



Astana 2019 World Para Powerlifting Junior and Senior Championships

Competition Invitation Package

July 2019



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1 General Information

1.1 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

1.2 World Para Powerlifting Rules & Regulations

The most current World Para Powerlifting Technical Rules and Regulations published upon the WPPO website alongside the World Para Powerlifting Qualification Pathway 2017-2020 will apply for this competition.

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

1.4 International Classification

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 2019 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 Medical Information

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

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

1.6 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 and repatriation.

Each NPC will need to provide evidence of appropriate insurance coverage for their full delegation by no later than **17 June 2019**.

2 Championships Information

2.1 Championships Dates

The dates for the Astana 2019 WPPO Junior and Senior Championships are as follows:

WPPO Coach & Technical Official Education Courses*	08-10 July 2019
Team Arrival Dates	09-10 July 2019
Agitos Foundation: Proud Paralympian Seminars*	09-12 July 2019
Raise the Bar! Anti-Doping Education Seminars*	10-11 July 2019
International Classification	10-11 July 2019
Technical Meeting(s)	11 July 2019
WPPO Junior Championships	12 July 2019
Opening Ceremony	12 July 2019
Junior Teams Departure Date (if required)	13 July 2019
WPPO Senior Championships	13-20 July 2019
Closing Ceremony	20 July 2019
WPPO Forum	20 July 2019
Team Departure Dates	21 July 2019

*Further details provided in the accompanying Astana 2019 WPPO Championships Education Information Package.



2.2 Entries and Registration Process

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

2.2.1 Athlete Eligibility

- Be fully registered on the IPC Sport Data 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 2019 Summer Competition Season;
- Be a minimum of 15 years of age by the 31 December 2019;
- For the Astana 2019 WPPO Junior Championships only, athletes must be a maximum of 20 years of age by 31 December 2019;
- 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 Astana 2019 WPPO Junior or Senior Championships.

2.2.2 Entries

All athletes must be entered online via the [IPC online entries system](#) in accordance with the entry deadlines by their respective NPCs or authorised National Federation/Organisation.

By completing and submitting sport entries, NPCs are considered to have officially declared the participation of their athletes in the specified events/categories and a participation fee invoice will be automatically generated based upon the total number of athletes and staff submitted.

2.2.3 Final Entries

All final entries (by name and bodyweight category) must be completed by **15 May 2019**. Please note that after this deadline no changes to the final entries and or final participation fee invoice will 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 organisation or body. Changes of bodyweight category after 15 May 2019 will be only possible during the Technical Meeting.



2.2.4 Championships Participation Fee

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 **10 May 2019** to the account detailed below. Please note that cash payments will not be accepted without prior approval from WPPO. Should you have any enquiries concerning your Championships participation fee invoice and or payment please contact the WPPO office: info@WorldParaPowerlifting.org before the payment deadline.

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

Account Name: IPC, Adenauerallee 212-214, D-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

2.2.4.1 Junior Championships

The participation fee for participants attending just the Astana 2019 WPPO Junior Championships is **300 EUR per person** (athletes and team officials).

Participants that also wish to participate within and or plan to also remain for the duration of the Astana 2019 WPPO Senior Championships will be required to pay the full Championships Participation Fee of **550 EUR per person** (athletes and team officials).

Please indicate in writing to the WPPO office which participants intend to participate in both the Junior and Senior Championships so that your Championships participation fee invoice can be generated accurately.



2.2.4.2 Senior Championships

The participation fee for participants attending just the Astana 2019 WPPPO Senior Championships is **550 EUR per person** (athletes and team officials).

2.2.5 **Late Entries**

The WPPPO Office must be informed about the request for any late entries. All respective information must be provided showing the reason why the entry deadline could not be met and all requests will be reviewed on a ‘case by case’ basis and may be accepted or rejected at the sole discretion of WPPPO.

2.2.6 **Replacements**

The WPPPO Office must be informed about any requests for athlete replacements. Replacements of athletes may be considered for any exceptional circumstances and all supporting documentation/evidence must be submitted alongside the request. All requests will be reviewed on a ‘case by case’ basis and may be accepted or rejected at the sole discretion of WPPPO.

2.2.7 **Entry Changes**

Bodyweight categories will apply as per the current World Para Powerlifting Rules and Regulations. Following the final entry deadline, in accordance with 11.3.9 of the rules and regulations, athletes will have the opportunity to change bodyweight categories during the technical meeting only, either up or down one (1) bodyweight category only from the category nominated at the time of the final entry deadline at a cost of 100 EUR per change. The bodyweight category signed off at the technical meeting is considered final and no further changes will be allowed.

