

# ARK POWERLIFTING OPEN



THE  
OFFICIAL  
GUIDEBOOK



# HELLO!

Thank you for your participation in Ark Powerlifting Open 2022, the first sanctioned Powerlifting Meet hosted by Ark Bloc.

This is a collaborative effort between Ark Bloc and Powerlifting Singapore in growing powerlifting in Singapore. Our aim is to nurture athletes to push beyond their limits and set new highs while playing our part in growing the sport and community.

All this is made possible through the support you have given to us, the effort you have taken to prepare for this meet, and we look forward to welcoming all of you to the platform.

This handbook will have all the information you need prior to competing in Ark Powerlifting Open 2022.

If you have any further questions, contact us at:

**Instagram: @arkbloc**

**Email: [hello@arkbloc.com](mailto:hello@arkbloc.com)**

**Whatsapp: +65 8022 1480**

Sincerely,  
Ark Crew



# CONTENT

1 MEET DETAILS

2 AGENDA

3 FLIGHT SCHEDULE

4 IPF TECHNICAL RULE BOOK

5 REGISTRATION FLOW

6 REMINDERS







# MEET DETAIL

Date: 10 -11 December 2022

Venue : Ark Bloc Punggol, 6 Tebing Lane, #01-05, (S)  
828835

Time : 7am

First lift: 9am

# WEIGH IN DETAILS

## Day 1 - Dec 10

Flight A and B - 7am

Flight C and D - 1pm

## Day 2 - Dec 11

Flight E and F - 7am

Flight G and - 1pm



# FLIGHT SCHEDULE DAY 1

## FLIGHT A

Thor Qian Qi	U47	Junior
Natalie Kuan	U47	Open
Joelle Ng Jing Wen	U47	Junior
Nadiah Binte Abdul Razak	U52	Open
Erika Rusli	U52	Junior
Jolyn Peh Jia Lyn	U52	Open
Intan Krishanty Wirayadi	U52	Open
Tay Su Xia	U57	Open
Aleen Tan	U57	Open
Nur Nadhirah Binte Mohamed Amran	84+	Open
Nur Munirah Binte Riduan	U76	Open
Ryan Thomas Taylor	U53	Sub Junior
Bryan Wee Jun Wen	U59	Sub Junior
Hong Shang Cheng	U59	Sub Junior

*Updated as of 9 December*

# FLIGHT SCHEDULE DAY 1

## FLIGHT B

Lim Sheng	U59	Junior
Koh Evan	U59	Junior
Teo Jun Hao, Alex	U66	Junior
Hamkah Bin Hamzah	U66	Junior
Alldan Chan Zea Keane	U74	Sub Junior
Jaeden Yeo	U74	Sub Junior
Lee Yu Lun	U74	Sub Junior
Lim Shi En	U74	Junior
Ng Kok Seng	U74	Junior
Tan Han Sheng	U74	Junior
See Boon Ping	U83	Junior
Chia Liyang Joshua	U83	Junior
Tan Yan Ren	U83	Junior
Ziqi Li (Leo)	U74	Sub Junior

# FLIGHT SCHEDULE DAY 1

## FLIGHT C

Chew Jun Feng	U66	Sub Junior
Muhammad Rizqin Bin Moham- mad Yazid	U66	Sub Junior
Chan Jing Xuan Wilson	U66	Sub Junior
Chew Teng Juven	U66	Sub Junior
Koh Kar Hui	U66	Sub Junior
Tan Yong Pepin	U66	Open
Mervin Ortono	U66	Open
Randy Loke You Jie	U66	Open
Robin Louis Buxton-Leow	U66	Open
Jino Quek Chin Xuan	U66	Open
Geordi Tristan	U66	Open
Kwan Jun Pu Henley	U66	Open



# FLIGHT SCHEDULE

## DAY 1

### FLIGHT D

Fa'Dly Hasry Bin Mohamed Izzar	U105	Junior
Lim Fabian	U105	Junior
Nur Muhammad Ilham Bin Abdul Razak	U105	Junior
Ang Huai Cheng (Winston)	U105	Junior
Ang Wei Cong	U74	Open
Chen Kun	U74	Open
Chien Ho Tsai	U74	Open
Jueniewann Bin Mohamed Husaini	U74	Open
Khoo Jun An	U74	Open
Loh Khian Chung (Edward)	U74	Open
Nicholas Tan	U74	Open
Pay Wee Kiat	U74	Open

