

OFFICIAL INVITATION

The International Powerlifting Federation, Asian Powerlifting Federation, and Thai Powerlifting Federation invite the IPF Member Nations of Indonesia, Philippines, Singapore, Malaysia, Thailand, Vietnam, and Brunei to participate in the

SEA CUP 2020

from September 4-6, 2020 in Bangkok, Thailand.

Please note: all information is posted only for informational purposes. All team selection (including athletes, coaches, referees, and officials), all official entries for the competition, and all hotel bookings must be done by IPF Member Nations, NOT by individuals.

Competition Director: Nanthathida Phanphiphat, nanthathida@thaipowerliftingfederation.com.

Correspondence and Visa: Nanthathida Phanphiphat, nanthathida@thaipowerliftingfederation.com.

APF Technical Chairwoman: Chen-Yeh Chao, chenyehchao@yahoo.com.tw.

APF Competition Secretary: PJ Joseph, pjoseph_arjun@yahoo.co.in.

Host City: Bangkok, Thailand.

Date: September 4-6, 2020.

Competition Venue: First Floor Conference Room in the Ascott Sathorn Bangkok, 7 South Sathorn Road, Yannawa, Sathorn, Bangkok.

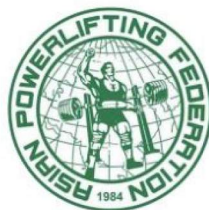
Official Hotel Information:

1. Primary Hotel is Ascott Sathorn Bangkok.
2. Secondary Hotel is iResdience Hotel Silom (within walking distance of Ascott).

Nominations: Team nomination forms must be completed and submitted to TPF Competition Director Nanthathida Phanphiphat, APF Technical Chairwoman Chen-Yeh Chao, and the APF Competition Secretary PJ Joseph NO LATER than: **July 6, 2020**.

Preliminary: **July 6, 2020** complete filled in preliminary form must be sent. (No final nomination will be accepted if the preliminary was not sent.)

Final: **August 14, 2020** (later entries will not be accepted).



Participation Fee: 90 USD each lifter declared must be wired to the APF bank account.

Anti-Doping Fee: 60 USD for each lifter declared must be wired to the APF bank account.

Participation and Anti-Doping Fees Payable by:

1. Credit card.
2. Cash (**USD** - US Dollar).
3. Bank transfer in **USD**. Payment must be received in the APF bank account according to the invoice at the latest **21 days** prior to the beginning of the competition.

APF Banking Info:

Beneficiary's Name: Asian Powerlifting Federation
Account Number: 018-744-1-40131301
Swift Code: KWHKHKHH
China Citic Bank International Limited
Des Voeux Road Central Branch
The Chinese Bank Building
61-65 Des Voeux Road Central, Hong Kong

Note 1:

All athletes, coaches, referees or officials from each Federation must stay in one of the Official Hotels (listed above) during the **entire duration** of the event. To be clear, this is September 4-6. If athletes, coaches, referees or officials do not stay in the official hotel during the entire time in attendance at the competition, they will be obliged to pay an administration fee of **4000 THB** per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that competition (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. All rooms must be booked and paid for at the latest with the deadline for the final nomination by **August 14, 2020**. After the deadline, the organizer cannot guarantee the accommodation.

Note 3:

Sub-Junior, Junior, & Master athletes can participate in and receive awards for the Open competition, and only have to compete once, but have to pay participation and anti-doping fee for both categories.

Scales:

Scale will be available at the hotel/venue, 24 hours per day.

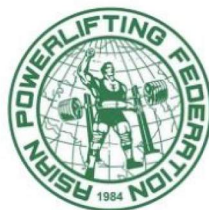
Training:

Training will be available at the hotel/venue for accredited people.

Flag and anthem:

Will be provided by the organizer.

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



Accommodation, transportation, tours, and activities: JCW Reservations, reservations@jcworldwideenterprise.com. **ALL reservations and payments MUST be made through JCW Reservations.**

Transportation:

Transport from Suvarnabhumi (BKK) airport to hotel: (**1425 THB** each way per car with max of 3 people or **1950 THB** each way per van with a max of 6 people), 45-90 minutes travel. Transport fee is payable in advance, or on arrival in cash (**THB**) only.