2.3 **Entry and General Competition Deadlines**

Entry by Number and bodyweight category Opens: Individual Event, Individual Team Event and Mixed Team Event	15 January 2019
Entry by Number and bodyweight category Deadline: Individual Event, Individual Team	26 February 2019



Event and Mixed Team Event	
Entry by Name and bodyweight category Opens: Individual Event, Individual Team Event and Mixed Team Event	27 February 2019
Online Accreditation System Opens	01 March 2019
Entry by Name and bodyweight category Deadline: Individual Event, Individual Team Event and Mixed Team Event	15 April 2019
Accommodation Form Deadline	15 April 2019
Visa Invitation Form Deadline	01 May 2019
Online Accreditation Application Deadline	01 May 2019
Championships Participation Fee and Accommodation Fee Payment Deadline	10 May 2019
Travel Form Deadline	10 June 2019

2.4 Competition Schedule

The preliminary and final Championships competition schedule will be provided in accordance with the below:

- Championships Master Schedule – **25 March 2019**
- Preliminary Competition Schedule – **17 May 2019**
- Final Competition Schedule – **11 July 2019** (After close of Technical Meeting)

2.5 Maximum number of entries per event per NPC

2.5.1 Junior Championships

2.5.1.1 Individual Event

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

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



NOTE: There must not be more than **three (3) junior** athletes from any one country in any particular body weight category.

2.5.2 Senior Championships

2.5.2.1 Individual Event

The maximum number of 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. Junior athletes are permitted to compete in Senior Championships but will be regarded as senior athletes and included within the above maximum number of entries.

Note: The maximum number of senior individual entries for the competition host NPC only (NPC Kazakhstan), 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 the Championship host NPC in the same bodyweight category.

2.5.2.2 Individual Team Event

NPCs that wish to enter the Individual team event are permitted to enter only one (1) additional individual entry per bodyweight category from the 2 athlete's maximum senior quota. NPCs must notify the WPPPO office by email by no later than the final entry deadline the name and bodyweight category of the additional senior athletes entered to complete the team. This athlete entered to form the team 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 an Individual 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 at the Senior Championships. To ensure the viability of Individual Team Events, please note that these athletes entered in the Individual team event will not be permitted to change bodyweight categories during the Technical Meeting.



2.5.2.3 Mixed Team Event

NPCs that wish to enter the mixed team event are permitted to enter a maximum of three (3) teams. Teams must consist of three (3) athletes from the same nation, and there must be a minimum of one (1) female athlete, all three (3) athletes that comprise the team may be from different bodyweight categories. The maximum number of teams permitted the Mixed Team Event is a total of sixteen (16). These places will be allocated on a first come first serve basis, NPCs that wish to enter one or more teams into the Mixed Team Event must notify the WPPO office by email by no later than the final entry by number deadline 26 February 2019.

2.6 Viability of Events

2.6.1.1 Individual Event

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 World Championship MQS for that bodyweight category, as detailed in Appendix 7 of the WPPO Rules and Regulations (Gold).
- 2 athlete: Minus one rule (-1) when there are two (2) athletes in a single bodyweight category (Gold)
- 3 or more Athletes: All medals will be awarded (Gold, Silver, Bronze)

2.6.1.2 Individual Team Event

An individual team event can be considered viable when a minimum of two (2) teams have 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.

When there is 2 competing teams in a single bodyweight category the Minus one rule (-1) will apply, and when there is 3 or more competing teams all medals will be awarded.

2.6.1.3 Mixed Team Event

A mixed team event can be considered viable when there is a minimum of four (4) competing teams, three (3) of which may be from the same nation, and there may be up to a maximum of sixteen (16) entered. Teams must consist of three (3) athletes from the same nation, and



there must be a minimum of one (1) female athlete. Each of the three (3) athletes that comprise a team may be from different bodyweight categories and nations are permitted to enter a maximum of three (3) teams in a mixed team event.

