



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

The European Powerlifting Federation  
and  
the Danish Powerlifting Federation

invite  
the EPF member nations to participate in the

### European Classic Open, Juniors & Sub-Juniors Powerlifting Championships 2017 in Thisted, Denmark

Please note: all information is posted only for information purposes. All team selections, all official entries for the Championships and all hotel bookings must be done by EPF-Member nations, NOT by individuals.

**Meet Director:** Jan Lyhne, Hundborgvej 168, 7700 Thisted, Denmark  
E-mail: [studie7@post.tele.dk](mailto:studie7@post.tele.dk) phone : +45 20 32 04 27

**Technical Director:** Klaus Brostrøm, Åbrinken 42, 7700 Thisted  
E-mail: [klausbrostrom@gmail.com](mailto:klausbrostrom@gmail.com)  
phone: +45 97 92 46 17 Mobile: +45 27 24 50 02

**Visa requests:** Klaus Brostrøm, Åbrinken 42, 7700 Thisted  
E-mail: [klausbrostrom@gmail.com](mailto:klausbrostrom@gmail.com)  
phone: +45 97 92 46 17 Mobile: +45 27 24 50 02

**Transport:** Jan Lyhne, Hundborgvej 168, 7700 Thisted, Denmark  
E-mail: [studie7@post.tele.dk](mailto:studie7@post.tele.dk) phone : +45 20 32 04 27

**Accommodation:** Vigsø Feriecenter, [ecpc17@vigsoe-ferie.dk](mailto:ecpc17@vigsoe-ferie.dk) with copy to  
Jan Lyhne [studie7@post.tele.dk](mailto:studie7@post.tele.dk)

**Copy to Jan Lyhne is absolutely required to secure sufficient  
shuttleservice to/from the venue. Reservations must include all  
names of persons in each Holidayhouse**

*Reservations must be made for all competitors, coaches and referees during their whole stay at the Championship (at least 1 NIGHT/booking).*

**EPF Championship  
Secretary:** Jiri Hofirek, Malickeho 980, 410 02 Lovosice, Czech Republic.  
Tel +420 739 405689, e-mail: [epfsecretary@gmail.com](mailto:epfsecretary@gmail.com)

**Host city:** Thisted, Denmark

**Date:** 11 (Sat) – 19 March 2017 (Sun)

**Venue:** Thyhallen Idræts- & Kulturcenter, Lerpyttervej 50, 7700 Thisted



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**Technical meeting:**

Saturday, March 11th, 2017 at Hotel at 20:00.

All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the European championship or has not informed the EPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone) a fine of 250 Euro will be imposed to the concerned national federation (see EPF By-laws 105.6).

**Hotel:**Vigsø Feriecenter, Vigsø Bugt vej 1, 7730 Hanstholm.  
Contact: [ecpc17@vigsoe-ferie.dk](mailto:ecpc17@vigsoe-ferie.dk)

The Hotel /Holiday houses are the same as for the 2007 IPF World Benchpress Championships. All the houses has during the last few years undergone a major refurbishment .

EPF approved the houses for :

- a) Four persons
- b) Six persons
- c) Breakfast is not included, but possible to purchase by filling the formula in this invitation
- d) Electricity, final cleaning, bed wear and 2 towels per person, will be included in the rates
- e) There will be free internet (wi-fi) available in each house

**Holidayhouse T4**

Holiday house, 61 m<sup>2</sup> . Max. 4 people incl. environmental tax (electricity and water), bed linen, 2 towels per person.

Stay includes access to the Vigsø Feriecenter Indoor Aquapark/pools as well as final cleaning.

A minimum of 2 nights must be booked.

