



## Lima 2019 World Para Powerlifting World Cup (Test Event)

Lima, Peru

3-5 May, 2019

**World Para Powerlifting**

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Dear Sport friends:

World Para Powerlifting and the Organising Committee of the XVIII Pan- American Games and Parapan American Games Lima 2019, are pleased to invite you to the **Lima 2019 World Para Powerlifting World Cup (Test Event)** to be held in Lima, Peru on 3 - 5 March 2019.

We are pleased to present this competition information package that details all necessary information and deadlines for this event.

This competition is an excellent opportunity for every athlete to showcase their strength and help secure qualification slots for the Lima 2019 Parapan American Games. Chances and opportunities always can be found, but competing in such tournaments that can truly serve and fulfil every requirement is as important as athlete's everyday practice.

We are sure that you will leave with the best memories of your stay in our country during this event, which will be held in Peru for the first time.

The information in the following pages outlines details related to the list of events, participation criteria and deadlines for this event.

Lima is ready to receive them!

We wait for you!



**Carlos Neuhaus**  
**President**

Special Project for the Preparation and Development  
of the XVIII Pan American Games Lima 2019 (LOC)



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## 1 Competition Dates

Team Arrival Dates	30 April - 01 May 2019
International Classification	01 - 02 May 2019
WPPO ITO & NTO workshop	02 May 2019 (morning)
Technical Meeting	02 May 2019 (afternoon)
Opening Ceremony	03 May 2019
Competition Dates	<b>03-05 May 2019</b>
Closing Ceremony	05 May 2019
Team Departures	06 May 2019

## 2 Competition Entries

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 invitation, accommodation applications, accreditation applications and travel information must be sent no later than the deadlines published below:

Entry by number Opens	<b>25 February 2019</b>
Entry by number Deadline	<b>25 March 2019</b>
Entry by Name Opens	<b>26 February 2019</b>
<u>Final</u> Deadline to return Visa invitation letter application	<b>28 March 2019</b>
<u>Final</u> Online Entry by Name deadline	<b>03 April 2019</b>
<u>Final</u> Deadline to return: <ul style="list-style-type: none"> <li>▪ Accommodation Application</li> <li>▪ Accreditation Information</li> <li>▪ Travel Information</li> </ul>	<b>04 April 2019</b>
Full accommodation payment deadline	<b>14 March 2019</b>



## 2.1 Participation Fee

The participation fee for the Lima 2019 World Para Powerlifting World Cup (Test Event) is USD 80.00 (Eighty American dollars) per participant, this payment must be transferred directly to Asociacion Nacional Paralimpica del Peru (NPC Peru), **25 march 2019** is the deadline to pay in full all necessary registration fees that enable participants' access.

The participation fees must be transferred to the following bank account, please identify your payment by referencing your invoice number when transferring payment:

<b>Account name</b>	Asociación Nacional Paralimpica del Perú
<b>Account number</b>	CCI 038-403-207000545640-26
<b>Account holder address</b>	Av. Del Aire SN Cuadra 9 Puerta 3 La Videna, San Luis
<b>Name of the bank</b>	Banco Interamericano de Finanzas
<b>Address of the bank:</b>	Av. Rivera Navarrete 600 San Isidro, Lima.
<b>Swift code:</b>	BIFSPEPL

## 3 Accommodation

These are the official hotels for all athletes and officials during the World Cup. These hotels offer accommodation in single and double rooms (Wheelchair friendly).

- **Hotel: Inside Lima Miraflores**

This hotel is located in the district of Miraflores, 6.8 km from the competition venue. It has 60 double rooms and 65 single rooms, both wheelchair friendly and 3 fully accessible rooms. All rooms are equipped with flat screen TV, Cable channels, free WIFI access, telephone, minibar and hair dryer.

**Address:** Calle Ernesto Diez Canseco 344, Miraflores, Lima.

**Website:** <https://www.melia.com/es/hoteles/peru/lima/ininside-lima-miraflores/index.htm>

**Single room – USD 126.50** per person, per night including breakfast per day.

**Double room – USD 126.50** per room, per night including breakfast per day.

Check – in 15:00/ Check – out 12:00.

Teams who arrive before 15:00 or leave after 12:00 are allowed to stay in the hotel lobby free of charge.

**Lunch:** USD 18.00 per person (Includes starter, main course, dessert and drink).

**Dinner:** USD 18.00 per person ((Includes starter, main course, dessert and drink).

**Contact:** [reservas.innside.lima@melia.com](mailto:reservas.innside.lima@melia.com) , Vanessa Canaza.

**Code:** ATLETA PARAPOWRLIFTING



- **Hotel: Four Points by Sheraton Miraflores**

This hotel is located in the district of Miraflores, 6.9 km from the competition venue. It has 20 double rooms and 30 single rooms, both wheelchair friendly and 3 fully accessible rooms. All rooms are equipped with flat screen TV, Cable channels, free WIFI access, telephone and minibar.

**Address:** Calle Alcanfores 290, Miraflores, Lima.

**Website:** <https://www.espanol.marriott.com/hotels/travel/limfp-four-points-miraflores/>

**Single room – USD 132.00** per person, per night including breakfast per day.

**Double room – USD 137.50** per room, per night including breakfast per day.

Check – in 15:00/ Check – out 12:00.

