

EUROPEAN POWERLIFTING FEDERATION

The 13th EUROPEAN MASTERS BENCH PRESS CHAMPIONSHIPS

21st – 23rd October 2010

IN HAGONDANGE, FRANCE

The European Powerlifting Federation and

The French Powerlifting Federation (FFHMFAC)

invite the EPF member nations to participate in the

13th European Masters Bench Press Championships 2010

in Hagondange, France

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.

Correspondence: All email and fax correspondence regarding the championships must be sent to:

Meet Director: Alphonse CUCUZZELLA
tel.: +33 387674057 fax.: +33 387673856 e-mail: hmfacloiraine@wanadoo.fr

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

Technical Director: Gaston Parage 1, rue Pasteur L-4642 Differdange Phone: +352621165214 Fax: +352582696
E-mail: gparage@vo.lu

Host City : Hagondange, France

Date: 21st – 23rd October 2010.

Venue: Salle des Fêtes rue Henri HOFMANN 57300 HAGONDANGE

Technical Meeting: Wednesday 20th October at 19:00 **at the Venue!!!**

Referees Clinic: Wednesday 20th October at hotel La Tarentelle after technical meeting.

Hotels and rates:

1. **La Tarentelle Hotel-Restaurant +33387723810 Fax +33387723828**
la-tarentelle@orange.fr www.la-tarentelle.fr
(single room **42 €** double room **65 €** per room/night, breakfast **8 €**)
2. **Hotel du Triangle CD 55 Bretelle Autoroute A 31, 57525 TALANGE**
Tél : 03 87 71 17 18 Fax : 03 87 71 14 24 double room 35 € , breakfast 5 €
3. **HOTEL DU CENTRE * +33387714764 www.hotelcentrehag.com**
hotelcentre.hag@free.fr
(single room **32 €** double room **40 €** per room/night, breakfast 6 €)
4. **HOTEL PREMIERE CLASSE TEL: 03 87 72 13 11 FAX: 03 87 70 22 85**
1.classe.talange@wanadoo.fr (roomm **40 €** breakfast 4.80 €)
www.premiereclasse.com

Transportation will be provide for free from the Hotel to the venue.

The nations has to make their reservations self directly to the Hotels.

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 Championship office. All the rooms must be booked at latest with the deadline of the final nomination – **29th September 2010**. Deadline for any changes in the booking is **13th October 2010**.

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

Bank account: CREDIT MUTUEL
SWIFT code BIC: CMCIFR2A
IBAN: FR7610278050110003344660179
Bank address: CCM HAGONDANGE MONDELANGE 11 RUE DE LA GARE BP 80036 57302 HAGONDANGE CEDEX TEL +33820000401

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

Arrivals/Transport: Transport will be provided from from Findel Luxembourg airport – 20 EUR one way, 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.

The organizer will arrange the groups of minimum three persons.

In case you will arrive alone at the airport you must wait for other arriving persons (max. 3 hours).

Shuttle Service: Scheduled shuttle service between the hotels and venue will be provided free of charge.

Scales: Scales available at venue and at Hotels.

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 23rd October at 19:00 at **VENUE!!!** Price 25 EUR per person.

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.

Anti-Doping Fee: 50 € 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.

Opening Ceremony: Thursday 21st October at **13:30** at sports hall. 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, Technical Director and the EPF Championship Secretary not later than:

Preliminary nomination: **21st August 2010 latest to 20:00 hours (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: **29th September 2010 latest to 20:00 hours** (later entries sent in the night or 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.

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:
Technical Director: Gaston Parage
tel.: + 352 621165214, fax.: + 352 582696, e-mail: gparage@vo.lu
and a copy to the
EPF Championship 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.

Provisional Timetable

Day	Weigh-in time	Classes	Start
	09:00 – 10:30	Women 48,0 – 90,0+ kg / MA 2	11:00
Thursday, 21.10.2010	12:00 – 13:30	Men 56,0 – 125,0+ kg / MA 3	14:00
	15:00 – 16:30	Men 56,0 – 90,0 kg / MA 2	17:00
	09:00 – 10:30	Women 48,0 – 90,0+ kg / MA 1	11:00
Friday, 22.10. 2010	12:00 – 13:30	Men 100,0 – 125,0+ kg / MA 2	14:00
	15:00 – 16:30	Men 56,0 – 90,0 kg / MA 1	17:00
Saturday, 23.10. 2010	10:00 – 11:30	Men 100,0 – 125,0+ / MA 1	12:00
		Banquet	19:00

Victory Ceremonies: At the end of each competition part.

Important Note: Changes may occur to the timetable. All changes will take place at the technical meeting.

Arnulf Wahlström
EPF President

Jiri Hofirek
Championship Secretary

Alphonse Cucuzella
Meet Director