2.7 Medal Awards

In accordance with the above event viability, medal awards will be awarded the top three (3) athletes in the individual event per bodyweight category, top three (3) teams in the individual team event per bodyweight category and top three (3) teams in the mixed team event as below:

- 1st Place = Gold Medal
- 2nd Place = Silver Medal
- 3rd Place = Bronze Medal

2.8 Team Trophies

Team trophies will be awarded to teams as outlined below, using the team trophy calculation as per section 16.6.4 of the WPPPO Technical Rules and Regulations considering both the WPPPO Junior and Senior Championships:

- Trophies will be awarded to the top three (3) placed teams from all competing nations, using points from the top six (6) ranked athletes from one or both genders, junior and senior athletes will both be considered.
- Trophies will be awarded to the top three (3) placed women's teams from all competing nations, using points from up to the top six (6) ranked female athletes' only, junior and senior athletes will both be considered.
- Trophies will be awarded to the top three placed men's teams from all competing nations, using points from up to the top six (6) ranked male athletes' only, junior and senior athletes will both be considered.

2.9 Results

Only results of athletes who have an active license for the 2019 Summer Competition Season within the given timelines for results recognition and have a sport class status of Review, Review 2020 or later or Confirmed will be taken into consideration.

No hard copy (printing) results per NPC will be distributed as you will be able to download and check the Live Results on the championships website www.paralympic.org/Astana-2019 .A



general results hard copy will be printing and you will be able to find it in the Championships information desk.

After the close of the competition the official competition results book(s) will be compiled and it will be shared via email with competing teams and uploaded to the competition website within one (1) month of the close of the competition.

2.10 Rankings

All recognised results in accordance with the above will also be updated in the official WPPPO 2019 World and Regional ranking lists. For athletes that have satisfied all the necessary criteria as outlined in the World Para Powerlifting Qualification Pathway 2017-2020, will have their Paralympic Ranking updated accordingly.

2.11 Records

It will be permitted for athletes to break records at both the Junior and Senior Championships in accordance with section 16.5 of the WPPPO Technical Rules and Regulations.

3 Championships Logistics

All Championships logistics concerning accommodation, meals and transport the relevant booking procedures, payment process and cancellation policy will be shared in the Championships Accommodation Guideline to be released to teams soon.

3.1 Visa

Kazakhstan warmly welcomes all participants to these Championships. Nationals from 45 countries holding valid passports are permitted to stay in Kazakhstan without a visa for up to 30 days.

Citizens of the following countries may enter and exit Kazakhstan without issuing visas if the period of stay in the Republic of Kazakhstan does not exceed 30 calendar days from the moment of crossing the State border of the Republic of Kazakhstan:

1. Australia

18. Ireland

35. Romania



2. Austria	19. Israel	36. Singapore
3. Belgium	20. Italy	37. Slovakia
4. Bulgaria	21. Japan	38. Slovenia
5. Canada	22. Latvia	39. Spain
6. Chile	23. Lithuania	40. Sweden
7. Croatia	24. Luxembourg	41. Switzerland
8. Cyprus	25. Malaysia	42. Turkey
9. Czech Republic	26. Malta	43. United Arab Emirates
10. Denmark	27. Mexico	44. United Kingdom of Great Britain and Northern Ireland
11. Estonia	28. Monaco	45. United States of America
12. Finland	29. Netherlands	
13. France	30. New Zealand	
14. Germany	31. Norway	
15. Greece	32. Poland	
16. Hungary	33. Portugal	
17. Iceland	34. Republic of Korea	

3.1.1 Visa Invitation Letters

All NPCs that require a visa to enter Kazakhstan must submit the Astana 2019 Visa Request Form to the LOC and WPPO by no later than **01 May 2019** to obtain a visa invitation letter. Upon receipt of the visa invitation letter NPCs must immediately organise their visa application and appointment at their nearest Kazakhstan embassy/consulate in their own or neighbouring countries.

3.2 Further Information

For further information and updates about the Astana 2019 WPPO Championships please visit the Championships website: www.paralympic.org/Astana-2019



4 Host City

4.1 Location

Astana - The Capital of Kazakhstan

Astana is a modern city with a favourable environment attractive for tourists and comfortable for residents and guests of the Kazakh capital to live in.

Astana became the capital of new Kazakhstan in 1998 for a variety of reasons. By the end of the XX century, the country's former capital Almaty was facing a heap of difficulties hampering further development of the city: the problem of overpopulation (over 1.500.000 inhabitants); traffic congestion; deteriorating environmental conditions. Moreover, compact planning of the "southern capital" in practice, restricted modern development of the city.

The choice was made in favour of Astana due to a number of decided advantages: vast urban area, favourable geographical location - close to the country's main economic centres, significant demographic potential, well-developed transport infrastructure and the relatively favourable environment.

