



EUROPEAN POWERLIFTING FEDERATION

Official invitation

The European Powerlifting Federation and the Czech Powerlifting Federation

invite the EPF member nations to participate in the

European Masters Bench Press Championships 2012 in Pilsen, Czech Republic

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.

- Organizers:** E-MOTION s.r.o, TAURUS s.r.o.
- Meet director:** Vladimir Mati, Liskovecka 2510, 738 01 Frydek-Mistek
Czech Republic, e-mail: mati@taurusagency.cz
- Visa requests:** Lenka Cernikova cpf@powerlifting.cz
- Accommodation, transport:** Jana Sevcikova europowerlifting@centrum.cz, tel.: +420 773 077 739
- EPF Championship secretary:**
Jiri Hofirek, Malickeho 980, 410 02 Lovosice, Czech Republic
tel.: +420 739 405689, e-mail: epfsecretary@gmail.com
- Host city :** Pilsen, Czech Republic
- Date:** 18th – 20th October 2012
- Venue:** Parkhotel Congress Center Plzen, U Borskeho Parku 31, 320 04 Plzen
- Technical meeting:** Wednesday 17th October at Parkhotel Congress Center at 19:00
- Referees clinic:** Wednesday 17th October at Parkhotel after Technical Meeting
- Hotels:**

1. Parkhotel Congress Center Plzen

U Borskeho Parku 31, 320 04 Plzen, Czech Republic, www.parkhotel-czech.eu

Single room: 1780,- CZK per person / night, including breakfast

(only 50 single rooms are available at the hotel)

Double room: 1120,- CZK per person / night, including breakfast

2. Hotel Primavera Plzen

Nepomucka 1058/128, 326 00 Plzen, www.primaverahotel.cz

Single room: 1730,- CZK per person / night including breakfast

Double room: 1280,- CZK per person / night including breakfast

Note 1:

All rooms must be booked at the latest with the deadline of the final nomination – **26th September 2012**. All athletes, coaches, referees and officials from each federation must stay in the official hotel. If not, they have to pay an administration fee of 100 Euros or they will not be allowed to participate in the championship.

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms by bank transfer or at the arrival at the Championship office.

Payable by :

1. credit card (+ 5% bank fee)
2. cash (CZK, EUR – according to the current exchange rate)
3. Bank transfer to the following bank account:

Bank account: 2099876/5800
SWIFT code BIC: JTBP CZ PP
IBAN: CZ39 5800 0000 0000 0209 9876
Bank address: J&T Banka, Pobrezni 14, 186 00 Praha 8

Payment must be received at the above mentioned bank account at the latest 7 days prior to the beginning of the Championship.

Note 2:

10th October 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 cancelled in time, federations have to pay the reserved hotel rooms (if the hotel require such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified at the final nomination form.

Arrivals/Transportation:

Transport from Prague airport to hotel in Pilsen

When arriving 1 person: 1500,-CZK per person/one way
When arriving 2 people: 750,-CZK per person/one way
When arriving 3 or more people: 600,-CZK per person/one way

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 to Jana Sevcikova, 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 possible at a special training area at the venue from 8 a.m. to 7 p.m. From 8 a.m. to 10 a.m. warm-up room also available for training.

Flag and anthem: Will be provided by the organizer

Photos: Identification is necessary for security reasons; each nation must send one photo for each lifter, coach and official. Photos must be sent together with the final nominations. If possible, send a digital version by email.

Opening ceremony: Thursday, 18th October at 16:30 hours at Parkhotel. Two representatives (one lifter and one official) from each participating country shall take part at the ceremony.

Closing banquet: Saturday 20th October at 18:00 at Parkhotel. Price 25 € 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.

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.

Nominations: Team nomination forms must be in the hands of the Meet director mati@taurusagency.cz and the EPF Championship secretary not later than:

Preliminary: **18th August 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: **26th September 2012 - later entries sent on next days will not be accepted.**
Sending of the final nomination is obligatory!!!

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.

Correspondence: E-mails regarding the championships must be sent to:

Lenka Cernikova, e-mail: cpf@powerlifting.cz

and a copy to the EPF Championship secretary Jiri Hofirek
epfsecretary@gmail.com

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.powerlifting-czech.eu, www.taurusagency.cz

Web media: www.ronnie.cz, www.svetkulturistiky.cz

Preliminary timetable European Masters Bench Press Championships 2012

Day and date	Weigh-in time	Classes	Start	Number lifters	End	
Thursday 18th October	10:00 to 11:30	-47.0 to 84.0+	Women MA2+M3	12:00	37 (2 Groups)	13:45
	12:30 to 14:00	-59.0 to 120.0+	Men MA3+M4	14:30	34 (2 Groups)	16:30
	15:00 to 16:30	-59.0 to -93.0	Men MA2	17:00	23 (2 Groups)	18:15
Friday 19th October	10:00 to 11:30	-47.0 to 84.0+	Women MA1	12:00	22 (2 Groups)	13:15
	12:30 to 14:00	-105.0 to 120.0+	Men MA2	14:30	21 (2 Groups)	16:00
	14:30 to 16:00	-59.0 to -93.0	Men MA1	16:30	31 (2 Groups)	18:30
Saturday 20th October	10:00 to 11:30	-105.0 to 120.0+	Men MA1	12:00	15 (1Groups)	13:30

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

Vladimír Mati
Meet director

Jiri Hofirek
EPF Championships secretary