



World Para
Powerlifting

Bangkok 2026 Asia-Oceania Open Championships

Information Package

Table of contents

<u>NPC PRESIDENT WELCOME</u>	3	<u>General Information</u>	29	Team Events (Gender and Mixed)	31
<u>KEY INFORMATION</u>	4	IPC Membership	29	Event Viability	31
<u>CHAMPIONSHIPS DATES & TIMELINES</u>	6	World Para Powerlifting Rules and Regulations	29	Entries and Registration Process	32
<u>COMPETITION VENUE</u>	9	Anti-doping	29	Athlete Eligibility	32
<u>ACCOMMODATION</u>	11	Classification	29	Entries and Registration Process	32
<u>PAYMENTS</u>	15	Medical Information	29	Late Entries	32
Participation Fee Payment	16	Participant Insurance	30	Replacements	32
Accommodation Payment	17	Bodyweight Changes	30	Declaration of Participation	33
Accommodation Payment Conditions	18	Lift Challenge Cards	30	Final Entry Process	33
Accommodation Cancellation Policy	19	BW Changes and LCC Payment	30	Random Weigh-in	33
<u>VISA</u>	20	<u>Regional Open Championships Information</u>	31	Results	34
<u>TRANSPORT</u>	23	Preliminary Programme	31	Rankings	34
<u>HOST CITY</u>	25	Number of Entries per Event per NPC	31	Records	34
<u>ANNEXES</u>	28	Individual Events	31	<u>CONTACT DETAILS</u>	35

NF President Welcome

It is my great pleasure to welcome all Para Powerlifting athletes, officials, and coaches from across Asia and Oceania to Bangkok, Thailand – the "City of Happiness" and the "Land of Smiles" – for the Bangkok 2026 Asia-Oceania Open at the Miracle Grand Convention Hotel.

This Para Powerlifting competition - Bangkok 2026 Asia-Oceania Open Championships holds immense significance, particularly for athletes in the Asia and Oceania regions. As an event officially sanctioned by World Para Powerlifting, it serves as a key qualification pathway for the Aichi-Nagoya 2026 Asian Para Games in Japan and, ultimately, the LA 2028 Paralympic Games.

As the host country, Thailand is fully committed to organising this event to the highest standard, ensuring strict compliance with all regulations set by World Para Powerlifting.

I sincerely hope this tournament brings the success you aspire to achieve and creates lasting joy and memorable experiences for every participant. I would also like to express my deepest gratitude to all our supporters: the Thai Government through the Ministry of Tourism and Sports, the Sports Authority of Thailand, the National Sports Development Fund, and the Miracle Grand Convention Hotel for providing excellent accommodation and venue facilities.

I look forward to welcoming Para Powerlifting athletes from all nations to participate in this exciting and historical event.
Thank you and best wishes.

Maitree Kongruang
President, Sports Association for the
Disabled of Thailand under the Royal
Patronage of His Majesty the King





1. Key Information

Key Information



Regional Championships



Dates: 7 to 12 April 2026



Location: Bangkok, Thailand



Status: High Performance



Type: Open



Mandatory to remain in the LA28 Games Pathway: Yes



Participation Fee: 250 EUR (athletes & team officials)



Accommodation payment deadline: 10 March 2026



Entries open: 7 December 2025



Entries closing: 24 February 2026



Contact:

- LOC: events@spadtthailand.com & thaparapowerlifting.tha@gmail.com
- WPPO: entries@worldparapowerlifting.org





2. Championships Dates & Timelines

Regional Championships Dates

The dates for the **Bangkok 2026 Asia-Oceania Open Championships** are as follows:

	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr
Arrivals and Departures	Teams Arrivals											Teams Departures	
Education		Courses				Raise the Bar! Anti-doping Seminar							
Classification				International Classification									
Training			Training										
Official Weigh-in						Weigh-in							
Competition					Technical Meeting		Competition						
Ceremonies						Opening Ceremony						Closing Ceremony	



Championships Timelines

	7-Dec	18-Feb	24-Feb	3-Mar	10-Mar	24-Mar
Online Entries by Number and Name Open						
Entries by Number Close						
Entries by Name Close						
Final deadline to submit: Visa Form						
Accreditation System Open						
Final deadline to submit: Accommodation Form						
Final Deadline for Full Accommodation Payment to LOC						
Final deadline to submit: Travel Information Form						
Accreditation System Close						
Final Deadline for Full Entry Fee Payment to WPPPO						

The competition and registration process timelines are outlined here. Athletes' entries will only be accepted via the IPC Online Entry System (SDMS) within the published entry deadlines.

