



# **Cairo 2022 African Open Championships**

## **Competition Invitation Package**

### **V2**



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## 1. General Information

### 1.1. IPC Membership

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The Organizing Committee will only accept entries submitted by the NPC / NF in good standing with the IPC. Furthermore, only those entries 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 (WPPO) office: [info@WorldParaPowerlifting.org](mailto:info@WorldParaPowerlifting.org)

### 1.2. World Para Powerlifting Rules and Regulations

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The most current World Para Powerlifting Rules and Regulations published upon the WPPO website [www.paralympic.org/powerlifting/rules](http://www.paralympic.org/powerlifting/rules) alongside the World Para Powerlifting Qualification Pathway 2020-2024 will apply for this competition.

### 1.3. Anti-Doping

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The Anti-Doping control / processes will be carried out in full accordance with the IPC Anti-Doping Code and the IPC Doping Control Agreement, further details can be found on the WPPO website: [www.paralympic.org/powerlifting/rules-and-regulations/anti-doping](http://www.paralympic.org/powerlifting/rules-and-regulations/anti-doping)

### 1.4. Classification

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The most current World Para Powerlifting Classification Rules and Regulations published upon the WPPO website will apply for this competition. All athletes who have a designated sport class status of **New, Review, Review 2022** 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 WPPO.

### 1.5. Medial Information

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The LOC will ensure the implementation of all necessary and appropriate on-site medical, emergency ambulance, first aid, and physiotherapeutic services throughout the Championships.

For medical treatment, no medical insurances will be provided to any participant during the Championships.



## ***2. Championships Information***

### **2.1. Championships Dates**

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The dates for the Cairo 2022 African Open Championships are as follows:

<b>Teams Arrival</b>	22-23 October
<b>Raise the Bar! Anti-Doping Seminar</b>	26 October
<b>International Classification</b>	25-26 October
<b>Technical Meeting</b>	26 October
<b>Weigh-in for BW of the 1st competition day</b>	26 October
<b>Opening Ceremony</b>	27 October
<b>Competition Dates</b>	27-30 October
<b>Teams Departures</b>	30-31 October

### **2.2. Preliminary Programme**

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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.

### **2.3. Number of entries per event per NPC**

#### **2.3.1. Individual Event**

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In accordance with the most current World Para Powerlifting Technical Rules and Regulations published upon the WPPO website <https://www.paralympic.org/powerlifting/rules>

#### **2.3.2. Team Events (Gender and Mixed)**

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In accordance with the most current World Para Powerlifting Technical Rules and Regulations published upon the WPPO website.



## 2.4. Event viability

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Athletes may compete and/or be awarded medals in a single Bodyweight Category or combined categories as detailed below:

- a) 3 or more Athletes: All medals will be awarded (Gold, Silver, Bronze)
- b) MQS rule: when there is one (1) athlete in a single bodyweight category and they lift equal to or more than the respective level MQS for that bodyweight category as published in the Appendix 10 (Gold).

## 2.5. Entries and Registration Process

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In order for athlete entries to be accepted, they must meet the following criteria and deadlines:

### 2.5.1. Athlete Eligibility

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- Be full registered on the IPC Sport Management System (SDMS) with the correct documentation (IPC Eligibility Form and Medical Diagnostic Form) completed fully, signed, and uploaded to the athlete profile;
- Have an active licence for the 2022 Season;
- Be a minimum of 15 year of age by 31 December 2022;
- Have an international classification status of New, Review, Review + Fixed Date or Confirmed

**NOTE:** There is no required Minimum Qualifying Standard (MQS) to enter the 2022 African Open Championships.

### 2.5.2. Entries and Registration Process

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

### 2.5.3. Late entries

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Team 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/rejected accordingly by WPPO.

### 2.5.4. Replacements

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The WPPO office must be informed if an NPC/NF needs to make a 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 will be reviewed on a 'case by case' bases and accepted/rejected accordingly by WPPO.



### 2.5.5. Declaration of Participation

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By completing and submitting sport entries, NPCs are considered to have officially declared the participation of their athletes in the specified events/categories.

