



2014 ASIAN POWERLIFTING CHAMPIONSHIPS
Sub-Junior, Junior, Open, Masters (All age groups, Women & Men)

Preliminary: Feb 25, 2014

Final: Apr 5, 2014

Last day to cancel booked hotel rooms: Apr 16, 2014

The final nomination form must be sent to:

etmail@gmail.com

wypkhucc@yahoo.com.hk

hisako@phouse.jp

Submitted by (National Powerlifting Federation/Association): _____

Submitting officer: _____ Title: _____

Team Manager : _____ Coach: _____

Date: _____

Referees:	Cat:	Available for categories:

Total number of lifters: _____ Total amount of team : _____

Arrival date: _____ Flight #: _____ Arrival Time: _____

Departure date: _____ Flight #: _____ Departure time: _____

We need rooms:

Single room US\$ 100 (per day, one person): Smoking _____ Non-smoking _____

Double room US\$75 (per day, per person): Smoking _____ Non-smoking _____

Junior suite – single US\$145 (per day, one person): Smoking _____ Non-smoking _____

Junior suite – double US\$90 (per day, per person): Smoking _____ Non-smoking _____

Dates from: _____ to: _____

State each lifter's personal best achieved at national or international championships during the previous 12 months

Enter the lifter's family name and first name separately into an appropriate column below.

Please, use each lifter's full first name, not his or her nickname !

WOMEN Open

Class	Surname	First Name	Birth day	SQ	BP	DL

Reserve lifters (maximum of 5)

WOMEN Master I

Class	Surname	First Name	Birthday	SQ	BP	DL

Reserve lifters (maximum of 5)

WOMEN Master II

Class	Surname	First Name	Birthday	SQ	BP	DL

WOMEN Master III

Class	Surname	First Name	Birthday	SQ	BP	DL

WOMEN Sub-Junior

Class	Surname	First Name	Birthday	SQ	BP	DL

Reserve lifters (maximum of 5)

WOMEN Junior

Class	Surname	First Name	Birthday	SQ	BP	DL

Reserve lifters (maximum of 5)

MEN Open

Class	Surname	First Name	Birthday	SQ	BP	DL

Reserve lifters (maximum of 5)

MEN Master I

Class	Surname	First Name	Birthday	SQ	BP	DL

Reserve lifters (maximum of 5)

MEN Master II

Class	Surname	First Name	Birthday	SQ	BP	DL

MEN Master III

Class	Surname	First Name	Birthday	SQ	BP	DL

MEN Master IV

Class	Surname	First Name	Birthday	SQ	BP	DL

MEN Sub-Junior

Class	Surname	First Name	Birthday	SQ	BP	DL

Reserve lifters (maximum of 5)

MEN Junior

Class	Surname	First Name	Birthday	SQ	BP	DL

Reserve lifters (maximum of 5)



ths

Total

Total

Total

Total

Total

Total

Total

Total

Total

Total

Total

Total

Total

