



Invitation

to the European Junior and Sub-Junior Powerlifting Championships 2011

The European Powerlifting Federation
and
the Great Britain Powerlifting Federation
invite
the EPF member nations to participate
in the European Junior and Sub-Junior Powerlifting Championships 2011
in Northumberland, Great Britain

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.

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**EPF Championship
Secretary:**

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

Host City : Northumberland, Great Britain

Date: 7th – 11th June 2011.

Venue: **Newbiggin Sports & Community Centre, Newbiggin by the Sea
NE64 6PW**

Technical Meeting: Monday 6th June at **Holiday Inn, Great North Road, Seaton Burn,
Newcastle upon Tyne. NE13 6BP** at 19:00 hours

Referees Clinic: Monday 6th June after the Technical Meeting

Hotel: **Holiday Inn, Great North Road, Seaton Burn, Newcastle Upon
Tyne. NE13 6BP – 110 rooms available.**
Tel: +44 (0) 191 2019988 Fax +44 (0) 191 2368091
E Mail: hinewcastle@qmh-hotels.com

Single room: - **£60-00** per room / night, including breakfast
Double room: - **£70-00** per room / night, including breakfast

Village Hotel – 60 rooms available

Single room: - **£60-00** per room / night, including breakfast
Double room: - **£70-00** per room / night, including breakfast

Main hotel is the Holiday Inn, 110 rooms has been reserved so booking early is advisable it will be on a first come bases, the second hotel is The Village Hotel with 60 rooms, **all booking must be made with the Holiday Inn.**

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: The organizer will not be responsible for any hotel bills of the participating nations. Payable by credit card or cash (GB £, EURO – according to the actual currency rate). All the rooms must be booked at latest with the deadline of the final nomination – **16th May 2011**. Full payment must be received latest **30th May 2011 (7 days prior to the beginning of the**

championships) by bank transfer or credit card. If any Federation wishes to pay on arrival they must make arrangement with the hotel when making their booking.

Holiday Inn Bank Transfer Details:

Bank SORT Code: 20 72 89
Bank Account: 50637084
Swift Code BIC: barcgb22
Name of Account: QMH BACS RECEIPT ACCOUNT
Bank address: Barclays Bank, Romford & Barking Group, Ilford, Essex.
Reference: 1084
IBAN Number: gb50barc20728950637084

Arrivals/Transportation: Transport from **Newcastle International Airport and Newcastle Central Railway Station** to hotel in Northumberland.

Cost : £ 20 – 00 per person

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, 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 and Hotel.

Training: Training facilities available at venue every morning from 8:00 to 9:30 hours and at evening after competition to 21:00 – 22:00
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: Each nation 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 11th June at 19:00 at hotel Holiday Inn. Price **25 EUR** per person.
Banquet tickets and payment must be made by Thursday 9th June 12:00 at the Hotel at the latest.

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.
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: Tuesday, 7th June at 12:30 hours Newbiggin Sports Centre.
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 and the EPF Championship Secretary not later than:

Preliminary: **7th April 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: **16th May 2011** later entries sent 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.

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.

**Provisional timetable
of the European Junior and Sub-Junior Championships 2011
Opening ceremony: at 1230 Newbiggin Sports Centre**

Day	Weigh in time	Classes	Start	Supposed number of lifters	Supposed finish of category
Tuesday 7.6.2011	1100-1230 hours	Sub Women 43,0 & 63,0 I.Group Weigh-in Women: Inger Blikra Sub Men 53,0 to 66,0 II. Group	1300 hours	4 8	1600
	1430-1600 hours	Sub Men 74,0 to 83,0 kg	1630 hours	9	1900
Wednesday 8.6.2011	0900-1030 hours	Sub Women 72,0 & 84,0+ kg	1100 hours	7	1330
	1200-1330 hours	Jun Women 43,0 & 63,0 kg	1400 hours	14	1630
	1500-1630 hours	Sub Men 93,0 to 120,0+ kg	1700 hours	9	2000
Thursday 9.6.2011	0900-1030 hours	Jun Women 72,0 & 84,0+ kg	1100 hours	14	1345
	1200-1330 hours	Jun Men 59,0 to 66,0 kg	1400 hours	9	1630
	1500-1630 hours	Jun Men 74,0 kg	1700 hours	9	1930
Friday 10.6.2011	0900-1030 hours	Jun Men 83,0 kg	1100 hours	9	1330
	1200-1330 hours	Jun Men 93,0 kg	1400 hours	8	1630
	1500-1630 hours	Jun Men 105,0 kg	1700 hours	9	1930
Saturday 11.6.2011	1000-1130 hours	Jun Men 120,0 kg I. Group Jun Men 120,0+kg II. Group	1200 hours	11 6	1430

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.

Arnulf Wahlstrøm
EPF President

Fred MacKenzie
Meet Director

Jiri Hofirek
EPF Championships Secretary