### 2.5.6. Final Entry Process

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All final entries (by name and bodyweight category) must be completed by **1 September 2022**. Please note that after this deadline no changes to the final entries and or final team delegation be accepted unless under exceptional circumstances. Please note that any decisions concerning this matter will be made by WPPO and are not open for further contest or appeal by any other organization or body. Changes of bodyweight category after **1 September 2022** will only be possible during the verification process. No change will be possible after the Technical Meeting.

### 2.5.7. Championships Participation Fee

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The Championship fee invoice will be automatically generated via the IPC online entry system following the completion and submission of a team's entry by number. All payment must be completed via bank transfer or paid online via credit card by no later than **24 September 2022** to the account detailed below. Please note that cash payments will not be accepted. Should you have any enquiries concerning your Championships participation fee invoice and or payment please contact the WPPO office: [info@WorldParaPowerlifting.org](mailto:info@WorldParaPowerlifting.org) before the payment deadline. The participation fee for participants is **200 EUR** per person (athlete and team officials).

Please transfer the full invoice amount without any deduction to the follow bank account and identify your payment by stated the invoice number in the reference field. Please note that the payers to bear all bank charges to ensure that the IPC received the completed amount. The invoice will not be considered as settled if the IPC received less than the complete amount. Please note that incomplete payments will result in all athletes from your delegation being ineligible to compete. NO reimbursements will be granted after the final payment is made.

▪ <b>Account Name: IPC, Adenauerallee 212-214, D-53113 Bonn, Germany</b>
▪ <b>Bank: Deutsche Bank AG, D-53113 Bonn, Germany</b>
▪ <b>Branch No.: 414</b>
▪ <b>SWIFT Address : DEUT DE DK 380</b>
▪ <b>IBAN : DE20 3807 0059 0029 0122 20</b>



### 2.5.8. Online Entry System and registration process

The competition and registration process and timelines are outlined below. Athlete entries will only be accepted via the IPC Online Entry System within the published entry deadlines

<b>Entry by Number and Names opens</b>	22 July
<b>Final Deadline to return Visa invitation letter application:</b>	20 August
<b>Accreditation System Opens</b>	20 August
<b>Entry by Number Close</b>	20 August
<b>Final Online Entry by Name deadline:</b>	1 September
<b>Final Deadline to Return:</b>	30 August
<ul style="list-style-type: none"> <li>• Accommodation Application</li> <li>• Travel Information</li> <li>• Complete Online Accreditation Application</li> </ul>	
<b>Full Accommodation Payment Deadline</b>	24 September

**\*Accommodations will not be reserved by the LOC until full payment is received**

### 2.6. Random Weigh-in

According to the WPPO Rules and Regulations Random Weigh-ins of the Athletes may take place in the day of the Event in advance of the warm-up for the specific Bodyweight Category at the discretion of WPPO. Should an Athlete weigh outside of a percentage of their specific Bodyweight Category they will be disqualified (DSQ) from the Event.

**The percentage is set to 5% of the specific Bodyweight Category.**

5.00%				
Gender	BW	Category	"Acceptable" KG Change	Maximum Random Weigh-in Bodyweight
Women		41	2.1	43.1
		45	2.3	47.3
		50	2.5	52.5
		55	2.8	57.8
		61	3.1	64.1
		67	3.4	70.4
		73	3.7	76.7
		79	4	83
		86	4.3	90.3
		Over 86	NA	NA

5.00%				
Gender	BW	Category	"Acceptable" KG Change	Maximum Random Weigh-in Bodyweight
Men		49	2.5	51.5
		54	2.7	56.7
		59	3	62
		65	3.3	68.3
		72	3.6	75.6
		80	4	84
		88	4.4	92.4
		97	4.9	101.9
		107	5.4	112.4
		Over 107	NA	NA





### **2.7. Lift challenge cards**

Lift challenge cards can be purchased on the Competition Portal from 3 weeks prior the start of the event until the 1st day of competition.