Teams who arrive before 15:00 or leave after 12:00 are allowed to stay in the hotel lobby free of charge.

**Lunch:** USD 22.50 per person (Includes starter, main course, dessert and drink).

**Dinner:** USD 22.50 per person ((Includes starter, main course, dessert and drink).

**Contact:** [reservas1@fourpointsmiraflores.com](mailto:reservas1@fourpointsmiraflores.com), Elvia Eduardo.

**Code:** ATLETA PARAPOWRLIFTING





### 3.1 Payment procedure

The full accommodation fees can be paid by credit card or bank transfer. Please note that room reservations will only be confirmed and assigned to the teams when the accommodation payment has been received in full. For reservations and payment coordination, please you should contact directly with the hotel. If there is any doubt, write to: [achirinos@lima2019.pe](mailto:achirinos@lima2019.pe). **Deadline: 14 March 2019.**

### 3.2 Cancellation Policy:

No payments will be refunded.

## 4 Transportation

Transportation will be provided to all athletes and team officials from/to **Jorge Chávez International Airport, Lima** to the official competition hotel on the official arrivals and departures days.

The distance between the airport and hotel is 19.43 km; the journey takes approximately 1 hour by car or bus. The competition venue is in Polideportivo Nro. 2 La Videna, located in Av. El Aire Cdra 9 S/N San Luis, Lima and the journey takes approximately 40 minutes by car or bus from the Hotel. .

The LOC will provide transportation to the competition venue from the official competition hotels only.





## 5 Visa

Visa invitation letters will be provided by the LOC to all athletes and team officials that require. In order to obtain your invitation letters, you must fully complete the visa application and include a copy of your passport. This **visa application form** must be sent by e-mail [achirinos@lima2019.pe](mailto:achirinos@lima2019.pe) by no later than **28 March 2019**.

## 6 Competition Information

### 6.1 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.

### 6.2 Maximum Number of Entries per Event

#### 6.2.1 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 will be no junior categories or junior medals awarded; however Junior athletes are able to compete in the Senior category.

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.

### 6.3 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)

## 6.4 Medal Awards

Medals will be awarded to the top three (3) athletes per bodyweight category in accordance with the above viability of events.

### 6.4.1 Team Trophies

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.

## 6.5 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.

## 6.6 Entries and Registration Process

In order to enter this competition all athletes must be registered and licensed for the 2019 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](mailto:info@WorldParaPowerlifting.org).



## **6.7 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.

## **6.8 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.

## **6.9 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.

## **6.10 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.

## **6.11 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.

# **7 General Information**

## **7.1 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.

## **7.2 World Para Powerlifting Rules & Regulations**

The current World Para Powerlifting Technical Rules & Regulations September 2018 (Version 2) will apply for this competition.

## **7.3 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.

## **7.4 International Classification**

Athletes who have never been classified and or have a designated sport class status of Review or 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 World Para Powerlifting. Athletes that are required to attend international classification must arrive no later than 01 May 2019.

## **7.5 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.



## 7.6 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.

## 8 Contact Details

### Local Organising Committee (LOC)

Tel: +51 981089525

+ 51 996208241

Email: [achirinos@lima2019.pe](mailto:achirinos@lima2019.pe)

[jpinillos@lima2019.pe](mailto:jpinillos@lima2019.pe)

### World Para Powerlifting

Tel: 0049 228 2097 129

Fax: 0049 228 2097 209

Email: [info@worldparapowerlifting.org](mailto:info@worldparapowerlifting.org)

## 9 Host City Information

Lima is the capital city of the Republic of Peru. It is located on the central coast of the country, on the shores of the Pacific Ocean, forming an extensive and populous urban area known as Metropolitan Lima.

This beautiful city is home to almost ten millions of inhabitants with thousands of stories and origins. It is a city with a past and future, with a spirit innovative and enterprising, with art, crafts and industry.

Lima was founded on January 18, 1535, with the name of the City of Kings in the agricultural region known by the Indians as Limaq, name that acquired over time. It was the capital of the Viceroyalty of Peru and the largest and most important city of South America during Spanish imperial America.

Although the history of the city of Lima began with its Spanish foundation in 1535, the territory formed by the valleys of the rivers Rímac, Chillón and Lurín was occupied by pre-Inca settlements, which were grouped under the lordship of Ichma. Maranga culture and the Lima culture were those that were established and forged an identity in these territories. During those times the sanctuaries of Lati (present Puruchuco) and Pachacámac (the main shrine of pilgrimage during the Inca period) were built.

These cultures were conquered by the Wari Empire during the height of its imperial expansion. It is during this time that the ceremonial center of Cajamarquilla was built. With the decline of the Wari importance, local cultures regained autonomy , highlighting the Chancay culture. Later, in the 15th century, these territories were incorporated into the Inca Empire.





## Training Schedule

Date	Sessions (8)	Location
30 April to 05 May	8:00 – 20:00	Sports Center 2

## Classification Schedule

Sports Center 2	01 May	02 May
SCHEDULE	09:00 - 13:00	09:00 - 13:00
	14:00 – 18:00	14:00 – 18:00