



EUROPEAN POWERLIFTING FEDERATION

Invitation to the 18th European Open Bench Press Championships 2012

The European Powerlifting Federation
and
the Italian Powerlifting Federation
invite
the EPF member nations to participate
in the 18th European Open Bench Press Championships 2012
in Terni, Italy

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: Luciano Bertoletti, Via Po, 50, 20098 San Giuliano Milanese (MI) - Italy –
e-mail: segreteria@powerliftingitalia-fiopl.it, +39022506751

Accommodation, transport: Sandro Rossi, fiopl@libero.it, +393488941148
Maria Grazia Pacelli, turismo2@ditt.it, +390744431949;

Visa: Sandro Rossi fiopl@libero.it

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

Host City : Terni, Italy.

Date: 9th – 11th August 2012.

Venue: Terni Sport Center, Via Di Vittorio, Terni

Technical Meeting: Wednesday 8th August at 19:00 hours at Hotel de Paris

Hotels: All Teams must make the reservation filling in the “Hotel and Transport Form” attached to the “Nomination Form” and sending it to: turismo2@ditt.it and fiopl@libero.it.

Teams will be accommodated, **by the Organizer**, in one of the 3 Official Hotels, 3 Stars:

- 1) Hotel Millennium: Piazza Dante Alighieri, 2/c;
- 2) Hotel De Paris: Viale della Stazione, 52;
- 3) Classic Hotel il Tulipano: Via Carlo Alberto dalla Chiesa, 24- Borgo Rivo.

If you will arrive by your own car, the Organizer will communicate the Hotel in which you are accommodated. Please specify this in the “Hotel and Transport Form”

The Organizer will give to the Teams all information and assistance about the accommodation.

The distance between the hotels and the venue is about 10 minutes and the transport will be provided by a free shuttlebus.

Hotel rates are the following :

- Single room: €47,00** per person / night, including breakfast
- Double room: €35,00** per person / night, including breakfast
- Triple room: € 31,00** per person / night, including breakfast
- Quadruple room: € 29,00** 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 € 100,00 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. All delegates must pay directly their rooms at the arrival at the hotel information desk by cash or by credit card.

If a Team chooses a payment by bank transfer the Organizer will send it the SWIFT code and IBAN of the bank account of the assigned hotel and payment must be received at the indicated bank account at the latest 7 days prior to the beginning of the Championship.

All the rooms must be booked at latest with the deadline of the final nomination – **18th July 2012**.

1st August 2012 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not any withdrawal is made 7 days prior to the Technical Meeting of an European championships, federations are bound to pay the reserved hotel rooms (if the hotel require such payment), the participation fee, the doping and the banquet fee for **all lifters and officials specified at the final nomination form.**

Arrivals/Transport: Transport from “Leonardo da Vinci Airport – Fiumicino (Rome)” to hotel in Terni.

When arriving 1-2 people: € 75,00 per person/one way

When arriving 3 or more people: € 35,00 per person/one way

Price of transport must be paid at arrival at the Officer of the Organisation. Any national team will not be accredited until the reserved transportation has been paid.

Please send to: turismo2@ditt.it and fjpl@libero.it your detailed travel itinerary by filling in the “Hotel and Transport Form” attached to the “Nomination Form”, 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 available at the venue.
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: Organizer will provide an appropriate badge.

Closing Banquet: Saturday 11th August at 19,30 at Hotel de Paris - Price **€25,00** per person paid to the organizer.

The number of banquet tickets must be ordered at the Nomination form.

Participation Fee: **€40,00** for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting.
The fee to be split with € 20,00 to the organiser and € 20,00 to the EPF.

Anti-Doping Fee: **€50,00** 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, 9th August at 15:30 hours 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 (segreteria@powerliftingitalia-fipl.it) and the EPF Championship Secretary not later than:

Preliminary: **9th June 2012** - 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: **18th July 2012** - 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 selection (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.

Web site: More information available at the special web site of the Championship: www.eurobench2012.it

Provisional timetable of the 18th European Open Bench Press Championships 2012

<u>Day</u>	<u>Weigh-in time</u>		<u>Classes</u>	<u>Start</u>
Thursday				
09.08.2012	12:00 – 13:30	Women	47,0–63,0 kg	14:00
	14:30 – 16:00	Men	59,0&66,0 kg	16:30
Friday				
10.08.2012	12:00 – 13:30	Women	72,0–84,0+ kg	14:00
	14:00 – 15:30	Men	74,0&83,0 kg	16:00
	16:00 – 17:30	Men	93,0&105,0 kg	18:00
Saturday				
11.08.2012	12:00 – 13:30	Men	120,0&120+ kg	14:00

Victory Ceremonies will be held immediately after each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

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. 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

Luciano Bertoletti
Meet Director

Jiri Hofirek
EPF Championships Secretary