From the history of Astana

The horizon less Akmola steppes have long been the place for various civilizations and cultures to meet and intertwine. The "Father of History" Herodotus, in his writings, mentioned the route, laid through the Great Steppe (later known as the Great Silk Road), caravans passed by through these places. Development of handicrafts and home industry, trade boom in the cities, formerly traditionally employed exclusively in animal husbandry and agriculture, were boosted by the caravan routes of the Great Steppe.

The medieval ancient settlement of Bozok, found five kilometres from modern Astana, can rightly be called a millennial predecessor of the Kazakh capital.

Almost two decades ago, in the 30-s of the XIX century, in these steppes, on the site of Akmola village was founded the city of Akmolinsk to serve as a military, commercial and economic centre.

Due to virgin land reclamation in the 60-s of last century Akmolinsk was renamed Tselinograd ("tselina" means "virgin land").

The historical name Akmola was returned to the city in 1992. When the city was granted the status of the Kazakh capital on May 6, 1998, it was named Astana, which means "a capital".



Thus, the ancient city of able craftsmen, skilled tradesmen and industrious farmers became the centre of political, public, social and cultural life of new, democratic sovereign Kazakhstan.

Today Astana is not only a country's major administrative centre, located at the intersection of major development networks of the country. It is the city-leader, setting the pace in the innovative development of Kazakhstan. The city, which acts as a locomotive of the reforms in Kazakhstan of the new millennium is also a tourist attraction in the steppes.

4.2 Population

The population of Astana is about 1,000,000 people

4.3 Climate

Astana has an extreme continental climate with warm summers (featuring occasional brief rain showers) and long, very cold, dry winters. Summer temperatures occasionally reach +35 °C (95 °F) while –30 to –35 °C (–22 to –31 °F) is not unusual between mid-December and early March. July is the hottest month with an average temperature of +20.7 °C (69.3 °F).

4.4 Language

The official language is Kazakh

4.5 Currency

KZT (1 USD = 370 KZT, 1 KZT = 0,0027 USD)

4.6 Time Zone

GMT +6

4.7 Power plug & outlet Type

In Kazakhstan the power plugs and sockets are of type C and F. The standard voltage is 220 V and the standard frequency is 50 Hz.

- Type C: also known as the standard "Euro" plug. This socket also works with plug E and plug F.
- Type F: also known as "Schuko". This socket also works with plug C and plug E.



Type F: This socket also works with plug C and E



Type C: This socket also works with plug E and F

4.8 Popular destinations

Bayterek

What should you start exploring Astana from? Surely, you should start from the Bayterek, the capital's symbol. The monument embodies the Kazakh people's idea of the universe. The tower construction symbolizes three universe bases – underground, earthly and heavenly worlds. At the depth of 4.5 meter, there is the lower level housing café, aquariums and mini-gallery "Bayterek".

Museum of the First President of Kazakhstan

You will certainly remember the Museum of the First President of Kazakhstan with its pieces of interior decoration and furniture, souvenirs and paintings, presented to President, arms and chattels personal, documents and graphic works, as well as items of decorative and applied arts, etc.

Duman

If you want to plunge into childhood, walk along a seabed, visit miniatures museum, know all resources of media-technologies in 3D cinema theatre, then do not miss an opportunity to visit the entertainment centre Duman on the Astana left bank area.

Khan Shatyr

The shopping and entertainment centre "Khan Shatyr" was open in July 2010. It can be called one of the Astana latest landmarks, because its architect was famous Norman Foster, who had designed many structures not only in Astana, but also in London, UK and many other countries.

Khasret Sultan Cathedral Mosque

One of the most modern attractions of Astana, the young Kazakhstan capital, is the Khasret Sultan Cathedral Mosque. The colossal building resembles an oriental palace, whose construction involved over 1,500 builders and masters, who with joint efforts created the most beautiful landmark of Astana.

Expo Heritage - museum of the future Nur Alem

The most significant tourist object of the EXPO-2017 after-exhibition heritage is the Nur Alem pavilion-museum. It is remarkable that this new symbol of our capital Astana was mostly referred to by international mass media. The Future Energy Museum became the same symbolic sign of Kazakhstan as the Eiffel Tower for Paris and the Crystal Castle for London, etc.

Presently, the Nur Alem is the mostly visited tourist's objects. The residents and guests of Astana get the possibility both to have fun and to enrich them with unique knowledge concerning the energy, its sources and ways it is used. We should also add that the Nur Alem complex was recognized as special guarded national architectural object in November 2017.

The Nur Alem pavilion is the 8-floored building having a unique spherical shape. The conception is represented as the Future Energy Museum.





5 Championships Contact Details

Local Organising Committee

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