*Living room & kitchen : Fridge with freezer compartment, coffee maker, electric kettle, electric cooker, oven and dishwasher*

*Bedroom : 1 double bed (can be separated)*

*Bedroom : 2 beds*

*Bathroom : WC, hand basin and shower cubicle*

**3900,00 DKR (Approx. 520,00 EUR) for 2 nights.**

**1325,00 DKR (Approx. 177,00 EUR) per additional night**

**Hollidayhouse T6**

Holiday house, 81 m<sup>2</sup> . Max. 6 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Vigsø Feriecenter Indoor Aquapark/pools as well as final cleaning.

A minimum of 2 nights must be booked.

*Living room & kitchen : Fridge with freezer compartment, coffee maker, electric kettle, electric cooker, oven and dishwasher*

*Bedroom with own WC and bathroom : 1 double bed (can be separated)*

*Bedroom with own WC and bathroom : 4 beds*

**4790,00 DKR (Approx. 635,00 EUR) for 2 nights.**

**1680,00 DKR (Approx. 224,00 EUR) per additional night**

**Notes :****Note 1:**

All rooms must be booked at the latest with the deadline of the final nomination – **18February, 2017**. After the deadline the organizer cannot guarantee accommodations.

All athletes, coaches, referees and officials from each federation must stay in the official hotel. If not, they have to pay an administration fee of €100 or they will not be allowed to participate in the championship.

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay **directly their rooms** by bank transfer or at the arrival at the Championship office.

**They mustn't pay the doping and the participation fees for this bank account!!!**

At all European Championships **the accommodation fees** shall be payable by bank transfer against the invoice or credit card as follows:



1. credit card (+ 5% bank fee)
2. cash (EUR according to the current exchange rate)
3. Bank transfer against the invoice - **on the basis of a requirements of participants only against the invoice** (EUR according to the current exchange rate). Payment must be received at the bank account mentioned on the invoice at the latest **14 days** prior to the beginning of the Championship.

4. **Accommodation fees** can also be paid by bank transfer to the bank account if the organizer writes number and other details of his bank account in the invitation:

**Bank address:** Sparekassen Thy, Storetorv 1A, 7700 Thisted  
**Account no.:** 9083 1712551  
**SWIFT-kode:** STHYDK21  
**IBAN:** DK1090830001712551  
**Receivers name:** Vigsø Feriecenter- Reservation ECPC17

Payment must be received at the above mentioned bank account at the latest 14 days prior to the beginning of the Championship.

#### **HOW TO ORDER :**

You can book your holiday home by sending an e-mail with the marked **Reservations ECPC17** to Vigsø Feriecenter, mail: [ecpc17@vigsoe-ferie.dk](mailto:ecpc17@vigsoe-ferie.dk) including names of all persons subject to the reservation. You will then receive confirmation of your booking.

In the confirmation mail there will also be listed the condition for payment and account number.

Your stay includes free entry to the Vigsø Feriecenter indoor Waterpark, plus bed linen and 2 towels, final cleaning and environmental tax.

All bank charges go at the expense of order party. If you choose the payment by bank transfer or by credit card, you must inform Vigsø Feriecenter in advance. In case that the participating nation wishes to pay in cash (DKR), written accept and confirmation from Vigsø Feriecenter is required.

All rooms must be booked at the latest with the deadline of the final nomination : **18<sup>th</sup> february 2017**.

**18th february** is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not cancelled in time, federations have to pay the reserved hotel rooms, the participation fee, the doping and the banquet tickets for all lifters and officials specified at the final nomination form.

#### **Note 2:**

For referees is **25th February, 2017, it means 14 days prior to the Technical Meeting**, the latest day for changes of categories for which referee has been allocated in the final nomination which his national Federation sent to Championships Secretary.

The referee's nomination is stated on EPF website on Referees/ Jury duty section. If referees do not indicate changes to the Championships Secretary during that time, referees are obliged to be available for the original categories by the final nomination.