### **2.8. Results**

Only results of athletes who have active license for the 2022 Season within the given timelines for results recognition and have a sport class status of Review, Review 2023 or later or Confirmed will be taken into consideration.

No hard copy (printing) results per NPC will be distributed as it will be able to download and check the Live Results on the WPPO website <https://www.paralympic.org/powerlifting/live-results>

After the close of the competition the official competition results book(s) will be compiled and it will be posted on the WPPO Competition Portal and uploaded to the competition website.

#### **2.8.1 Rankings**

All recognized results in accordance with the above will also be updated on WPPO website in the official WPPO 2022 World and Regional ranking lists. The results of new athletes and athletes meeting the Qualification pathway requirements will be included in the Preliminary Paralympic Ranking List.

#### **2.8.2 Records**

It will be permitted for athletes to break records in accordance with the most current WPPO Technical Rules and Regulations.

### **3.COVID-19**

Egypt Paralympic Committee is working closely with the Egyptian government and our main goal is to make a safe and enjoyable competition. Egyptian government guidance will lead our planning to ensure a Covid secure event.

In order to make the event as safe as possible for every attendee we will require the complete support and cooperation of all teams. This may include Covid Testing in your respective country within 48 hours of departure, at the cost of the NPC. And additional 2 Covid Testing in Cairo covered by the LOC PCR Test on arrival and PCR test on day 3, social distancing, use of face coverings and any other elements of the Event Covid Plan that the LOC puts in place.

Any additional PCR test will be covered by the respective NPC and will take place at the hotel.



#### 4. Accommodation

**The Guard Hotel** is the official hotel of all athletes and team officials during the African Open Championships. The hotel offers accommodation in wheelchair friendly single, twin and triple rooms. Training & competition will take place at the hotel.

##### The Guard Hotel

- Address: 39MH+8RX, Sheraton Al Matar, El Nozha, Cairo Governorate 4472111
- Cairo, Egypt
- [www.guardhotelcairo.website/en/](http://www.guardhotelcairo.website/en/)



##### 4.1. Type and cost of the room:

- **Single Room 120 USD** per person per night including 3 meals buffet style per day (1 bed).
- **Twin Room 200 USD** (100 USD per person) per night including 3 meals buffet style per day (2 beds).

##### 4.1. Check-in / Out Times:

The check-in time at the official hotel is from 15:00 and the check-out time is until 12:00. Teams who arrive before midnight when their check-in is the following day will have to pay for an extra night.

Teams will get their meals according to the below:

- First Meal – Dinner on day of Arrival
- Last Meal – Breakfast on day of Departure

Teams that arrange and pay the accommodation fee for early check-in and/or a late check-out will have access to meals provided at the host hotel during the scheduled dining times.



## 4.2. Payment procedures

Full accommodation fees must be transferred to the following bank account, by no later than **24 September 2022**. Please note that room bookings will only be reserved and allocated to teams when the accommodation payment has been received in full.

If accommodation is requested after the final payment deadline, please note that availability in the official hotel cannot be guaranteed, and the prices may differ.

<b>Beneficiary Bank Name:</b>	<b>Egypt Paralympic Committee</b>
<b>Bank Name:</b>	<b>National Bank of Egypt</b>
<b>Bank Code:</b>	<b>NBE</b>
<b>Beneficiary Account Number:</b>	<b>1573060433087100027</b>
<b>Swift-Code:</b>	<b>NBEGEGCX157</b>
<b>IBAN:</b>	<b>EG79000301573060 4330871000270</b>

Any extra charges and/or fee that may apply to booked rooms other than accommodation (such as laundry, room service, long-distance call, minibar) are each NPC's responsibility. Any damage to the room and the hotel fixtures, fittings, and furnishings will be the responsibility of the NPC and will be charged accordingly.

## 2.3. Cancellation Policy

- **Full payment** due **by 24 September 2022**
- **Cancellation:** Full payment refunded **before 20 August 2022**
- **No payment refunded on or after 20 August 2022** (For cancellation participation, changes of dates, decrease of nights and / or number of reserved rooms - except athlete injury). If cancellation is due athlete injury a completed Medical Withdrawal form must be submitted to the LOC and WPPO.