Transport from Don Mueang (DMK) airport to hotel: (**1575 THB** each way per car with max of 3 people or **2250 THB** each way per van with a max of 6 people), 45-90 minutes travel. Transport fee is payable in advance, or on arrival in cash (**THB**) only.

Tours and activities:

Bangkok is one of the world's top tourist destinations. The city itself is a true tourist paradise, proved by the growing number of travelers coming each year. We strongly encourage and recommend our international guests to consider staying for a few additional days to experience the city and surrounding areas! We have included our "Excursions in Bangkok" brochure for anyone interested in things to do in and around Bangkok while here. Please contact us at reservations@jcworldwideenterprise.com for more information, or to reserve any tours or activities.

Accommodations/transportation and tours/activities fees payable by:

1. Cash (**THB** - Thai Baht).
2. Bank transfer in **THB**. Payment must be received in the JCW bank account at least **21 days** prior to the beginning of the competition, and payee must accept ALL fees for payment.
3. Paypal to billing@jcworldwideenterprise.com and the payee must accept ALL fees for payment.

JCW Banking Info:

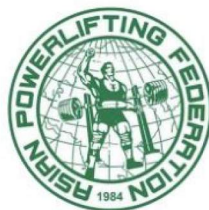
Beneficiary's Name: JC Worldwide Enterprise Ltd.
Account Number: 857-7-08507-2
Swift Code: BKKBTHBK
Bangkok Bank
Empire Tower Branch
195 Empire Tower, South Sathorn Road
Yannawa Sub-district, Sathorn District, Bangkok, Thailand

All nominated lifters and officials must cover all hotel costs if we have received no information about a cancellation 14 days prior to the competition, and the same applies for the participation and anti-doping fees (IPF-By-Laws105.5.2).

21 Days Before Technical Meeting: August 14 is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If not, Federations are bound to pay the reserved hotel rooms, participation and anti-doping fees for all lifters specified at the final nomination form.

Closing Banquet: Sunday, September 6 at 8pm. Price is **1500 THB** paid in cash or credit card at the venue.

Payment in advance for banquet tickets is recommended, but the tickets will be available up to 48 hours prior to each.



SEA Cup 2020 - Ascott Sathorn Bangkok

SEA Member Nation Meeting: Friday, September 4 at 7:00 PM.

Technical Meeting: Friday, September 4 at 7:30 PM.

Opening Ceremony: Friday, September 4 at 8:00 PM.

Referee Meeting: Friday, September 4 at 8:30 PM.

Closing Banquet: Sunday, September 6 at 8:00 PM.

Provisional Timetable of Events. (Final Timetable will be made after the Technical Meeting.)

Day	Weigh-in time	Classes	Start
Saturday, September 5	7:00 AM - 8:30 AM - Session 1	Women: All weight classes	9:00 AM
	12:00 PM - 1:30 PM - Session 2	Men: 59kg to 74kg	2:00 PM
Sunday, September 6	7:00 AM - 8:30 AM - Session 1	Men: 83kg to 93kg	9:00 AM
	12:00 PM - 1:30 PM - Session 2	Men: 105kg to 120kg+	2:00 PM

Important Items to Remember

Preliminary nomination forms must be sent no later than **60 days** before the date of the competition. Final nominations must be submitted no later than **21 days** before the date of the competition and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted). According to Technical Rules [Page 4, item 7] at the final nomination you must definitely list the athletes who will take part in the competition. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held on Friday, September 4 at 7:30 PM. Victory and Award Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation. If the organizer does not receive confirmed cancellations of hotel rooms at least **21 days** prior to the competition, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2). All athletes, coaches, referees or officials from each federation must stay in the official hotel during the entire time in attendance at the competition. If athletes, coaches, referees or officials do not stay in the official hotel during the competition, they will be obliged to pay an administration fee of **4000 THB** per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from the competition (IPF By-laws 105.4.4).

Indemnity & Insurance: All participating Federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said competition.

Farshid Soltani
APF President

John Coyle
TPF President

Nanthathida Phanphiphat
Competition Director

ASCOTT SATHORN BANGKOK

No. 7 South Sathorn Road, Yannawa,
Sathorn, Bangkok 10120

JC Worldwide Enterprise Ltd.

