900 Herbert Macaulay Way, 900001, Abuja, Nigeria

[www.abuja-icc.com](http://www.abuja-icc.com/)

The competition venue is 4km from the **Transcorp Hilton Abuja** and will take approximately 20 minutes by bus depending upon traffic. The competition venue is located next door to the **Nicon Luxury Hotel** and access is permitted by foot through a private connecting entrance.

### 4 Accommodation

The **Transcorp Hilton Abuja** and the **Nicon Luxury Abuja** are the official hotels for all athletes and team officials during the World Cup. These hotels offer accommodation in wheelchair friendly single and double rooms.

**Transcorp Hilton Abuja**

1 Aguiyi Ironsi St, Maitama 900001, Abuja, Nigeria

Nicon Luxury Hotel Abuja
Area 11, Plot 903 Tafawa Balewa Way, Garki, Abuja, Nigeria
http://www.niconluxury.com/

4.1 Type and cost of rooms:
All costs displayed below are charged per person per night and include 3 meals per day (single room – 1 person / Twin Room – 2 Persons)

Transcorp Hilton Abuja
Single Room: 150 EUR per person per night
Twin Room: 100 EUR per person per night

Nicon Luxury Hotel Abuja
Single Room: 125 EUR per person per night
Twin Room: 75 EUR per person per night

4.2 Payment procedure
The LOC will email you an accommodation invoice with your costs, payment details and deadlines in accordance with the below timelines:

- Deposit 40% before 20 December 2019
- Remaining balance 60% before 20 January 2020
4.3 Cancellation policy

- 50% of payment will be refunded if cancellations are made by 20 January 2020
- No payments will be refunded to cancellations from 21 January 2020

Please submit the attached accommodation form to the LOC accommodation team at: info@wpponigeria2020.com by no later than 16 December 2019.

5 Transportation

Accessible transportation will be provided to all athletes and team officials from/to Nnamdi Azikiwe International Airport, Abuja, to the official competition hotels upon arrival/departure.

Accessible transportation will be provided to all athletes and team officials from/to the official competition hotels to the competition venue on all competition days.

6 Visa

Visas will be issued to all competing athletes and registered team officials upon arrival to Nnamdi Azikiwe International Airport, and the cost to issue the visa will be covered by the LOC. Visa forms must be completed and sent to the LOC by no later than 06 December 2019. Visa invitation letters will be sent to teams and these must be printed and brought with each individual team member during transit to Nigeria in order to be issued a visa upon arrival.

7 Competition Information

7.1 Preliminary Competition Programme

The Provisional timetable and events programme will be provided after the final entries by name deadline. The competition schedule will remain subject to change until the close of the technical meeting.
7.2 Maximum Number of Entries per Event

7.2.1 Individual Event

The maximum number of Senior individual entries per NPC/NF across all senior bodyweight categories will be:

- Female Athletes: Twenty (20)
- Male Athletes: Twenty (20)

There must not be more than two (2) senior athletes from any one country in the same bodyweight category*

**Note:** The maximum number of senior individual entries for the competition host NPC only, is sixty (60) athletes (Female: 30 and Male: 30) across all senior bodyweight categories. There must not be more than three (3) senior athletes from Championship host NPC in the same bodyweight category*

The maximum number of Junior individual entries per NPC/NF across all junior bodyweight categories will be:

- Female Athletes: Thirty (30)
- Male Athletes: Thirty (30)

There must not be more than three (3) junior athletes from any one country in the same bodyweight category

7.2.2 Individual Team Event

NPCs are permitted to enter only one (1) additional individual entry per bodyweight category if they wish to enter the Individual Team Event. The athlete entered that receives the lowest individual competition rank will have their individual result recognised for World, Regional and Paralympic ranking purposes only, but they will not be eligible to receive an individual event medal only a team event medal.

Team events will only exist in senior bodyweight categories, but the team may comprise of both senior and junior athletes, if such athletes compete in the same bodyweight category. To ensure the viability of team events, these athletes entered in the team event will not be permitted to change bodyweight categories during the Technical Meeting.
7.3 Viability of the Events

An individual event can be considered viable when the below minimum athlete numbers apply per bodyweight category:

- 1 Athlete: MQS rule when there is one (1) athlete in a single bodyweight category and they lift equal to or more than the respective Regional Championship MQS for that bodyweight category, as detailed in Appendix 7 of the WPPO rules and regulations (Gold).
- Minus one rule (-1) when there are two athletes in a single bodyweight category (Gold)
- 3 or more Athletes: All medals will be awarded (Gold, Silver, Bronze)

An individual team event can be considered viable when two (2) complete teams entered within that individual bodyweight category. A team must consist of three (3) competing athletes from the same nation within that individual bodyweight category in that competition.