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**However, federations may allocate duties between their own referees latest at the technical meeting upon agreement by the appointed technical committee member. Any changes, withdrawal or no show up by a referee regarding the allocated duty after the technical meeting, may impose a warning or €100 in fine dependent of the reason and decided by the jury in cooperation with the appointed technical committee member.**

#### **Important warning for referees!!!**

At the EPF General Assembly 2015 a new rule was adopted in the Constitution 13.10.1.

**The rule states: "Any lifter or referee properly entered for a competition that without acceptable reasons does not attend, may be subject to suspension up to 6 month for the first offence and up to 12 month for second offence and a maximum fine of 250 Euro."**

#### **Arrivals/Departures/Transport:**

Arrival/Departure by plane – Aalborg Airport



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Transport from Aalborg airport to Vigsø Feriecenter  
1-8 persons **300 DKR (Approx 40 EUR)** /one way  
9-15 persons **230 DKR (Approx 30 EUR)** /one way  
16-50 persons **190 DKR (Approx 25 EUR)** /one way  
From the 10<sup>th</sup> of march to the 20<sup>th</sup> of march 2017

Arrival by train – Thisted Railway Station  
Transport from Thisted Railway Station to Vigsø Feriecenter  
**110 DKR (Approx 15 EUR)** per person/one way  
From the 10<sup>th</sup> of march to the 20<sup>th</sup> of march 2017

The fee for the transport must, not later than february 28th, be paid to:

**Bank address:** *Nordea, Toldbodgade 4A, 7700 Thisted*  
**SWIFT code BIC:** *NDEADKKK*  
**IBAN:** *DK6120006268535053*  
**Receivers name:** *Thisted Vaegttraenings Forening ECPC 2017*

Or in cash DKR/EUR on arrival at the championships office. Any national team will not be accredited until the reserved transportation has been paid.  
Please send therefore your detailed travel itinerary to Meet Director, so that the transfer can be provided. If you order the transport, you must pay for it even if you later decide not to use it.

- Shuttleservice:** Between the Venue and Vigsø Feriecenter there will be FREE, frequently and sufficient Busservice, with stops in downtown Thisted
- Scales:** Scales available at venue and at the hotel
- Training:** Training facilities available at training area at the venue.
- Flag and anthem:** Flags will be provided by organizers. Anthems must be provided by each nation
- Opening ceremony:** Sunday, 12th March at 16:30 Venue. One representative (either lifter or official) from each participating country shall take part at the ceremony.
- Closing banquet:** Sunday, 19 March at 20:00 at **Hotel**. Price 35 € per person paid with the accommodation Fee by bank transfer or on arrival.  
**The number of banquet tickets must be ordered at the Nomination form.**
- Banquet for juniors.** Wednesday, 15th March at 20:00 at **Hotel**. Price 35 € per person paid with the accommodation Fee by bank transfer or on arrival.  
**The number of banquet tickets must be ordered at the Nomination form**
- Carribbean Night:** If there is sufficient interest, the restaurant at Vigsø Feriecenter will arrange a FREE Carribbean Night party in the Indoor Aquapark **after the banquet Wednesday 15th and after the closing banquet Sunday 19th**. Entrance to the Party is FREE, but if you want to visit the bar, its on your own costs. There will not be served alcohol to minors (under the age of 18 years)  
**The number of FREE Carribbean Party tickets must be ordered at the Nomination form.**
- Participation fee:** **90 €** for each lifter must be paid by bank transfer to the EPF bank account before the Technical meeting.
- Anti-Doping fee:** **50 €** for each lifter must be paid by bank transfer to the EPF bank account before the Technical meeting.
- EPF Invoices:** **EPF treasurer will send EPF invoices for both Antidoping and Participation fees to all entered Federations 21 days before the Technical meeting.**
- Nominations:** Team nomination forms must be sent to the Meet Director  
and the EPF Championship secretary not later than:



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**Preliminary:** **January 10, 2017 complete!!!** filled in preliminary form must be sent. No final nomination will be accepted if a complete filled in preliminary nomination form was not sent in time.