No.1, Empire Tower, Unit No.4703 (River8),
Tower 2, 47th Floor, South Sathorn Road,
Yannawa Sub-district, Sathorn District,
Bangkok 10120

Email: reservation@jcworldwideenterprise.com

Tel: +66 (0) 6 1994 0249

JCW / Ascott Sathorn Rates

Type of Apartment	Size (sqm)	2019 Corporate Rates (THB)	
		Monthly Rates	Daily Rates
Studio Premier (King-size bed)	58	88,000	4,334
One Bedroom Executive (King-size bed)	75		
One Bedroom Premier (King-size bed)	97	94,600	4,623
Two Bedroom Deluxe (King-size bed and queen-size bed)	106	100,100	6,356
Two Bedroom Executive (King-size bed and queen-size bed)	123	106,700	6,789
Three Bedroom Executive (King-size bed, queen-size bed and 2 single beds)	167	159,500	9,823

Term & Conditions:

- Check-in: 2 pm. and Check-Out: 12 pm. Early check-in and late check-out will be charged according to the hotel policy and upon room available.
 - Early check in before 6 am will be charge 1 night.
 - Early check in at 6 am-12 pm will be charge half the rate.
 - Late check out at 12 pm-6 pm will be charge half the rate.
 - Late check out after 6pm will be charge 1 night.
- * Early check in or late check out are according to room availability only.
- All Rates are inclusive of 8% service charge and 7% VAT.
- Daily Rates** are inclusive of complimentary Breakfast per below details:
 - o 1 person inclusive per Studio or One-bedroom unit.
 - o 2 persons inclusive per Two-bedroom unit.
 - o 3 persons inclusive per Three-bedroom unit.
 - o Additional breakfast coupon is THB 380/person/day.
 - o No breakfast applicable for Monthly rates/Early Check-in or Late Check-out.
- Complimentary Wi-Fi internet access (Sharing standard speed).
- Monthly Rates** are inclusive of three times housekeeping service per week
- Monthly Rates** are inclusive of water supply and Electricity allowance:
 - o THB60/sqm for one-bedroom unit
 - o THB70/sqm for two-bedroom unit
 - o THB80/sqm for three-bedroom unit
 - o Excess use is charged at THB 6 per kilowatt hour exceeded, subject to 7% VAT.
- Extra beds are available at 866.70 THB per bed.
- Access to facilities e.g. **Thai Powerlifting Federation Training Center** (including one free class or coaching session), Cascade Club (gymnasium, steam and sauna rooms), swimming pool, residents' lounge, spa, bar and restaurants.
- Incidental deposit requirements expense 10% of confirmed rate for the period stays.
- Security deposit are required for monthly rates 1 month deposit for bookings between 3 to 5 months and 2 months deposit for bookings 6 months & above.
- Full amount of 1 month advance rental upon check-in for monthly rates.
- Reservations inquiry to be made via email to reservations@jcworldwideenterprise.com.

iResidence Hotel Silom

93 Narathivas Rachanakarin Road,
Silom, Bangrak, Bangkok
10500 Thailand

JC Worldwide Enterprise Ltd.

No.1, Empire Tower, Unit No.4703 (River8),
Tower 2, 47th Floor, South Sathorn Road,
Yannawa Sub-district, Sathorn District,
Bangkok 10120
Email: reservation@jcworldwideenterprise.com
Tel: +66 (0) 6 1994 0249

JCW / iResidence Silom Rates

Room Category Single / Twin	Size (sqm)	Room+ABF (THB)		Extra Bed (Incl. Breakfast)
		Single (incl. 1 breakfast)	Twin (incl. 2 breakfasts)	
Deluxe	25	2,000	2,250	800
 Premier Deluxe 	34	2,500	2,750	800
Junior Suite	36	2,875	3,125	800
 Executive Deluxe 	38	3,125	3,375	800

Remarks:  = Recommend /  = Bathtub

Kindly note the following:

- The above rates are nett in Thai Baht and inclusive of breakfast.
- Check-in: 2 pm. and Check-Out: 12 pm. Early check-in and late check-out will be charged according to the hotel policy and upon room available.
 - Early check in before 10 am will be charge 1 night.
 - Early check in at 10 am-12 pm will be charge 1,000 THB.
 - Late check out till 06.00 pm will be charge 1,000 THB and after 06.00 pm with one night charge.
- * Early check in or late check out are according to room availability only.
- Free of charge for child under 4 years sharing the same room with parent for maximum of one child per room.
- Extra Person : THB600 per person per night and exclusive of breakfast & extra bed.
- Breakfast : Adult - THB 352 net , Child (7-12 Years) THB 176 net.
- All reservation must be made prior to arrival date.