7.4 Medal Awards & Trophies

Medals will be awarded to the top three (3) placed junior and senior athletes per bodyweight category in accordance with the above viability of events. Medals in the Individual and Mixed Team events will be awarded to the top three (3) placed teams.

At this competition One (1) team trophy only will be awarded to just the highest placed team from all competing nations, using points from the top six (6) ranked athletes from the individual event in accordance with 16.6.4 of the Rules and Regulations from one (1) or both genders, and junior and senior athletes will both be considered.

7.5 Body Weight Category change

Bodyweight category changes will be permitted following the final entry deadline only during the technical meeting in line with article 11.3.9 of the WPPO rules and regulations. The bodyweight category that is signed off at the technical meeting is considered final, and no further changes will be allowed. Please note that to ensure the viability of teams, athletes that have entered a team event will not be permitted to change bodyweight categories after the final entry deadline.
7.6 Entries and Registration Process

In order to enter this competition all athletes must be registered and licensed for the 2020 competition season via the SDMS Athlete Data Management System by no later than the final entry deadline. Athletes do not require a Minimum Qualifying Standard (MQS) to enter the competition.

All athletes must be entered by their respective NPC/NF via the IPC Online Entry System by the final entry deadline in order to be accepted by World Para Powerlifting. Should you require assistance with entries please contact World Para Powerlifting: info@WorldParaPowerlifting.org.

7.7 Late entries

Teams must contact the WPPO office if there is a late entry request. All respective information provided by the NPC/NF will be reviewed in consultation with the LOC on a ‘case by case’ basis and the entry may be accepted or rejected accordingly by WPPO only.

7.8 Replacements

The WPPO Office must be informed if any NPC/NF needs to make an athlete replacement. The replacement of athletes may be accepted due to injury or medical reasons. All respective supporting information regarding the replacement must be sent to the WPPO office and it will be reviewed on a ‘case by case’ basis and accepted or rejected accordingly by WPPO only.

7.9 Declaration of Participation

By completing and submitting your final sport entries via the IPC Online Entry System, NPCs are considered to have declared the participation of their athletes in the specified event/categories.

7.10 Results and Rankings

Only results of athletes who are licensed within the given timelines for results recognition and have a Review or Confirmed sport class status will be taken into consideration for inclusion in the official World and Regional ranking lists. The results will also be recognised on the Paralympic ranking list for only those athletes that have met all the published pre-requisites to be on the Paralympic rankings.
7.11 Records
At this competition athletes are permitted to break records. Please refer to article 16.5 of the WPPO rules and regulations to see the eligibility requirements for an athlete to break a record.

8 General Information
8.1 IPC Membership
The Organising Committee will only accept entry forms submitted by the NPC / NPF in good standing with the IPC. Furthermore, only those entry forms submitted by the NPC President, Secretary General or authorized person will be processed. For further information on the IPC’s membership policies or to address general membership issues, please contact the World Para Powerlifting office.

8.2 World Para Powerlifting Rules & Regulations
The current World Para Powerlifting Technical Rules & Regulations February 2019 (Version 3) will apply for this competition.

8.3 Anti-Doping
The Anti-Doping control / processes will be carried out in full accordance with the IPC Anti-Doping Code and the IPC Doping Control Agreement.

8.4 International Classification
Athletes who have never been classified and or have a designated sport class status of Review or Review 2020 or earlier will be required to undergo International Classification prior to the start of the competition. A detailed classification schedule will follow after the revision of the final entries by World Para Powerlifting. Athletes that are required to attend international classification must arrive no later than 03 February 2020.

8.5 Medical Information
The LOC will ensure the implementation of all necessary and appropriate on-site medical, emergency ambulance and first aid services during training days and the competition. For
medical treatment no medical insurance will be provided to any participants. All participants are responsible for obtaining their own medical insurance (including Repatriation Coverage) and will be responsible for any medical expenses resulting from participation in the event. Each NPC must ensure that all members of their delegation are appropriately insured, including coverage for travel, liability, accidents and repatriation.

It is strongly advised that you always contact your doctor prior to travel to ensure you have the appropriate and advised vaccines you require based on where you are traveling to.

8.6 Extra Days
In case of early arrivals or late departures outside of the official arrival and departure dates, any additional needs for accommodation, transportation, meals and any other services must be organised and paid for by the respective NPC/NF for these additional dates.

9 Contact Details
LOC
Email: info@wpponigeria2020.com

World Para Powerlifting
Tel: 0049 228 2097 129
Email: info@worldparapowerlifting.org