**Final:** **February 18, 2017 – later entries sent on next days will not be accepted. Sending of the final nomination is obligatory!!!**

Final nomination must be sent not later than 21 days before the date of the Championships, and must be made only from lifters nominated in Preliminary nomination of the Championship. This is inclusive of reserve or alternate lifters. According to this, no reserve lifters can be included in the final nomination.

The weight category of each lifter in the final nomination is mandatory. After the final nomination no changes in the weight category in which the lifter is nominated will be allowed.

**Confirmation of the referees participation.**

It is obligatory for every Federation to confirm the participation of their nominated Referees in the Final nomination or cancel the referees who will not participate in the Championships.

All lifters are expected to present passports and other required documents at the weigh-in.

**Correspondence:** E-mails regarding the championships must be sent to:

Meet Director and a copy to the

EPF Championship secretary:  
Jiri Hofirek, e-mail: [epfsecretary@gmail.com](mailto:epfsecretary@gmail.com)

**Health insurance:** All participants must have a valid incident and health insurance policy. 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, delayed flights, etc.

**Web site:** <http://ecpc2017.dk/>

**Facebook:** <https://www.facebook.com/ECPC2017/>

**Referees:** **All nominated referees attending a championship, must be available for at least two days!!!**  
(see: IPF Technical Rules, chapter - Referees, page 31, paragraph 17).

**Referees exam:** If referee's examination are arranged, the **written examinations will be done on Sunday mornig 12 March**, all candidates will do this exam together. EPF Technical Committee will decide about the date and time for each candidate to make the practical examinations. Organizer will prepare a room for written examination.

Any nation participating in Championships with more than **3 lifters must include** at least one international referee.

**Victory Ceremonies:** Will be held immediately after each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

**Important Note:** Changes of the timetable are possible by the amount of nominations at the Final nomination. ***On days when there are few referees available, some weight categories may be merged.***

**Timetable after Final nomination**  
**European Classic Open, Junior and Sub-Junior Championships 2017**  
**Opening ceremony: Sunday, 12 March at 16:30 hours at venue**

<b>Saturday 11.3.2017</b>		<b>Technical Meeting</b>	<b>20:00</b>	<b>Lif- ters</b>	
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**JUNIORS & SUB-JUNIORS**

<b>Sunday 12.3.2017</b>	08:00-09:30	<b>Sub Women</b> 43,0 to 84+	10:00	24	16:15
	-	<b>Opening ceremony</b>	<b>1500</b>		<b>1630</b>
	15:00-16:30	<b>Sub Men</b> 53,0 to 74,0	16:00	24	20:30

<b>Monday 13.3.2017</b>	08:00-09:30	<b>Jun Women</b> 43,0 to 57 kg 2 groups	10:00	13	14:30
	13:00-14:30	<b>Jun Women</b> 63 kg	15:00	11	17:30
	16:30-18:00	<b>Jun Women</b> 72,0 to 84,0+ kg 2 groups	18:30	22	22:00

<b>Tuesday 14.3.2017</b>	10:00-11:30	<b>Sub Men</b> 83,0-93 kg 1. group, 105 -120+ kg 2. group	12:00	24	16:00
	14:00-15:30	<b>Jun Men</b> 53,0-66 kg 1. Group, 74 kg 2. group	16:00	21	21:00

<b>Wednesday 15.3.2017</b>	07:00-08:30	<b>Jun Men</b> 83,0 & 93 kg 3 group	09:00	33	14:30
	13:00-14:30	<b>Jun Men</b> 105,0 to 120+ kg 2 group	15:00	24	19:00

**Banquet for Juniors & Sub-Juniors 20:00**

**OPEN WOMEN & MEN**

<b>Thursday 16.3.2017</b>	09:00-10:30	<b>Women</b> 47,0 to 57,0 3 groups	11:00	26	16:00
	14:30-16:00	<b>Men</b> 59,0 & 66,0 kg + 5 lifters from 74 kg 1. group <b>Men 74 kg</b> 2. group	16:30 16:30	13 13	21:00

