



**OCEANIA REGIONAL POWERLIFTING
CHAMPIONSHIPS
And Bench Only Championships
2022**

NIUE ISLAND, OCTOBER 18th -21st 2022





The Oceania Regional Powerlifting Federation
and
The Niue Powerlifting Federation Invite

The ORPF member nations to participate in the
Men's and Women's combined Open, Sub-Junior,
Junior & Masters Classic/Raw Oceania Regional
Classic Powerlifting Championship and Bench Only
Championships From 18th to 21st October 2022

NIUE ISLAND



WELCOME TO NIUE





Please note: all information is posted only for information purposes. All team selection, all official entries for the Championships and all hotel bookings must be done by ORPF-Member nations, NOT by individuals.

Meet Director: Tony Edwards- tonycazhia@gmail.com -0210504858

Visa: Not required by bona fide tourists staying less than 30 days with return or onward tickets and sufficient funds for length of stay. For visitors who do not hold a New Zealand passport you may require an NZETA (New Zealand Electronic Travel Authority). Please enquire at your embassy.

Accommodation and transport: Tony Edwards, Sidney Lui –
tonycazhia@gmail.com sidneylui430@gmail.com

Transport: provided by the host nation

Technical Secretary: Gordon Thorogood: gordon.thorogood@powerlifting-oceania.com

Championship Secretary: Sidney Lui- Email: sidneylui430@gmail.com

Host City: Niue Island

Date: 18th-21st October 2022

Venue: Niue Island

Hotel Information: Scenic Matavai Resort, email the meet director for further information

Technical Meeting: Tuesday 18th October , Scenic Matavai Conference room





Note 1:

All athletes, coaches, referees or officials from each federation must stay in the official hotel for all days during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of \$100 NZD per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (By-Laws 105.4.4).

Note 2:

The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible.

Arrivals/Transportation:

Transport will be provided by the organising Nation from Airport and Airport to hotel and the movements for the duration of the competition.

Scales: Scales will be available at the hotels, 24 hours. Scales will also be available at the venue when not in use.

Training: Training will be available at the venue in specified area for accredited persons

Flag and anthem: nations should bring their own.

Banquet:

There will be one banquet for all athletes.

Payable at time of entry.

Participation Fee: \$100 AUD

Anti-Doping Fees: \$75 AUD

Health and Travel Insurance: All delegate members must have a valid health insurance. The organiser and the ORPF will not incur any expenses for a doctor or a stay in hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes etc.





Nominations: 8th July 2022

Preliminary: 23rd September 2022

Final: 30th September 2022

21 Days Before Technical Meeting:

Correspondence: E-Mails regarding the championship must be sent to:

- Email: tonycazhia@gmail.com Phone 0210504858

And a copy to the

Championship Secretary sidneylui430@gmail.com &
gordon.james.thorogood@gmail.com





Accommodation Scenic Matavai Resort:



This magnificent resort is located on a clifftop with breathtaking 180-degree views of the blue Pacific Ocean and is only 10 minutes from all major facilities and services on Niue.

Rooms: 55 renovated rooms with balconies, most facing the Pacific Ocean and all have ensuite bathroom with rain-head shower, tea and coffee making facilities, minibar, LCD TV, ipod docking station, in-room safe and bathrobes.



The resort offers a fantastic vantage point from which guests can watch sea life such as Humpback Whales, Spinner Dolphins and Turtles plus much more.

Other Features: All rooms have a ceiling fan, air conditioning and wireless internet facilities.

Facilities: Swimming pools, restaurant, conference room, gift shop, bar, ocean views.



Address: Tapeu-Porritt Road,
Tamakautoga
Postal: PO Box 133, Alofi, Niue Island
Ph: (+683) 4360 **Fax:** (+683) 4361
Email: matavai@niue.nu
www.scenichotelgroup.co.nz

General Manager: Sharmaine





Country information:



Niue is a large upraised coral atoll, it is a standalone island in the center of a triangle of nations made up of Tonga, Samoa and the Cook Islands. Located 2400km north east of New Zealand, on the eastern side of the international dateline.

Niue is sometimes called “the Rock of Polynesia,” or simply “the Rock.” The capital and largest settlement is the village of Alofi. Area 100 square miles (260 square km).





CLIMATE

Niue is a tropical island, warm during the day with a pleasant drop in temperature at night all year round. April – November (winter) the temperature range is 20-28 degrees Celsius. December-March (summer) the temperature range is 22-30 degrees Celsius. Year round it is worth bringing a light rain jacket and cardigan for cooler evenings.

CURRENCY AND BANKING

The New Zealand dollar is legal tender in Niue.

Most businesses have EFTPOS and accept NZ debit cards, Mastercard and Visa. Some EFTPOS facility providers will allow you to withdraw cash. There are no foreign exchange services available in Niue.

Niue does not have ATM's on island but you can withdraw extra cash from Kiwibank in Alofi. Kiwibank accept ONLY NZ debit cards, Mastercard and Visa. Open 10am to 3pm Monday to Friday.

For more information you can contact Kiwibank on phone number (+683) 4220 OR (+683) 4221.

The Niue Tourism Visitor Information Centre is also able to accept all major credit cards for payment of accommodation, tours and some other essential services. There is a 5% surcharge which is incurred for use of this facility.

Tipping – while not expected it is always appreciated.

Currency exchange available at Niue Rentals.

LANGUAGE

Vagahau Niue is the official language of the island. Although English is widely spoken.





Preliminary Timetable Oceania Championships – Niue

Technical Meeting: 18th October 2022 at 10:00am

Opening Ceremony: 18th October 2022 6:00pm



Day	Weigh-In Times	Classes	Start
Tuesday 18 th October		Technical Meeting Opening ceremony	10:00am 6:00pm
Wednesday 19 th October Bench Only Championships	7:00am-8:30am Session 1	Womens All women open, Jr, subjr, M1, M2, M3 categories Men All mens open, Jr, Subjr, M1, M2, M3 categories	9:00am
	1:00pm-2:30pm Session 2	Womens M3, M2 All weight categories Womens Jr, SubJr 43kg, 47kg, 52kg, 63kg	3:00pm
Thursday 20 th October Oceania Regional Powerlifting Classical Championships	7:00am-8:30am Session 1	Flight 1 Women's Subjr & Jr 72kg, 84kg. Women's Subjr & Jr 84kg+ Flight 2 Women's Open 47kg, 52kg, 63kg, & M1 All weight class Women's Open 72-84kg 84kg+	9:00am
	1:00pm-2:30pm Session 2	Flight 1 Men's Jr, SubJr 52kg, 59kg, 66kg Men's M3 All Weight class Flight 2 Men's SJr & M1 74kg 83kg, 93kg Men's Jr 74, 83kg, 93kg	3:00pm
Friday 21 st October	7:00am-8:30am Sesion 1	Flight 1 Men's SJr & M1 105, 120kg, 120kg+ Men's Jr 105, 120, 120kg+ Flight 2 Men,'s Open 59kg, 66kg, Men's Open 74kg 83kg	9:00am
	1:00pm-2:30pm	Men's Open 105kg 120kg 120kg+	3:00pm





Saturday 22nd October

6.00pm-

Pacific farewell Dina



9.00pm