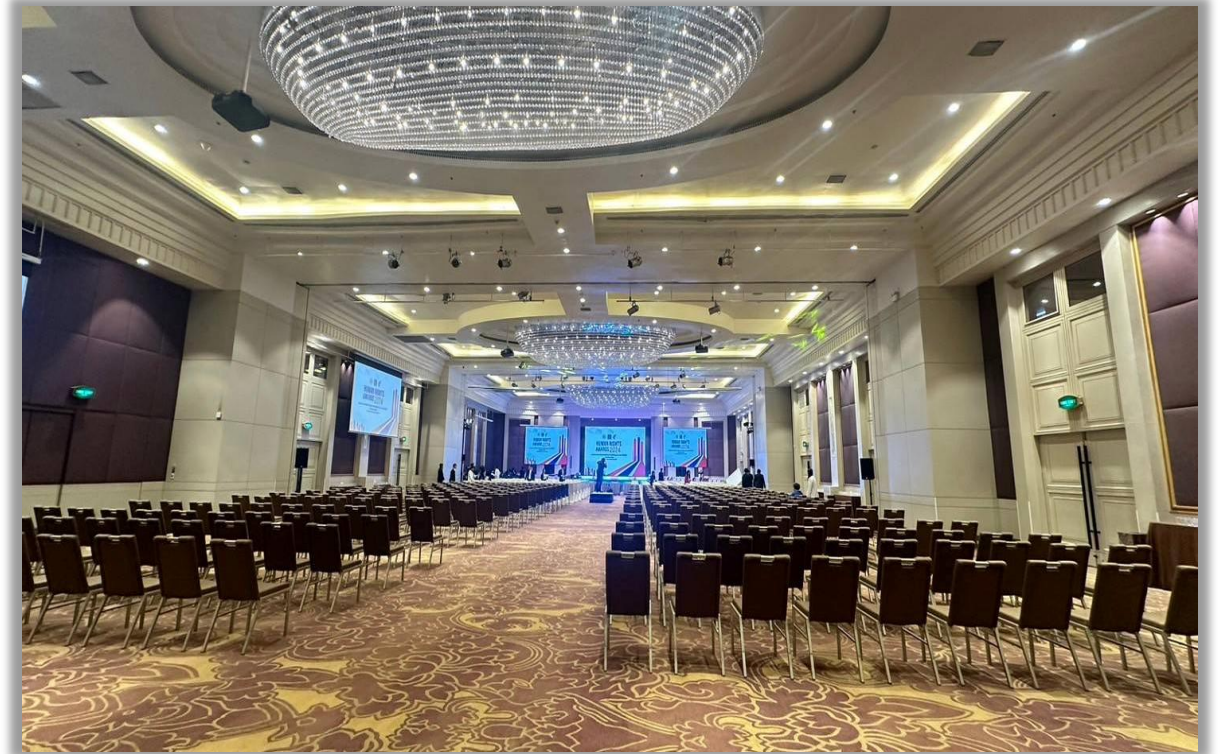


3. Competition Venue



Competition Venue

The Grand Ballroom on the 4th Floor, Miracle Grand Convention Hotel



4. Accommodation

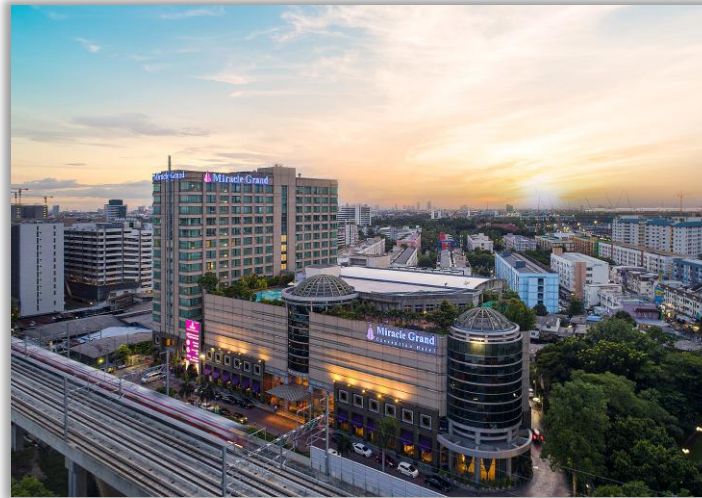


Accommodation

Bangkok 2026 Asia-Oceania Open Championships will have one official hotel for all athletes and team officials: **Miracle Grand Convention Hotel**. The hotel offers accommodation in wheelchair friendly single and twin rooms.

Hotel Details

- Website: <https://miraclegrandhotel.com/>



Miracle Grand Convention Hotel Bangkok

Single Room

€ 155 EUR per person per night (incl. VAT)

🛏 Number of available rooms: 90 (1 bed)

🍽 Included: 3 meals buffet style per day



Twin Room

€ 125 EUR per person per night (incl. VAT)

🛏 Number of available rooms: 120 (2 beds)

🍽 Included: 3 meals buffet style per day



Check-in & Check-out

Check-in time

15:00h

First meal included: **lunch** on day of arrival

Check-out time

12:00h

Last meal included: **lunch** on day of departure

Early Check-in / Late Check-out

Fee: 1 extra night

Meals included: all meals

Early Check-in / Late Check-out

- Early check-in for the Bangkok 2026 Asia-Oceania Open Championships will incur an extra night charge, while rooms will be available at no additional cost after 15:00h.
- Late check-out for the Bangkok 2026 Asia-Oceania Open Championships will incur an extra night charge, for teams staying in their rooms after 12:00h. Teams can stay at the hotel lobby for free.

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.



5. Payments



Participation Fee Payment

The Championships participation 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 payments must be completed via bank transfer or paid online via credit card by no later than 24 March 2026.

