

EUROPEAN POWERLIFTING FEDERATION

The 23rd MEN AND 16th WOMEN MASTERS EUROPEAN POWERLIFTING CHAMPIONSHIPS

22nd – 26th June 2010

IN PILSEN, CZECH REPUBLIC

Sanctioned by the European Powerlifting Federation and
The Czech Powerlifting Federation

invites the EPF member nations to participate in the
European Masters Men & Women Powerlifting Championships 2010
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.

Technical organizer: RC Sport s.r.o

Meet Director: Vladimír Mati, Liskovecka 2510, 738 01 Frydek-Mistek, Czech Republic
e-mail: mati@rcsport.cz,

Accommodation, transport, correspondence: Jana Buryova e-mail: europowerlifting@centrum.cz,
tel: +420 773 077739

Technical Secretary: Ivan Karpisek

EPF Championship

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

Host City : Pilsen, Czech Republic.

Date: 22nd – 26th June 2010.

Venue: Parkhotel Congress Centre Plzen, U Borskeho Parku 31, 320 04 Plzen

Technical Meeting: Monday 21st June at 19:00 at Parkhotel Congress Centre.

Referees Clinic: Monday 21st June after the Technical Meeting at Parkhotel Congress Centre.

Hotel:

Parkhotel Congress Centre Plzeň

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

Single room: 1500,- CZK per person / night, including breakfast – only 50 single rooms are available at the hotel

Double room: 1000,- CZK per person / night, including breakfast

1900,- CZK 1 person in double room/ night, 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 Championship office. Payable by credit card or cash (CZK, EURO – according to the actual currency rate). All the rooms must be booked at latest with the deadline of the final nomination – **31st May 2010**. Deadline for any changes in the booking is **14th June 2010**.

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

Bank account: 189110368/0300

SWIFT code BIC: CEKOCZPP **IBAN:** CZ08 0300 0000 0001 89 11 0368

Bank address: ČSOB a.s. Radlická 333/156 150 00 Praha - 5

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 Prague airport to hotel in Pilsen.

When arriving 1-2 people: 1500,-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 Buryova, 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 facilities available at venue every morning from 8:00 to 10:00 hours and at evening after competition to 21:00.

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: 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 26th June at 19:00 at Parkhotel. 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: Tuesday, 22nd June at 15:00 at Parkhotel. 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 (europowerlifting@centrum.cz) and the EPF Championship Secretary not later than:

Preliminary: **24th April 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: **31st May 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:
Jana Buryova, tel: +420 773 077739
email: europowerlifting@centrum.cz

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.

Web site: More information available at the special web site of the Championship: www.sportage.cz

Preliminary timetable
European Masters Powerlifting Championships 2010

Day	Weigh-in time	Classes	Start
Tuesday 22th June	09:00 – 10:30	Women MA2 All weight categories	11:00
	13:30 – 15:00	Men MA3 56,0 kg to 90,0 kg	15:30
Wednesday 23th June	09:00 – 10:30	Men MA3 100,0 kg to 125,0+kg	11:00
	13:30 – 15:00	Men MA2 56,0 kg to 90,0 kg	15:30
Thursday 24th June	09:00 – 10:30	Women MA1 All weight categories	11:00
	13:30 – 15:00	Men MA2 100,0 kg to 125,0+kg	15:30
Friday 25th June	09:00 – 10:30	Men MA1 56,0 kg to 82,5 kg	11:00
	13:30 – 15:00	Men MA1 90,0 kg to 100,0 kg	15:30
Saturday 26th June	09:00 – 10:30	Men MA1 110,0 kg to 125,0+ kg	11:00

Victory Ceremonies: Immediately after the end of each lifting session.

Important Note: Changes may be made to the schedule of events at the Technical Meeting depending on the number of lifters finally entered at this occasion.

Arnulf Wahlstrøm
EPF President

Vladimir Mati
Meet Director

Jiri Hofirek
EPF Championship Secretary