



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 23 rd to 24 th 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, Junior, 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

| Nauru Airlines  | | | | | | |
|---|-----------|-------------|-------------|------------|------------|--|
| Airline of the Central Pacific | | | | | | |
| 30 NOV 2023 - 31 MAR 2024 | | | | | | |
| | FLIGHT NO | DEPART | LOCAL TIME | ARRIVE | LOCAL TIME | |
| SUNDAY | ON018 | Nadi | 0055 | Nauru | 0455+1 | |
| | ON001 | Nauru | 1705 | Brisbane | 1940 | |
| | ON002 | Brisbane | 2140 | Nauru | 0415+1 | |
| ✈ | | | | | | |
| MONDAY | ON023 | Nauru | 0515 | Tarawa | 0630 | |
| | ON123 | Tarawa | 0730 | Kiritimati | 1400 | |
| | ON124 | Kiritimati | 1500 | Tarawa | 1800 | |
| | ON024 | Tarawa | 1900 | Nauru | 2015 | |
| | ON001 | Nauru | 2115 | Brisbane | 2350 | |
| ✈ | | | | | | |
| TUE & WED NO FLYING | | | | | | |
| THURSDAY | ON002 | Brisbane | 1135 | Nauru | 1810 | |
| | ON017 | Nauru | 2045 | Nadi | 2355 | |
| | ON041 | Brisbane | 2215 | Nauru | 0450+1 | |
| FRIDAY | ON018 | Nadi | 0055 | Nauru | 0425 | |
| | ✈ | | | | | |
| | ON041 | Nauru | 0550 | Tarawa | 0705 | |
| | ON041 | Tarawa | 0805 | Majuro | 0920 | |
| | ON041 | Majuro | 1020 | Pohnpei | 1130 | |
| ON041 | Pohnpei | 1230 | Koror Palau | 1420 | | |
| SATURDAY | ON042 | Koror Palau | 0500 | Pohnpei | 1050 | |
| | ON042 | Pohnpei | 1150 | Majuro | 1505 | |
| | ON042 | Majuro | 1605 | Tarawa | 1720 | |
| | ON042 | Tarawa | 1820 | Nauru | 1935 | |
| | ✈ | | | | | |
| | ON017 | Nauru | 2045 | Nadi | 2355 | |
| | ON042 | Nauru | 2035 | Brisbane | 2310 | |

| | |
|---------|--|
| BNE-INU | |
| INU-BNE | |
| INU-NAN | |
| NAN-INU | |

1-Dec-23

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 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 **3rd 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 | 23rd Friday | 24th Saturday |
|--|--|--------------------------------------|
| (Weigh-in time, 2hrs before start time) | 9.00am M 56, 62, 69 W 44, 48, 53, 58 | 9.00am M 94, 105 W 84 |
| (Weigh-in time, are 2hrs before start time) | 1.00pm M 77, 85 W 64, 72 | 1.00pm M 120, 120+ W 100, 100+ |

Note – Draft timetable