

# EUROPEAN POWERLIFTING FEDERATION

## The 16th EUROPEAN OPEN BENCH PRESS MEN AND WOMEN CHAMPIONSHIPS

12th – 14th August 2010

IN BRATISLAVA, SLOVAK REPUBLIC

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Sanctioned by the European Powerlifting Federation,  
the Slovak Bodybuilding, Fitness and Powerlifting Federation

invites the EPF member nations to participate in the

16th European open Bench Press Men and Women Championships 2010  
in Bratislava, Slovak Republic

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.

**Correspondence:** All email and fax correspondence regarding the championships must be sent to:

**Meet Director:** Michal Capla, Junacka 6, 832 80 Bratislava, Slovakia  
tel.: + 421 2 49249199, fax.: +421 2 49249559, e-mail: [office@sakst.sk](mailto:office@sakst.sk)

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

**Technical Director:** Pavol Müller, IPF Referee, tel.: + 421 903 322326, e-mail: [mullerp@spapiestany.sk](mailto:mullerp@spapiestany.sk)

**Host City :** Bratislava, Slovak Republic

**Date:** 12th – 14th August 2010.

**Venue:** Sport Hall of Dom Sportu, Junacka 6, Bratislava

**Technical Meeting:** Wednesday 11th August at 19:00 at hotel Centrum

**Referees Clinic:** Wednesday 11th August at 19:00 at hotel Centrum after technical meeting.

**Hotels:**

**Official Hotels rates:** **Dom športu**, Junácka 6, Bratislava  
single room **cat. A 55€** double room **cat. A 35 €** per person/night,  
double room **cat. B 25 €** per person/night ( only 17 rooms) breakfast included.

**Hotel Nivy**, Líščie Nivy 3, Bratislava, 20 minutes walk to the venue  
(single room **70 €** double **45 €** per person/night, triple **35 €** per person/night breakfast included). Transportation will be free from the Hotel to the venue.

**Note:** All Hotel costs must be covered by all nominated lifters and officials if we have not received information about a cancellation at the latest 7 days prior to the date of the Championship.

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms at the arrival at the Championship office by cash or by credit card. All the rooms must be booked at latest with the deadline of the final nomination – **21st July 2010**. Deadline for any changes in the booking is **4th August 2010**.

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Accommodation fees can also be paid by bank transfer to the bank account:

**Bank account:** 584750103  
**SWIFT code BIC:** CEKOSKBX **IBAN:** SK21 7500 0000 0005 8475 0103  
**Bank address:** ČSOB - Lehotského 3, 81563 Bratislava

Payment must be received at the above mentioned bank account at the latest 7 days prior to the beginning of the Championship.

**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).**

**Shuttle Service:** Scheduled shuttle service between the hotels and venue will be provided free of charge.

**Scales:** Scales available at venue and at Hotels.

**Training:** Training facilities available at venue.

**Flag and anthem:** Each country must bring its flag and anthem to the Technical Meeting.

**Photos:** Identification is necessary for security reasons; each nation must send one photo for each lifter, coach and official. A maximum of three coaches per national team will be allowed into the venue free of charge. Photos must be sent together with the final nominations. If possible, send a digital version by email.

**Closing Banquet:** Saturday 14th August at 20:00 at hotel Dom športu. Price 25 EUR per person.

**Participation Fee:** 40 € for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 7 days 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 invoice will be sent by the EPF Treasurer 7 days before the Technical Meeting.

**Opening Ceremony:** Thursday 6th August at 11:30 at sports hall. Two representatives (one lifter and one official) from each participating country shall take part at the Ceremony.

**Nominations:** Team nomination forms must be in the hands of the Meet Director [office@sakst.sk](mailto:office@sakst.sk) and the EPF Championship Secretary not later than:

**Preliminary nomination:** **12th June 2010 latest to 20:00 hours (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 nomination:** **21st July 2010 latest to 20:00 hours (later entries sent in the night or on next days will not be accepted).**

***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 of any nation.***

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

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Michal Capla, Junacka 6, 832 80 Bratislava, Slovakia  
tel.: + 421 2 49249199, fax.: +421 2 49249559, e-mail: [office@sakst.sk](mailto:office@sakst.sk)

and a copy to the EPF Championship Secretary Jiri Hofirek.

**Health Insurance:** All delegate members 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, delayed flights, etc.

**Web site:** More information regarding to Championship are available at the: [www.sakst.sk](http://www.sakst.sk)

Preliminary time-table  
European open Bench Press Championships 2010

Day and date	Weigh in time	Classes	Start of competition
Thursday 12 <sup>th</sup> August 2010	09:00 to 10:30	Women – 48.0 to – 56.0 kg	11:00
	11:00 to 12:30	Men –56.0 to – 67.5 kg	13:00
	14:00 to 15:30	Women –60.0 to – 75.0 kg	16:00
Friday 13th August 2010	09:00 to 10:30	Women –82.5 to – 90.0+ kg	11:00
	11:00 to 12:30	Men –75,0 to – 90,0 kg	13:00
	14:00 to 15:30	Men –100.0 to – 110.0 kg	16:00
Saturday 14th August 2010	10:00 to 11:30	Men –125.0 to 125.0+kg	12:00

Victory Ceremonies: Immediately after the end of each lifting session.

Important Note: Changes may be made to the schedule of events at the Technical Meeting depending on the number of lifters finally entered at this occasion.

Arnulf Wahlstrøm  
EPF President

Michal Capla  
Meet Director

Jiri Hofirek  
EPF Championship Secretary