



EUROPEAN POWERLIFTING FEDERATION

Invitation

to the Western European Powerlifting Championships 2011

The European Powerlifting Federation

and

the Dutch Powerlifting Federation

invite

the EPF member nations to participate in the

Western European Open Championships 2011

16th – 17th September 2011 in Cuijk, Netherlands

The following EPF member nations are invited to take part in the 6th Western European Championship: Austria, Belgium, Spain, Denmark, Finland, France, Germany, Great Britain, Greece, Iceland, Italy, Luxembourg, Netherlands, Norway, Sweden and Switzerland.

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: Roos Henrichs, the Netherlands, Tel.: + 31 623 715 768, Fax:+31 485 351 136, e-mail: meetdirector@wec2011.nl

EPF Championship

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

Host City : Cuijk, The Netherlands

Date: 16. – 17. September 2011

Venue: “Laco” sports center, St Annastraat 1, Cuijk

Technical Meeting: Thursday 15th September at 18.00 hours at Hotel Molenhoek

Hotel: **Motel the Valk in Molenhoek**, Rijksweg 1, Molenhoek, tel: +31 243 580 155

Hotel Rates: **Prices per person per night per room:**
Double room 52,50 € per person, including breakfast
Triple room 52,50 € per person (only 7 available), including breakfast

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 hotel information desk. Or make a bank transfer at the latest 7 days prior of the WEC 2011. Or pay cash (EUR). All the rooms must be booked at latest with the deadline of the final nomination **25th August 2011**.

Deadline for any changes in the booking is **8th September 2011**

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

Nederlandse Powerliftingbond

IBAN: NL26RABO0327057688

BIC: RABONL2U

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 airports to Nijmegen Central Station at own expenses and arrangements.

Information about train: <http://www.ns.nl/cs/Satellite/travellers>

Train prices from Eindhoven Central Station to Nijmegen: one way 12 euro; from Rotterdam: 19 euro; from Schiphol: 18 euro

Transport will be provided from Nijmegen Central Station to Hotel and back for 15 euro one way, to be paid at information desk in hotel. Please let us know the exact date, hour, and/ or flight number of your arrival. This will allow us to provide a perfect pickup. If you order the transport, you must pay for it even if you later decide not to use it. For transportation advice please contact us: info@wec2011.nl

Shuttle Service: from hotel to venue is free.

Teams: Invited from each federation are one team for Men and one team for Women (maximum 5 lifters on each team) plus 2 Referees and 2 Officials. The best 4 lifters of each team by Wilks points will count for the Cup awards. Only organizing federation can nominate two teams Women and Men. At the Technical Meeting must be specified the members of A and B team.

Awards: In each weight category the first three lifters will receive medals. All participations will receive diploma.

Scales: Scales available at venue and at Hotel.

Training: Trainings facilities are available

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 17th September at 1900 hours at Hotel Van de Valk Molenhoek. 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: Friday 16th of September at 10.00 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: 17 July 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: 25th August 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 nomination no changes in the weight category in which the lifter is nominated will be allowed.

Confirmation of referees participation

Obligation of every Federation is confirm participation of all Referees nominated in the Final nomination or cancel these referees which will not participate at 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:

Roos Henrichs, PO Box 158, 5430 AD, Cuijk, the Netherlands.

Tel: +31 6237 157 68, Fax: +31 485 351 136, e-mail: meetdirector@wec2011.nl

and a copy

to the EPF Championships Secretary Jiri Hofirek, epfsecretary@gmail.cz

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 travel insurance for covering loss of luggage, delayed flights, etc.

Web site: www.wec2011.nl

Preliminary timetable of the 6th Western European Championships 2011

Friday 16th September 2011

Weigh in time	gender	Classes	Start of competition
09:00 to 10:30	Women	– 47.0 to – 63.0 kg	11:00
12:00 to 13:30	Men	– 59.0 to – 83.0 kg	14:00
16:00 to 17:30	Men	– 93.0 to – 105.0 kg	18:00

Saturday 17th September 2011

09:00 to 10:30	Men	–120,0 to – 120,0+ kg	11:00
12:00 to 13:30	Women	– 72.0 to – 84.0+ 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

Roos Henrichs
Meet Director

Jiri Hofirek
EPF Championship Secretary