



Invitation

to the European Junior and Sub-Junior Powerlifting Championships 2012

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

in the European Junior and Sub-Junior Powerlifting Championships 2012
in Herning, Denmark

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: Helge Laursen, Phone: +45 40 20 55 25 Email: Chefen@zididada.com

**EPF Championship
Secretary:**

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

Host City : Herning, Denmark

Date: 5th – 9th June 2012.

Venue: MCH Herning Kongrescenter, Østergade 37, 7400 Herning
www.mch.dk/MCH/MCH/Faciliteter/Herning-Kongrescenter.aspx

Technical Meeting: Monday 4th June at Kulturellen, Nørregade 7, 7400 Herning at 19:00 hours

Referees Clinic: Monday 4th June after the Technical Meeting

Hotel: **DGI Huset Herning, Kousgaards Plads, 7400 Herning**
Single room: - **90 euro** per room / night, including breakfast
Double room: - **104 euro** per room / 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 get 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 Championship office. Payable by credit card or cash (DKK, EURO – according to the actual currency rate). All the rooms must be booked at latest with the deadline of the final nomination – **14th May 2012**.

28th May 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.

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

Bank Account: 7030 0001524792
Swift Code BIC: SYBKDK22
Name of Account: Sydbank
Bank address: Kirketorv 4, 7100 Vejle
IBAN Number: DK1470300001524792

Arrivals/Transportation: Transport from **Billund International Airport** to hotel in Herning.

Cost: 20 euro per person/one way.

From Herning Railway Station

Walk distance to the hotel.

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 therefore send your detailed travel itinerary to the **Meet Director**, 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.

Training: Trainings facilities are available
Everybody is obliged to clear away all equipment in warm-up room after finish the training (discs on the racks, bottles etc.)!!!

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 9th June at 19:00 at Kulturellen, Nørregade 7, 7400 Herning. Price **25 EUR** per person paid to the organizer.

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

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, 5th June at 17:00 hours
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: **5th April 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: **14th May 2012** 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.

Website address: <http://www.juniorpowerlifting.dk>

**Provisional timetable
of the European Junior and Sub-Junior Championships 2012**
Opening ceremony: **Tuesday, 5th June at 17:00 hours.**

Day	Weigh in time	Classes	Start	Supposed number of lifters	Supposed end category
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Tuesday 5.6.2012	0900-1030 hours	Sub Women 43,0 to 84,0+ kg	1100	20	1500
	1200-1330 hours	Sub Men 53,0 to 66,0	1500	12	1800
	1430-1600 hours	Sub Men 74,0 & 83,0 kg	1800	12	2100

Wednesday 6.6.2012	0900-1030 hours	Jun Women 43,0 to 63,0 kg	1100	14	1400
	1200-1330 hours	Sub Men 93,0 to 120,0+ kg	1430	14	1730
	1500-1630 hours	Jun Men 53,0 to 66,0 kg	1730	14	2030

Thursday 7.6.2012	0900-1030 hours	Jun Women 72,0 - 84,0+ kg	1100	14	1400
	1200-1330 hours	Jun Men 74,0 kg	1430	12	1730
	1500-1630 hours	Jun Men 83,0 kg	1730	12	2030

Friday 8.6.2012	1000-1130 hours	Jun Men 93,0 kg	1200	12	1500
	1330-1500 hours	Jun Men 105,0 kg	1530	12	1830

Saturday 9.6.2012	1000-1130 hours	Jun Men 120,0 kg Jun Men 120,0+kg	1200	20	1600
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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.

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.