<b>Friday 17.3.2017</b>	10:00-11:30	<b>Women</b> 63,0 & 72,0 kg 2 group	12:00	21	15:30
	14:00-15:30	<b>Men 83,0 kg</b> 2 groups	<b>16:00</b>	<b>21</b>	<b>20:00</b>

<b>Saturday 18.3.2017</b>	08:00-09:30	<b>Women</b> 84,0 & 84,0+ kg 2 groups	10:00	15	13:00
	11:30-13:00	<b>Men</b> 93,0 kg 2 groups	13:30	20	16:30
	15:00-16:30	<b>Men</b> 105,0 kg 2 groups	17:00	19	21:00

<b>Sunday 19.3.2017</b>	08:00-09:30	<b>Men</b> 120,0 kg & 120+ kg	10:00	27	15:30
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Arnulf Wahlstrøm

Jan Lyhne

Jiri Hofirek



EPF President

Meet director

EPF Championships secretary

# European Classic Open, Junior and Sub-Junior Championships 12th – 19<sup>th</sup> March 2017 Thisted, Denmark

Country: \_\_\_\_\_

## Visa Support Document

Full names of athletes	Birth Day	Passport Number	Expiration Date
Full names of coaches	Birth Day	Passport Number	Expiration Date

### VISA INSTRUCTIONS

If you require a letter of invitation to obtain a VISA to enter Denmark and Schengen please send the completed VISA Support Document to Klaus Brostrøm, by Email: [klausbrostrom@gmail.com](mailto:klausbrostrom@gmail.com) The Visa Support Document should include the each athlete/official/coaches complete and full name as indicated on their passport, birthday, passport number with the expiration date. The request should include the arrival and departure dates into Denmark. It is very important that you apply as early as possible..

\_\_\_\_\_  
(Signature) National Federation – General Secretary  
President/Executive Officer

\_\_\_\_\_  
(Signature) National Federation

\_\_\_\_\_  
(Print) National Federation – General Secretary

\_\_\_\_\_  
(Print) National Federation President/Executive Officer



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# European Classic Open, Junior and Sub-Junior Championships 12th – 19<sup>th</sup> March 2017 Thisted, Denmark

Country: \_\_\_\_\_

## HOTEL BOOKING FORM

To both Vigsø Feriecenter [ecpc17@vigssoe-ferie.dk](mailto:ecpc17@vigssoe-ferie.dk) and Meetdirector Jan Lyhne [studie7@post.tele.dk](mailto:studie7@post.tele.dk)

### Holidayhouse type T4 (4 persons)

#### 1<sup>st</sup> Holidayhouse T4

Date of arrival: \_\_\_\_\_

Date of departure: \_\_\_\_\_

Names of residents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### 2<sup>nd</sup> Holidayhouse T4

Date of arrival: \_\_\_\_\_

Date of departure: \_\_\_\_\_

Names of residents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### 3<sup>rd</sup> Holidayhouse T4

Date of arrival: \_\_\_\_\_

Date of departure: \_\_\_\_\_

Names of residents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### 4<sup>th</sup> Holidayhouse T4

Date of arrival: \_\_\_\_\_

Date of departure: \_\_\_\_\_

Names of residents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Holidayhouse type T6 (6 persons)

#### 1. Holidayhouse T6

Date of arrival: \_\_\_\_\_

Date of departure: \_\_\_\_\_

Names of residents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

#### 2. Holidayhouse T6

Date of arrival: \_\_\_\_\_

Date of departure: \_\_\_\_\_

Names of residents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

#### 3. Holidayhouse T6

Date of arrival: \_\_\_\_\_

Date of departure: \_\_\_\_\_

Names of residents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

#### 4. Holidayhouse T6

Date of arrival: \_\_\_\_\_

Date of departure: \_\_\_\_\_

Names of residents:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_





6. \_\_\_\_\_

### BREAKFAST TICKETS

Breakfast buffet	Price	Total amount of tickets
In Feriekroen at Vigsø feriecenter	90 kr. (Approx 12 EURO)	

