



EUROPEAN POWERLIFTING FEDERATION

Invitation

to the European Bench Press Championships 2011

The European Powerlifting Federation
and
the Czech Powerlifting Federation
invite
the EPF member nations to participate in the
European Bench Press Championships 2011
in Pilsen, Czech 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.

Meet Director: Vladimír Mati, Liskovecká 2510, 738 01 Frydek-Místek, Czech Republic
e-mail: mati@taurusagency.cz

Correspondence, Visa: Lenka Černíková eurobench@centrum.cz
accommodation, transport: Jana Buryová: eurobench@centrum.cz

Technical organizer: RC Sport s.r.o, TAURUS s.r.o.

**EPF Championship
Secretary:**

Jiri Hofírek, Malického 980, 410 02 Lovosice, Czech Republic.
Tel +420 739 405689, e-mail: epfsecretary@gmail.com

Host City : Pilsen, Czech Republic.

Date: 4th – 6th August 2011.

Venue: Parkhotel Congress Centre Plzeň, U Borského Parku 31, 320 04 Plzeň

Technical Meeting: Wednesday 3rd August at 19:00 at Parkhotel Congress Centre

Referees Clinic: Wednesday 3rd August after the Technical Meeting at Parkhotel.

Hotel:

1. Parkhotel Congress Centre Plzeň

U Borského Parku 31, 320 04 Plzeň, Czech Republic, www.parkhotel-czech.eu

Single room: 1500,- CZK per person / night, including breakfast – only 50 single rooms are available at the hotel

Double room: 970,- CZK per person / night, including breakfast

Double room: 1900,- CZK if only 1 person want stay in double room

2. Hotel Ibis Plzeň Univerzitní 65, Borská Pole, 301 00 Plzeň, www.hotelibisplzen.cz

Single room: 1500,- CZK per person/ night including breakfast

Double room: 870,- CZK per person /night including breakfast

Note 1: *All athletes, coaches, referees or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of € 100,-- per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship.*

Note 2: 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. Payable by credit card or cash (CZK, EURO – according to the actual currency rate). All the rooms must be booked at latest with the deadline of the final nomination – **13th June 2011**. Deadline for any changes in the booking is **27th July 2011**.

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

Bank account: 189110368/0300
SWIFT code BIC: CEKOCZPP **IBAN:** CZ08 0300 0000 0001 89 11 0368
Bank address: ČSOB a.s. Radlická 333/156 150 00 Praha - 5

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

Arrivals/Transportation: Transport from Prague airport to hotel in Pilsen.

When arriving 1-2 people: 1500,-CZK **for car/one way**
When arriving 3 or more people: 600,-CZK per person/one way

Price of transport must be paid at 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 **Jana Buryova**, 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.

Scales: Scales available at venue.

Training: Training facilities available at venue every morning from 8:00 to 10:00 hours and at evening after competition to 21:00.
Everybody is obliged clear away all equipment in warm-up room after finish of the training (discs on the racks, bottles etc.)!!!

Flag and anthem: Will be provided by the Organizer

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 6th August at 20:00 at Parkhotel. Price **25 €** per person.

Participation Fee: **40 €** for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting.

The fee to be split with EUR 20 to the organiser and EUR 20 to the EPF.

Anti-Doping Fee: **50 €** for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting.

EPF Treasurer will send EPF invoice for all fees 7 days before the Technical Meeting.

Opening Ceremony: Thursday 4th August at **15:30** at venue. 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 (eurobench@centrum.cz) and the EPF Championship Secretary not later than:

Preliminary: **4 June 2011 - 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: **13th July 2011** – (later entries sent on next days will not be accepted). **Sending of the final nomination is obliged!!!**

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.

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.

Live broadcast of Congress and competition: www.ustream.tv/channel/spv-tv

Web site: www.powerlifting-czech.eu www.taurusagency.cz

Web media: www.ronnie.cz www.svetkulturistiky.cz

Preliminary time-table European open Bench Press Championships 2011

Day and date	Weigh in time	Classes	Start of competition
Thursday 4th August 2011	12:00 to 13:30	Women – 47.0 to – 63.0 kg	14:00
	14:00 to 15:30	Men – 59.0 to – 66.0 kg	16:00
Friday 5th August 2011	12:00 to 13:30	Women – 72.0 to – 84.0+ kg	14:00
	14:00 to 15:30	Men – 74,0 to – 83,0 kg	16:00
	16:00 to 17:30	Men – 93.0 to – 105.0 kg	18 :00
Saturday 6th August 2011	12:00 to 13:30	Men – 120.0 to 120.0+kg	14:00

Victory Ceremonies: All lifters dressed in correct sportswear immediately after the end of each lifting session.

Important Note: Changes may be made to the schedule of events after the Final nomination depending on the number of lifters finally entered at this Final nomination. Changes of the timetable are possible by the amount of nominations after the Final nomination and at the Technical Meeting. This year we have reduced the weight classes and we can only finalise the time table after the nominations. It can be happen that we must also change weight classes to different days. So it is important for your athletes that they do not book their arrivals/departures very closely to the competition days.

Arnulf Wahlstrøm
EPF President

Vladimir Mati
Meet Director

Jiri Hofirek
EPF Championship Secretary