Should you have any enquiries concerning your Championships participation fee invoice and or payment please contact the WPPO office: entries@WorldParaPowerlifting.org & info@WorldParaPowerlifting.org before the payment deadline.

Please transfer the full invoice amount without any deductions (**the payers need to bear all bank charges to ensure that the IPC receives the complete amount**) to the following bank account and identify your payment by stating the invoice number in the reference field. The invoice will not be considered as settled if the IPC receives less than the complete amount.

Account Name:	IPC, Dahlmannstraße 2, 53113 Bonn, Germany
Bank:	Deutsche Bank AG, D-53113 Bonn, Germany
Branch No:	414
Swift Address:	DEUT DE DK 380
IBAN:	DE20 3807 0059 0029 0122 20



Accommodation Payment

Full accommodation fees must be transferred to the following bank account, by **no later than 10 March 2026**.

All hotel booking form and payment transfers receipt to be send to: events@spadtthailand.com & thaparapowerlifting.tha@gmail.com and cc info@worldparapowerlifting.org & entries@worldparapowerlifting.org

Please note that room booking will only be reserved and allocated to teams when the accommodation payment has been received in full.

Beneficiary Bank Name:	Sports Association for the Disabled of Thailand
Bank Name:	Krung Thai Public Company Limited
Bank Branch:	Sports Authority of Thailand (Huamark)
Bank Address:	286 Sports Authority of Thailand, Huamark, Bangkok, Thailand
Beneficiary Account Number:	985-5-72197-7
Swift-Code:	KRTHTHBK
IBAN:	-



Accommodation Payment

- 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.
- 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 NPCs 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.

Payment on arrival request

It is on the LOC's rights to accept or refuse a payment on arrival request from NPCs. If accepted, LOC may request the NPC to send a letter for payment on arrival.