Breakfast tickets must be paid with the accommodation to:

**Bank address:** Sparekassen Thy, Storetorv 1A, 7700 Thisted  
**Account no.:** 9083 1712551  
**SWIFT-kode:** STHYDK21  
**IBAN:** DK1090830001712551  
**Receivers name:** Vigsø Feriecenter- Reservation ECPC17

Or in cash DKR/EUR, Credit Card at the hotel on arrival.

### BANQUET TICKETS

Category	Date	Price	Num. of Tickets
Junior and Sub-Junior Banquet	Wednesday 15 <sup>th</sup> March	265 DKR (Approx 35 EUR)	
Closing Banquet (Open)	Sunday 19 <sup>th</sup> March	265 DKR (Approx 35 EUR)	

Banquettickets must be paid not later than february 28<sup>th</sup> to:

**Bank address:** Sparekassen Thy, Storetorv 1A, 7700 Thisted  
**Account no.:** 9083 1712551  
**SWIFT-kode:** STHYDK21  
**IBAN:** DK1090830001712551  
**Receivers name:** Vigsø Feriecenter- Reservation ECPC17

Or in cash DKR/EUR, Credit Card at the hotel on arrival.

### FREE CARRIBEAN NIGHT TICKETS

EVENT	PRICE	Total amount of tickets
Carribean Night 15 <sup>th</sup> march	FREE ENTRANCE	
Carribean Night 19 <sup>th</sup> march	FREE ENTRANCE	

#### IMPORTANT NOTICE!

Reservations of Accommodation, Breakfast, Banquet Tickets and FREE Carribean Night Tickets must be done done to [ecpc17@vigsoe-ferie.dk](mailto:ecpc17@vigsoe-ferie.dk) marked **Reservations ECPC 17** with copy to Jan Lyhne [studie7@post.tele.dk](mailto:studie7@post.tele.dk)



## Transport – Arrival/Departure

**Transport by plane:** Aalborg Airport-Vigsø Feriecenter arrivals/departures.

1-8 person. one way:     DKR 300 (Approx 40 EURO)  
9-15 persons, one way:   DKR 230 (Approx 30 EUR)  
16-50 persons, one way:  DKR 190 (Approx 25 EUR)

**Arrivals:**

Date	Flight no.	Arrival time	Persons for transport	Total amount

**Departures:**

Date	Flight no.	Departure time	Persons for transport	Total amount

**Transport by Train:** Thisted Station-Vigsø Feriecenter arrivals/departures.  
One person one way: DKR 110 (Approx 15 EURO)

**Arrivals:**

Date	Arrival Time	Persons for transport	Total amount

**Departures:**

Date	Departure Time	Persons for transport	Total amount

**IMPORTANT NOTICE!**

*Reservations of ALL transportation must be done to Jan Lyhne [studie7@post.tele.dk](mailto:studie7@post.tele.dk) Transportation FEE must be paid in advanceto:*

**Bank address:**                    Nordea, Toldbodgade 4A, 7700 Thisted  
**SWIFT code BIC:**                NDEADKKK  
**IBAN:**                               DK6120006268535053  
**Receivers name:**                Thisted Vaegttraenings Forening ECPC 2017

*Or at the championship office on arrival, in cash.*

\_\_\_\_\_  
(Signature) National Federation – General Secretary  
President/Executive Officer

\_\_\_\_\_  
(Signature) National Federation

\_\_\_\_\_  
(Print) National Federation – General Secretary

\_\_\_\_\_  
(Print) National Federation President/Executive Office