# FLIGHT SCHEDULE

## DAY 2

### FLIGHT E

Mohamad Afiq Bin Othman	U83	Open
Toh Gin Yong Lyman	U83	Open
Derek Tan Jia Jing	U83	Open
Tang Qin Xiang Cornelius	U83	Open
Par Mian Yang	U83	Open
Nicholas Ng Chu Xu	U83	Open
Chong Wai Kit Kenzo	U83	Open
Ashton Pang Xue Qun	U83	Open
Lim Han Yuan Roy	U83	Open
Lee Yong Chang Kenneth	U83	Open
Edy Suryanto	U83	Master 1
Angad Singh Chowdhry	U83	Master 1
P Vinoth	U83	Sub Junior

Updated as of 9 December

# FLIGHT SCHEDULE

## DAY 2

### FLIGHT F

Zhang Shu Bin Bryan	U83	Sub Junior
Neo Zhan Quan	U93	Junior
Justin Wong Gang Xuan	U93	Junior
Andrew S Robertson	U93	Master 2
Law Kai Yin	U93	Open
Nasrum Bin Seron	U93	Open
Jarryl Lim Shao Gang	U93	Open
Boon Ka-Jun Densun	U93	Open
Ivan Ang Kien Siong	U93	Open
Oliver Lim	U93	Sub Junior
Muhammad Adam Mcilroy	U105	Open
Lee Minhyoung	U105	Open
Joseph Barratt	U120	Open



# FLIGHT SCHEDULE

## DAY 2

### FLIGHT G

Umairah Bte Zailan	U63	Open
Cherlyne Wang Shiqi	U63	Junior
Edna Tan Yee Na	U63	Open
Tiong Wei Fang Natalie	U63	Open
Ng Sook Mun Tiffany	U63	Open
Monisha Raja Jawahar	U69	Open
Sabrina Duguet	U69	Open
Mohamed Amierul Marteen Bin Mohamed Zakariah	U59	Open
Goh Qi Xuan, Eugene	U59	Open
Wong Kang Wei Isaac	U59	Open
Muhammad Ghazi Bin Hisha- muddin	U59	Open

# IPF TECHNICAL RULES BOOK

Ark Powerlifting Open 2022 is a sanctioned meet following International Powerlifting Federation's technical rules.

For the latest version of the Technical Rules Book:

**2022 Edition**

**2023 Edition**

## **CODE OF CONDUCT**

All participants must be responsible to his/her own actions and conduct during the competition, otherwise liable to face disciplinary actions.

## **IPF ANTI-DOPING RULES**

The IPF Anti-Doping Rules apply to the IPF, to each of its Regional Federations, National Federations, Athletes, Athlete Support Personnel and other persons, each of whom are deemed, as a condition of their membership, accreditation and/or participation in the sport of powerlifting to have agreed to be bound by these Anti-Doping Rules.

For more information on the Code and its standards, **[click here](#)**.

Understanding the rules and regulations of sanctioned meet will provide you better knowledge of proper lifts, proper attire and apparel, referee calls, etc.

# REGISTRATION FLOW



Get your athlete's pack

Once you have registered yourself at the registration table, proceed to do your equipment check, and your rack height.

Then, place your bags in the Waiting Area and wait for your turn to weigh-in and prepare yourself for lift off.

Please ensure that you have a **pen ready at all times** to fill up your speaker's card, and lift attempts.

---

Get ready to set new high's!

Listen closely to the emcee on your turn and then you may wait at the athlete's waiting area.

All attempts need to be submitted within **60 SECONDS after each lift** or an **additional 2.5kg** will be added automatically for your next lift.

Speaker's card and attempt's cards have to be signed by your coach/handler before submitting to the technical table throughout the flight.



# REMINDER



## BEFORE THE MEET

Please ensure that you are familiar with all Technical Rules & Doping guidelines.

Here are the links to the Rule Books:

**[Technical Rules Book 2022 Edition](#)**

**[Technical Rules Book 2023 Edition](#)**

**[Anti Doping Rules](#)**

---

## DURING THE MEET

Please ensure that you keep yourself hydrated and ready for your turn. Ark Crew will be available on standby should you feel unwell during the meet.

During warm-ups, please return all equipment used and keep the area clean and tidy.

If you'd like to take photos/videos during your lift, please be mindful of the judges and technical area.

---

## AFTER YOUR MEET/FLIGHT

Ensure all of your belongings are safe and sound before heading off, please let our volunteers know if you have any items missing.

Stay to cheer for your friends on the platform and make new friends!

Take as many photos/videos and tag us at @arkbloc or #APO2022 on Instagram.