



Meet Director, President WPC-Egypt

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WORLD CUP EGYPT WPC/AWPC- 2023 in POWERLIFTING, BENCHPRESS & DEADLIFT

Location: Egypt

Hurgada, Red Sea, Youssef Affifi Rd, Steigenberger ALDAU Hotel



Meet Director and President of the Organizing Committee:

General, Mahmoud Barakat, WPC Egypt President

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Meet Technical Advisor:

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President of the International Relations Committee:

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Dates: 07-11 March, 2023

Lifting and

**Weigh-In Schedule: 07 March – Weighing
08 March – Competition**

- Categories:** All AWPC/WPC Weight Categories & All AWPC/WPC Age Divisions Raw, Classic Raw, Single-ply and Multiply
- Entry Fees:** First Event WPC \$80
Additional Events \$40 per event
Late Entry Fees – \$10 for first event only

First Event AWPC \$80 Additional Events \$40 per event
Late Entry Fees – \$10 for first event only
- Payment Details:** Bank of Alexandria
Account Number: 101001367002
Egyptian Power Federation
- Closing Date:** **15th February , 2023.** Team List must reach the Meet Director by this date, otherwise late entry fees will apply. Each nation must set their own closing dates for lifters to submit their entry for inclusion on the team list.
- To Enter:** To apply, you must contact your WPC Country Head. If there is no one, then write directly to the organizers: egypower.federation@gmail.com
There are no upfront fees. All payments are on the spot.
- Websites:** All information will be included on the championships website:
www.wpc.com
- Visas:** To get all the necessary information about a visa support to Egypt use this link:
<https://www.visa2egypt.gov.eg>
Please take care of your visa in advance!
- Meet Hotel:** <https://www.steigenberger.com/en/hotels/all-hotels/egypt/hurghada/steigenberger-aldau-beach-hotel>
- Airports nearby:** Hurghada Airport
- Rules:** These Championships will be conducted using the AWPC/WPC Rules. The Rulebook is available to download from the WPC Website
<https://worldpowerliftingcongress.com/>
- Referees:** Applications for refereeing from the referee of the international category WPC to the e-mail address are accepted: egypower.federation@gmail.com

Hotels

Steigenberger ALDAU Beach Hotel

Champion location
5 kilo meter from Hurghada airport
special price for competitor (210\$ per night Single
Deluxe room - 275\$ per night Double Deluxe room)
including taxes. All inclusive. (5 Stars).

To book: reservation@steigenbergeraldau.com

To pay reservation: Bank of Alexandria
Account Number: 101001367002
Egyptian Power Federation



Steigenberger Aqua Magic Beach Hotel

In front of meet location
special price for competitor (111\$ per night Single
Deluxe room - 147\$ per night Double Deluxe room)
including taxes. All inclusive. (5 Stars).

To book: reservation@steigenbergeraquamagic.com

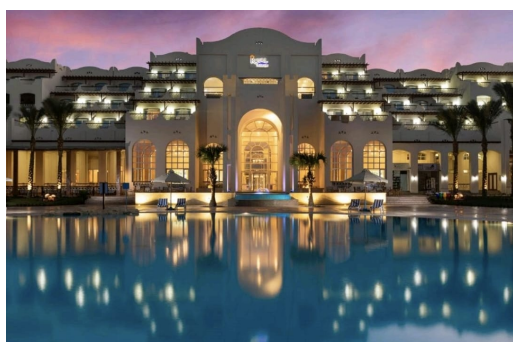
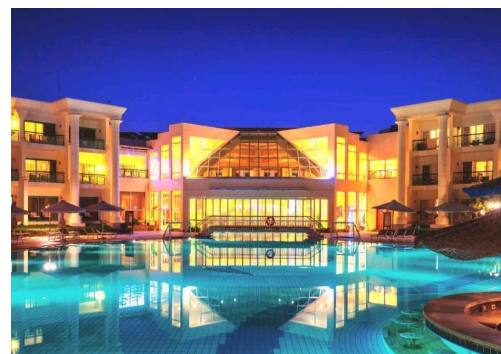
To pay reservation: Bank of Alexandria
Account Number: 101001367002
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Swiss inn resort Hurghada

550 meter from meet location
special price for competitor 95\$ per night double
room including taxes. All Inclusive basis. (5 Stars).

To book: Hasan@funtrip-travel.com

To pay reservation: Bank of Alexandria
Account Number: 101001367002
Egyptian Power Federation



Royal lagoons resort & aqua park

700 meter from meet location
special price for competitor 70\$ per night double room
including taxes. All Inclusive basis. (5 Stars).

To book: Hasan@funtrip-travel.com

To pay reservation: Bank of Alexandria
Account Number: 101001367002
Egyptian Power Federation

Grand blue saint Maria aqua park

1 km from meet location
special price for competitor 35\$ per night double room
including taxes. Soft All inclusive. (3 Stars).

To book: Hasan@funtrip-travel.com

To pay reservation: Bank of Alexandria
Account Number: 101001367002
Egyptian Power Federation



Transportation fees 10\$ from airport to hotel & From hotel to airport

Lifting Schedule *Rules clinic at 8:30 am every day Referee Clinic 8:15 am every day*
Lifting will begin promptly at 9:00am each day

Weigh-ins: Tuesday March 7th 9am-11 am & 3pm-5pm

Wednesday March 8th 9am Raw PL-BP-DL Teenage, Junior & Master

Weigh-Ins: wednesday March 8th 9am-11am & 3pm-5pm

Thursday March 9th 9am Raw PL-BP-DL Open & Open Classic Raw PL

Weigh-Ins: Thursday March 9th 9am-11am & 3 pm-5pm

Friday March 10th 9am Classic Raw PL – Teenage, Junior & Master

Weigh-Ins: Friday March 10th 9am-11am & 3pm -5pm

Saturday March 11th 9am Single Ply & Multi Ply PL-BP-DL

Sunday March 12th 10 am to 12 pm international referee course

Entry Fee / Registration Deadline:

A fee of \$80.00 must accompany the entry form and be in to the WPC Office no later than February 15, 2023.

Late entries can be declined. There will be no refunds.

Weight Classes:

Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+

Women 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, UNL
Kilos 44 48 52 56 60 67.5 75 82.5 90 100 110 110+

Awards:

Awards will be given to the first three places in each Men's & Women's divisions. There will be one Men's and one Women's best lifter award based upon entries in each division by formula.

Welcome to Egypt.