

The European Powerlifting Federation
and the Slovak Bodybuilding and Powerlifting Association
 Invites all EPF member nations to
the 14th Open European Bench Press Championships 2008
 sanctioned by European Powerlifting Federation

Correspondence: All email and fax correspondence regarding the championships must be sent to:
 Meet Director: Michal Capla, Junacka 6, 832 80 Bratislava, Slovakia
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 Technical Director: Pavol Müller, IPF Referee, tel.: + 421 903 322326, e-mail: mullerp@spapiestany.sk
 Host City: Bratislava, Slovakia
 Date: **7th to 9th August 2008**
 Venue: Sport Hall of Dom Sportu, Junacka 6, Bratislava
 Official Hotels rates: Dom športu, Junacka 6, Bratislava (single room 60 €, double room 35 € per person/night, breakfast included), capacity only 120 beds.
 Hotel Nivy, Líščie Nivy 3, Bratislava, 20 minutes walk to the venue (single room 65 €, double 40 € per person/night, breakfast included). Transportation will be provide for free from the Hotel to the venue.

Arrivals/Transport: Transport will be provided from from Vienna airport – 20 EUR one way, Please let us know the exact date, hour, flight number of your arrival. This will allow us to provide a perfect pick-up. If you order the transport, you must pay for it even if you later decide not to use it.
 The organizer will arrange the groups of minimum three persons.
In case you will arrive alone at the airport you must wait for other arriving persons (max. 3 hours).

Technical Meeting: Wednesday, 6th August 2008 after 20:00 at the venue Dom športu
 Closing Banquet: Saturday, 9th August 2008 at hotel Dom športu at 19:00, entrance 20,-€ per person
 Anti-doping Fee: 50,- €for each nominated lifter, must be paid to EPF account latest 7 days before Technical Meeting
 Participation Fee: 20,- €for each nominated lifter, must be paid to EPF account latest 7 days before Technical Meeting
EPF treasurer will send EPF invoice for bank transfer to the EPF bank account to all Federations!!!

NOMINATIONS

Preliminary nominations: 7th June 2008. On the preliminary nomination all details of nominated and reserved lifters must be submitted to the EPF Championship Secretary and also the Meet Director at least 60days before the date of the Championships (IPF Rules). Preliminary nomination must be sent because sending of the preliminary is qualification for sending of final nomination!!! No final nomination can be accepted if the preliminary was not send. *No new nominations after the 7th June 2008 will be accepted!!!*

Final nominations: 16th July 2008 - Final selection, submitted not later than 21days before the date of the Championships, must be made only from lifters nominated on preliminary nomination (IPF Rules). There won't be any new lifters added to nomination.
 All Hotel costs must be covered by all nominated lifters and officials if we have received no information about a cancellation 7 days prior to the championships, and the same applies for the participation and anti-doping fees (IPF-By-Laws 105.5.2).

7 Days before Tech Meet.: **30th July is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms (EPF By Laws 103.2, 103.5).** If not any withdrawal is made 7 days prior to the Technical Meeting of an European championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination sheet (Resolution of the EPF Congress).

At Technical Meeting: *At the Technical meeting you can only delete athletes from your final nomination or change the weight classes. Replacing of athletes through reserve lifters at the Technical meeting is not possible.*
 Health Insurance: All participants of Championship must have a valid health insurance. The organizer and the EPF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, theft, delayed planes etc.

PROVISIONAL TIMETABLE EUROPEAN OPEN BENCHPRES 2008

Opening ceremony: Thursday 7th August 2008 at 13:30 hours at venue

Day and date	Weigh in time	Classes	Start of
Thursday 7 th August 2008	10:00 to 11:30	Women – 48.0 to –56.0 kg	12:00
	12:00 to 13:30	Women –60.0 to –75.0 kg	14:00
	14:00 to 15:30	Women –82.5 to 90.0+ kg	16:00
Friday 8th August 2008	10:00 to 11:30	Men –56.0 to –67.5 kg	12:00
	12:00 to 13:30	Men –75,0 to –90,0 kg	14:00
	14:00 to 15:30	Men –100.0 to –110.0 kg	16:00
Saturday 9th August 2008	11:00 to 12:30	Men –125.0 to 125.0+kg	13:00

PLEASE NOTE: Changes of the timetable are possible by the amount of nominations at the Technical Meeting
 Victory Ceremonies: At the end of each competition part