Accommodation Cancellation Policy

Full accommodation payment due by 10 March 2026

- Full payment refunded if cancellation is done before 3 March 2026
- 50 % payment refunded if cancelation is done between 3 March till 10 March 2026
- No payment refunded if cancelation is done after 10 March 2026

**No refund done if participation cancelation, changes of dates, decrease of nights and / or number of reserved rooms - except athlete injury. NPC shall provide proof of injury to WPPPO, copying LOC. WPPPO shall confirm if the Medical form can be accepted for a refund consideration.*



6. Visa



Visa

- Delegation members who require visas to enter Thailand please visit the following website to determine what type of visa is required: <https://consular.mfa.go.th/th/page/cate-7393-general-iiinformation?menu=5d68c88b15e39c160c0081e0>
- 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 email: events@spadtthailand.com and thaparapowerlifting.tha@gmail.com
- The LOC will provide you with a formal invitation letter together with the list of your delegations for your visa's application.



Visa process

1. NPC to send to LOC the Visa Form template completed with all participants' information before 18 February 2026.
2. LOC to prepare and send to the NPC the Visa Invitation Letter.
3. NPC to make the necessary arrangements depending on the Visa needs for their country (i.e. e-visa procedures, embassy appointment, etc.).
4. NPC to inform the LOC and WPPPO when they receive the visa.

LOC email: events@spadtthailand.com & thaparapowerlifting.tha@gmail.com

WPPPO email: info@worldparapowerlifting.org & entries@worldparapowerlifting.org



7. Transport



Transport

Official Championships airports: Suvarnabhumi International Airport (BKK) & Don Mueang International Airport (DMK)

Suvarnabhumi International Airport (BKK)

- Time from airport to hotel: 50 min

Don Mueang International Airport (DMK)

- Time from airport to hotel: 20 min

- Distance between Championships hotel and Competition Venue: walking distance
- Transportation time between Championships hotel and Competition venue: 2 min

Teams will be greeted by a LOC volunteer to help ensure they are delivered to the host hotel in a timely and safe manner.

Transportation will be provided free of charge to all athletes and team officials from/to the **official Championships airport, and the official hotel during the Championships dates**. Teams who arrive outside the Championships dates can discuss with the LOC for transportation options*.

** Please note that LOC is not obliged to provide transportation free of charge for teams arriving before Championships days and departing after Championships dates.*



8. Host City

About Bangkok

Bangkok is the capital and most populous city of Thailand. It serves as the nation's main centre of development, both domestically and within Southeast Asia.

The city is located near the mouth of the Chao Phraya River, which flows through the urban centre and divides it into two main areas: the Phra Nakhon side and the Thonburi side.

The city covers 1,568.737 square kilometres and in 2024 had a population of around 10 million, accounting for about 13% of Thailand's total population. Including the surrounding metropolitan area, the population rises to roughly 17 million, giving Bangkok the status of a metropolis and a primate city, meaning it is significantly more influential than any other city in the country.

Bangkok is a city that seamlessly blends culture, history, and modern life. Visitors can explore historic temples such as Wat Phra Kaew, Wat Arun, and Wat Pho; shop at modern malls and vibrant markets like Chatuchak and Yaowarat or Chinatown; relax in green spaces such as Lumpini Park; and experience art and culture at the Bangkok Art and Culture Centre

Top Recommended Places:

- Wat Arun – a must-visit riverside temple famous for its stunning prang.
- The Grand Palace – Thailand's most magnificent royal landmark.
- In mid-April, visitors can experience the Songkran Festival, especially on Silom Road and Khao San Road, where the streets come alive with water celebrations, music, and festivities



About Bangkok



9. Annexes



General Information

IPC Membership

The Organising 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 authorised 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

World Para Powerlifting Rules and Regulations

The most current World Para Powerlifting Rules and Regulations published upon the WPPO website alongside the World Para Powerlifting Qualification Pathway 2025-2028 will apply for this Championships.

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, further details can be found on the WPPO website: www.paralympic.org/powerlifting/rules-and-regulations/anti-doping

Classification

The most current World Para Powerlifting Classification Rules and Regulations published upon the WPPO website will apply for this World Championships. All athletes who have a designated sport class status of New, Review, Review 2026 or earlier will be required to undergo International Classification prior to the start of the Championships. A detailed classification schedule will follow after the revision of the final entries by WPPO.