Term & Conditions:

- Amendments must be notified in written by email or fax 7 days prior to arrival date for FIT & 15 days for group.
- No Show will be charged at full length of stay.
- Cancellation must be notified in written by email or fax ;
FIT : 7 Days prior to arrival date and failure to notify will be one night charged as per contract rates.
Group (8 Rms+) : 15 days prior to arrival date , failure to notify will be charged as of following ;
 - 10-14 days prior to arrival date will be one night charged
 - 5-9 days prior to arrival date will be charged at 50% length of stay or minimum one night
 - 1-4 days prior to arrival date will be charged at full length of stay
- Change of room guaranteed must be notified in written by email or fax 7 days prior to arrival date, failure to notify will be charged at full amount of room guaranteed.
- Surcharge of THB 500 net/room/night will be applied for the period of **Dec 20-Jan 10 & Jan 23-27 & Apr 12-15.**
- Access to **Thai Powerlifting Federation Training Center** located in the **Ascott Sathorn Bangkok.**

ถนน สีลม (Silom Road)



ทางออก 3 (Exit 3)

สถานีรถไฟฟ้าชong Nonsi Station
(BTS Skytrain Chong Nonsi Station)



ถนน นราธิวาสราชนครินทร์ (Narathivas Rachanakarin Road)

ทางออก 4 (Exit 4)

- BTS Skytrain Railway
- Road
- Alley

ซอย นราธิวาส 3 (Soi. Narathivas 3)



The House
Of Sathorn

ทางออก 1 (Exit 1)



Sathorn Square

ทางออก 5 (Exit 5)

ทางออก 2 (Exit 2)



Standard
Chartered



Sathorn Thani

iResidence Silom

- BTS Exit 2

Ascott Sathorn

- BTS Exit 5



ถนนสารน (Sathorn Road)



Rajanakarn
Building



Empire Tower



Bangkok City



Sathorn City





We make Asia Easy for You



JC WORLDWIDE ENTERPRISE
EST. 2010

Excursions in Bangkok



Overview

- **Full day Tour**
- **Bangkok Highlights**
- **Ayutthaya's glorious ruins and Bang Pa-In Summer Palace**
- **Half day tour**
- **Grand Palace + Wat Pho**
- **Klong Local Discovery with Artist's House**
- **China Town Tuk-Tuk Food Tour with night stroll**



Bangkok Highlights

In the morning, you will go to Grand Palace, the most important and impressive royal palace in Thailand. Here, you will see the enigmatic Emerald Buddha, the most revered Buddha image in Thailand. You will then continue to Wat Pho, one of the oldest temples in Bangkok. Wat Pho is renowned for housing the famous 45 meter long reclining Buddha as well as for being the original school of traditional Thai massage and here you will enjoy a 1 hour Thai herbal massage. After that, you will take a long tail boat and cruise along the canal of Thonburi and get a glimpse of the everyday life of the famous 'water people' of Thailand. On your way back, you will stop by what is probably the best known symbol of Bangkok, the Temple of Dawn (Wat Arun), with its sparkling spires covered in broken shards of glass and pottery.

Meals included: Lunch

From 1 Nov 2019 to 31 Oct 2020

Group size/Price per person	2 - 4	5 - 6	7 - 10
Standard	4,625 THB	2,875 THB	3,063 THB

Ayutthaya's glorious ruins and Bang Pa-In Summer Palace

On your way from Bangkok, you will visit the Summer Palace, commonly known as Bang Pa-In, an impressive architectural blend of East and West dating back to the 17th century. You will then explore the glorious ruins of Ayutthaya, which bring back to life the early splendor of the city destroyed by the Burmese army in 1767. During your visit you will stroll around all the most impressive remains of this UNESCO World Heritage Site such as Wat Yai Chai Mongkhon - within the complex resides a huge statue of a reclining Buddha built of brick and stucco, the chedi is bell-shaped and constructed on a mound of raised ground with steps going up to the Buddhist image placed midway to the top. You will then continue with a visit to Wat Mahathat, famed for the head of Buddha which is embedded in a tree trunk and surrounded by the growing roots. Then, you will move onto the bronze Buddha at Wat Phra Mongkhon Bophit which is a thrilling example of the significance of Thai spirituality, before visiting the Royal Monastery – Wat Phra Si Samphet, famous for its three iconic chedis.