In case of a team member tests positive to Covid-19 prior travel:

- Proof of a positive Covid-19 test in English must be provided for each individual who cannot travel
- In case of a country official travel ban related to Covid-19 prior travel:
  - Proof must be provided to the LOC before the start of the event

## 6. Transportation

Transportation will be provided free of charge to all athletes and team officials from/to the official competition airport, **Cairo International Airport** and the official hotel on the official arrival and



departure days. Teams will be greeted by an LOC volunteer to help ensure they are delivered to the host hotel in a timely and safe manner. The distance between Cairo international Airport and the competition hotel driving by bus or car needs 20 minutes.

The competition and training venue is in the same hotel.

## **7. VISA**

For those delegation members who require visas to enter Egypt please visit the <https://www.egyptonlinevisa.com/travel-restrictions/> to determine what **type of visa** is required. All NPC's that require a visa must complete the Visa Form and provide a passport copy of each individual delegation member and submit it to the LOC via the Competition Portal.

The LOC will provide you with a formal invitation letter together with the list of your delegation to take to your visa's appointment. Please be reminded that it is important you arrange all necessary visas well in advance of the respective deadlines.

### **7.1. Requirement of Vaccination**

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Passengers are no longer required to take a COVID-19 test to fly to Egypt. Egypt's **COVID-19 entry restrictions were lifted on June 17, 2022**. Previously, travelers who did not have a valid vaccination certificate needed to take a COVID-19 PCR or antigen test before flying.

- Entry rules are now the same for vaccinated and unvaccinated international travelers.

#### **COVID-19 Vaccination Certificate to Travel to Egypt**

- Passengers no longer need to show proof of full vaccination to travel to Egypt. A vaccination certificate for COVID-19 is not a mandatory document to enter Egypt.
- The approved COVID-19 vaccines to travel to Egypt were:
  - AstraZeneca
  - Janssen
  - Moderna
  - Pfizer-BioNTech
  - Sinopharm
  - Sinovac
  - Sputnik V
- Travelers arriving from countries of variant concern may be subject to a COVID-19 test on arrival in Egypt, even if fully vaccinated.





## Cairo

### About Cairo

#### A city founded on the Nile with an ancient charm

**Cairo** the City of a Thousand Minarets” is the capital of Egypt and the largest city in Africa, with a name that means "the victorious city."

Cairo, an exotic and fascinating city with a very ancient history, extends along the Nile River, in the north of Egypt, at the point where the river abandons its natural course in the desert and divides into the three branches that form the region of the Delta and serving as the capital of numerous Egyptian kingdoms.

Cairo, Egypt’s sprawling At its heart is Tahrir Square and the vast Egyptian Museum, a trove of antiquities including royal mummies and gilded King Tutankhamun artifacts. Nearby, Giza is the site of the iconic pyramids and Great Sphinx, dating to the 26th century BC. In Gezira Island’s leafy Zamalek district, 187m Cairo Tower affords panoramic city views.

There’s no other city in the world where modern architecture is topped by such a magnificent 6,000-year-old complex of royal pyramids, temples and causeways. Any trip to the Egyptian capital must start with these majestic creations.

They go from Menakaure, the smallest pyramid, through to Pyramid of Khafre, the second largest, to the Great Pyramid of Giza, commissioned by the pharaoh Khufu.





### ***8. Contact Details:***

#### **Local Organizing Committee**

**Contact:** Howayda MONDY

Member of: Local Organizing Committee

**Email:** [howayda.mondy@egyptparalympic.org](mailto:howayda.mondy@egyptparalympic.org)

**Phone:** +201006092360

#### **World Para Powerlifting**

**Website:** [www.paralympic.org/powerlifting](http://www.paralympic.org/powerlifting)

**Email:** [Info@WorldParaPowerlifting.org](mailto:Info@WorldParaPowerlifting.org)

**Phone:** +49228-2097-129