Medical information

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.

Participant Insurance

Each respective NPC is fully responsible to ensure that all members of their delegation are appropriately insured, including coverage for travel, medical, liability, accidents, Covid 19 and repatriation. Each NPC will need to provide evidence of appropriate insurance coverage for their full delegation by no later than 24 March 2026.

Bodyweight Changes

Athletes will have the opportunity to change Bodyweight Categories during the entry verification process, either up or down one (1) Bodyweight Category from the category assigned at the time of the final entry deadline.

Only one (1) change per Athlete is accepted and must be requested during the allocated time of the entry verification process. A fee of one hundred Euros (€100) will be charged for each requested change and must be paid immediately during the entry verification process for the change to be accepted. The new Bodyweight Category is accepted only upon payment and is considered final.

Lift Challenge Cards

At WPPO Regional Open Championships, Athletes will have the opportunity to challenge their own “No Lift” decision. The Lift Challenge cards must be requested from the entries open date until the Teams Meeting date at a cost of one hundred Euros (€100). Full payment must be paid immediately upon request of the Lift Challenge card/s. Any purchased Lift Challenge cards retained by an Athlete or Team Official must be returned to the WPPO management before the close of the Championships in order to receive a full refund. Any Lift Challenge cards that are not returned in this timeframe will no longer be valid or eligible for a refund.

Bodyweight Changes & Lift Challenge Card Payment

WPPO has established 2 payment methods:

- PayPal: for Bodyweight Changes you'll be redirected during the entry verification process; for Lift Challenge Cards, please go to the [NPCs Competition Portal](#) (available from beginning of 2026)
- Credit card: *available during the Teams Meeting*



Regional Open Championships Information

Preliminary 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.

Number of entries per event per NPC

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

<https://www.paralympic.org/powerlifting/rules>

Individual events

There is no maximum number of entries per gender, Bodyweight Category and age group per NPC.

Team events (Gender and Mixed)

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

Event Viability

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

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



Entries and Registration Process

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

Athlete Eligibility

- 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 license for the 2026 Season;
- Be a minimum of 15 year of age by 31 December 2026;
- Have an international classification status of New, Review, Review + Fixed Date or Confirmed

NOTE: There is no required Minimum Standard (MS) to enter the Bangkok 2026 Asia-Oceania Open Championships.

Entries and Registration Process

All Championship entries must be completed via the IPC Online entry system at <https://db.ipc-services.org/sdms/app/login> 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.

Late entries

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.

Replacements

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.

Declaration of Participation

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

Final Entry Process

- All entries by number must be completed by 24 February 2026 and all final entries by name must be completed by 3 March 2026.
- 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 3 March 2026 will only be possible during the verification process. No change will be possible after the Teams Meeting.

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 weight outside of 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, detailed on the table on the right.

5%				5%			
Gender	BW Category	Min Random WI	Max Random WI	Gender	BW Category	Min Random WI	Max Random WI
MEN	49		51,4	WOMEN	41		43
	54	46,6	56,7		45	39	47,2
	59	51,3	61,9		50	42,8	52,5
	65	56,1	68,2		55	47,5	57,7
	72	61,8	75,6		61	52,3	64
	80	68,4	84		67	58	70,3
	88	76	92,4		73	63,7	76,6
	97	83,6	101,8		79	69,4	82,9
	107	92,2	112,3		86	75,1	90,3



Results

Only results of athletes who have active license for the 2026 Season within the given timelines for results recognition and have a sport class status of Review, Review 2026 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 Championship the official Championship results book(s) will be compiled, and it will be posted and uploaded to the World Para Powerlifting website.

Rankings

All recognized results in accordance with the above will also be updated on WPPO website in the official WPPO 2026 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.

Records

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



Contact details

Local Organizing Committee Contact

- Mr Maitree Kongruang
- Chairman of the Organising Committee
- Email: events@spadtthailand.com & thaparapowerlifting.tha@gmail.com
- Phone: +66 856651551 & +66 890076207

World Para Powerlifting

- Website: www.paralympic.org/powerlifting
- Email: Entries@WorldParaPowerlifting.org & Info@WorldParaPowerlifting.org