Meals included: Lunch

From 1 Nov 2019 to 31 Oct 2020			
Group size/Price per person	2 - 4	5 - 6	7 - 10
Standard	3,250 THB	1,500 THB	2,000 THB

Grand Palace + Wat Pho

Today, you will visit the three most remarkable historical landmarks of Bangkok. Your first stop are Wat Phra Kaew and the Grand Palace which are situated in the same compound. While Wat Phra Kaew is the most important temple for Thais, hosting the revered image of the Emerald Buddha; The Grand Palace is an emblematic example of the combination between traditional Thai architectural style and Western style. It is believed that by placing the Emerald Buddha statue in the palace, it would have brought luck to royal family as well as the prosperity and wealth to the whole country. Then, moving on you will come to Wat Pho which is home to more than one thousand Buddha images, as well as the breath-taking perfection of the Reclining Buddha. Wat Pho is also renowned for being the first massage school in Thailand.

Meals included: None

From 1 Nov 2019 to 31 Oct 2020			
Group size/Price per person	2 - 4	5 - 6	7 - 10
Standard	3,125 THB	2,100 THB	2,088 THB

Klong Local Discovery with Artist's House

You will discover the canals, or klongs in Thai, an absolute must-visit when exploring what was once referred to as the 'Venice of the East'. Take a boat tour on the klongs in Thonburi, the old Bangkok capital to unveil yet another face of the many faces of Bangkok. Far away from the skyscrapers and dense traffic jams of the new part of the city, Thonburi reveals a more traditional side of Bangkok with old canal wooden townhouses, improbable floating kitchens, charming and glittering temples and an altogether simpler way of life.

This private boat ride is punctuated by a stop at the Baan Silapin Artist's House, a charming traditional house on the canal's edge in a very quiet area and a visit to the famous Temple of Dawn - Wat Arun.

Meals included: None

From 1 Nov 2019 to 31 Oct 2020			
Group size/Price per person	2 - 4	5 - 6	7 - 10
Standard	2,288 THB	975 THB	1,150 THB

Chinatown Tuk-Tuk food tour with night stroll

Tonight, you will experience real Bangkok lifestyle. You will hop on a tuk tuk and start a twilight tasting adventure into bustling Chinatown. Your driver will let you go for a walk on Yaowarat Road and see its countless and colorful Chinese neon signs. Along lively street food stalls or old shops and hidden family stalls, you will have the opportunity to make new culinary discoveries. Between the smells of spices and dishes simmered in sometimes improvised furnaces, images of burning and flaming stoves, you will be absorbed by the spectacle of these artists of street food, with expert hands shaped by tradition and family know-how. This is a great opportunity to discover simple but unique dishes that are popular with locals. Queue up with hungry foodies and discover some recipes that each have their little stories and anecdotes, and maybe learn how to pronounce their name in Thai.

Continue your evening on your tuk tuk towards Pak Klong Talad, the swarming flower market. Here, when the heat of the day has subsided, the florists, porters, merchants, sellers of betels or other offerings, work to deliver their goods on time for the next day. You will quietly leave this unique and colorful atmosphere for the silence and serenity of a temple and its illuminated stupas at night. A final destination during which you will find some tranquility after the hustle and bustle, before returning to your hotel.

Meals included: None

From 1 Nov 2019 to 31 Oct 2020			
Group size/Price per person	2 - 4	5 - 6	7 - 10
Standard	5,375 THB	3,750 THB	3,750 THB

CONTACT US

JC Worldwide Enterprise Ltd.

No.1, Empire Tower, Unit No. 4703 (River 8)

Tower 2, 47th Floor, South Sathorn Road

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