



The Oceania Powerlifting Federation & World Powerlifting Nauru Invite all OPF member federations to participate in the

2024 Oceania Powerlifting & Bench Press

Championships held in

Republic of Nauru

February 23rd to 24th, 2024

Host District Yaren District, Republic of

Date Nauru February 23rd to 24th 2024

Championship venue: Nauru National Sport Complex

Championship Administrator Robert Wilks

+61 418 366 416

rwilks@worldpowerlifting.com

Championships Director: Jason Wharton

+674 557 3401 +61497 712 934

jwharton@worldpowerlifting.com

Championships Secretary: Corazone Teabuge

corazonebteabuge@gmail.com

Competition Details Powerlifting & Bench Press

Youth, Jumior, Open, Masters

Participation Fee Powerlifting AUD \$80, Bench Press AUD \$50

Anti-Doping Fee AUD\$50 per lifter

Beneficiary World Powerlifting Nauru

SWIFT CODE – BENDAU3B

BSB - 633000 ACC - 209211028

VISA & FLIGHT INFORMATION & TRANSFER

Visa Information: Visas application is required for all teams of all countries

participating will be facilitated by WPNauru

Submit visa application & support forms attached to

Jason Wharton

jwharton@worldpowerlifting.com











Flights: Nauru Airlines

Nauru Airlines Level 2, 99 Creek Street,

Brisbane QLD 4000 Australia

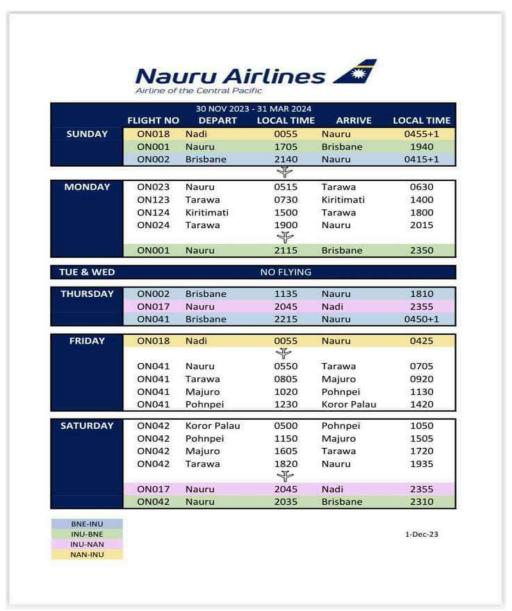
T: +(61 7) 3229 6455 F: +(61 7) 3229 6344 M: +(61) 418 183 097

E: reservations@nauruairlines.com.au

W: www.nauruairlines.com.au

Book direct to Nauru Airlines Reservations

Note - Flight cost (TBC) up dated soon



Transport (Transfer): Bus Service & route -

> Airport to hotel, hotel to competition venue, around island route Shopping centers & training gym











ACCOMMODATION

Book direct to hotels:

1 -Meneng Hotel

Standard room @160.00 per night.

Ocean View @185.00 per night.

Studio apartment: Singel @157.00 per night, Share @177.00 per night.

All the rooms have Ac installed in.

Restaurant is avail onsite, but please be informed that meals is not included in accommodation. You can either room charge it and then all will be added upon checkout to be paid.

The Menen Hotel shuttle will be at the airport upon arrival for pick up. (FREE)

Menen Hotel Reception
Ph: +674 5578022
menhotreservation@yahoo.com

OR

2 - Odn Aiwo Hotel

Standard Small Room @ AUD\$130.00 per night Single Standard Large @ AUD\$170.00 per night Twin Standard Large @ AUD\$205.00 per night Deluxe Room @AUD\$250.00 per night Family Room @AUD\$350.00 per night 1 Bedroom Apartment @AUD\$370.00 per night Suit @AUD\$400.00 per night

> Aimee Namaduk +674 5578012

aimeenamoduk@gmail.com











COMPETITION DETAIL

Scales will be available at the hotel & competition venue.

Opening Ceremony 23rd February 2024 at Nauru National Sport Complex

Closing Ceremony 24th February 2024

Health Insurance All delegate members must have their own health insurance.

The organizer of the host country will not incur any medical expenses

We recommend travel insurance for covering loss of luggage, theft,

delayed planes etc.

Nominations Team nomination forms must be submitted to the Championship

Secretary by the following date 3^{rd} *February* (21 days before)

Technical Meeting: Friday 23rd February

Championship program: 23rd to 24th February 2024

Closing Banquet: 25th February (TBC)

ATTACHMENTS

• Visa Application form

COMPETITION TIMETABLE

Provisional Timetable Oceania Powerlifting & Benchpress Championships

1	23 rd Friday	24 th Saturday
(Weigh-in time, 2hrs	9.00am	9.00am
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before start time)	M 56, 62, 69	M 94, 105
	W 44, 48, 53, 58	W 84
(Weigh-in time, are	1.00pm	1.00pm
2hrs before start	M 77, 85	M 120, 120+
time)	W 64, 72	W 100, 100+

Note – Draft timetable





