



EUROPEAN POWERLIFTING FEDERATION

Invitation

to the European Masters Bench Press Championships 2011

The European Powerlifting Federation
and
the Luxemburg Powerlifting Federation
invite
the EPF member nations to participate in the

European Masters Bench Press Championships 2011
in Hamm, Luxembourg

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: Gaston Parage, 1, rue Pasteur L-4642 Differdange, Luxembourg
Tel.: + 352 621165214, Fax: +352582696, e-mail: gparage@vo.lu

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

Host City : Hamm, Luxembourg

Date: 27. – 29. October 2011 (new date)

Venue: “Centre Sportif à Hamm” sports center

Technical Meeting: Wednesday 26th October at 20.00 hours at Hotel Ibis

Hotel: Hotel Ibis & Etap route de Trèves L-2632 Findel Luxembourg in front of the Airport

Hotel Rates: Prices for night per room: Hotel Ibis
Single room 65 €, including breakfast
Double room 78 €, including breakfast
Triple room 91 €, including breakfast

Hotel Rates: Prices for night per room: Hotel Etap
Single room 59 €, including breakfast
Double room 69 €, including breakfast
Triple room 74 €, including breakfast

The nation who order first have the choice the other nation's must take the room's left.

**For room booking please contact Gaston Parage, E-mail: gparage@vo.lu
I am doing the reservations but the payment will be done directly to the Hotels**

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 hotel information desk by cash or by credit card. Or make a bank transfer at the latest 7 days prior of the Championships. All the rooms must be booked at latest with the deadline of the final nomination – **5th October 2011**. Deadline for any changes in the booking is **19th October 2011**.

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

Hotel IBIS

Bank address: Caisse d'Epargne de l'Etat Luxembourg, Place de Metz L-2954 Luxembourg.

Account holder Hotel Ibis

SWIFT code BIC: BCEELULLXXX Account number: IBAN: LU39 0019 1106 1569 4000

Hotel ETAP

Bank address: Caisse d'Epargne de l'Etat Luxembourg, Place de Metz L-2954 Luxembourg. Account holder Hotel Etap

SWIFT code BIC: BCEELULLXXX Account number: IBAN: LU89 0019 1300 4233 9000

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 will be provided from Luxembourg airport **for free**. 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.

Shuttle Service: from Ibis hotel to venue is free.

Scales: Scales available at venue and at Hotels.

Training: Training at the venue in Hamm the 26th October from 14:00 – 20:00 hours

Flag and anthem: Each country must bring its flags and anthems 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 29th October at 19.30 hours. Price EUR 25 per person.

Participation Fee: 40 EUR 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 EUR 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 27th October at **12.00** hour at the 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 and the EPF Championship Secretary not later than:

Preliminary nomination: **27th August 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 nomination: **5th October 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 of any nation.

The weight category of each lifter in the final nomination is mandatory. After the final nominatin 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 or fax messages (e-mails are preferred) regarding the championships must be sent to:

Gaston Parage, 1, rue Pasteur L-4642 Differdange, Luxembourg
Tel.: + 352 621165214, Fax: +352582696, e-mail: gparage@vo.lu

and a copy to the EPF Championships 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.

Provisonal timetable European Masters Bench Press 2011

Day and date	Weigh in time	Classes		Start of competition
Thursday 27th October	11:00 to 12:30	-47.0 to 84.0+	Women MA2	13:00
	13:30 to 15:00	-59.0 to 120.0+	Men MA3	15:30
	16:00 to 17:30	-59.0 to -93.0	Men MA2	18:00
Friday 28th October	11:00 to 12:30	-47.0 to 84.0+	Women MA1	13:00
	14:00 to 15:30	-105.0 to 120.0+	Men MA2	16:00
	16:00 to 17:30	-59.0 to -93.0	Men MA1	18:00
Saturday 29th October	10:00 to 11:30	-105.0 to 120.0+	Men MA1	12:00

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.

Arnulf Wahlstrøm
EPF President

Gaston Parage
Meet Director

Jiri Hofirek
EPF Championship Secretary