

# EUROPEAN POWERLIFTING FEDERATION

## The 33<sup>rd</sup> MEN'S AND 28<sup>th</sup> WOMEN'S EUROPEAN POWERLIFTING CHAMPIONSHIPS

4<sup>th</sup> - 8<sup>th</sup> May 2010

in Köping, Sweden

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Sanctioned by the European Powerlifting Federation,  
the Swedish Powerlifting Federation and the Organizing Club, Köpings Atletklubb  
invite the EPF member nations to participate in the

### **33<sup>rd</sup> Men's and 28<sup>th</sup> Women's European Powerlifting Championships 2010 in Köping, Sweden**

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:** Robert Ericsson  
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- Technical Secretary:** Patrik Thur,  
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- EPF Championship Secretary:** Jiri Hofirek, Malickeho 980, 410 02 Lovosice, Czech Republic.  
Tel +420 739 405689 E-mail: [jirih@atlas.cz](mailto:jirih@atlas.cz)
- Host City :** Köping, Sweden.
- Date:** 4. – 8. May 2010.
- Venue:** Ullvihallen/Köping Arena, Badvägen 1 Köping.
- Congress:** Monday 3<sup>rd</sup> of May 2010 at 1800 hours at Best Western Hotel Scheele, Hultgrefgatan 10, Köping
- Technical Meeting:** Monday 3<sup>rd</sup> of May 2010 after the Congress at Best Western Hotel Scheele.
- Referees Clinic:** Monday 3<sup>rd</sup> of May 2010 after the Technical Meeting

#### **Hotels:**

Please book the Hotel rooms by using the Hotel Booking Form, and send the filled in form(s) by e-mail to chosen hotel.

#### **Hotel rates:**

**Best Wester Hotel Scheele, [info@hotelscheele.se](mailto:info@hotelscheele.se)**

Single room:	Euro 97,00 per person/night, including breakfast, staying Sunday to Thursday Euro 84,00 per person/night, including breakfast, staying Thursday to Sunday
Double room:	Euro 65,00 per person/night, including breakfast, staying Sunday to Thursday Euro 51,00 per person/night, including breakfast, staying Thursday to Sunday
Extra bed in double room:	Euro 54,00 per person/night, including breakfast, staying Sunday to Thursday Euro 45,00 per person/night, including breakfast, staying Thursday to Sunday

**Hotel Gillet Restaurang Gamla Stan, [info@gilletkoping.se](mailto:info@gilletkoping.se)**

Single room:	Euro 71,00 per person/night, including breakfast, staying Sunday to Friday Euro 60,00 per person/night, including breakfast, staying Friday to Sunday
Double room:	Euro 83,00 per person/night, including breakfast, staying Sunday to Thursday Euro 73,00 per person/night, including breakfast, staying Thursday to Sunday
Quadruple room:	Euro 30,00 per person/night, including breakfast

**Youth Hostel Tre Knektar, [vandrarhem.koping@swipnet.se](mailto:vandrarhem.koping@swipnet.se)**

Double room:	Euro 33,00 per person/night, including sheets, kitchen facilities for selfservice
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**Note 1:** The prices are based on the exchange rate april 2009, and may vary based on the exchange rate on the day of payment.

**Note 2:** In addition to mentioned hotels further accomodations can be added.

**Note 3:** 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. Deadline for any changes in the booking is **26th April 2010**.

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 reception. Payable by credit card or cash (Euro or SEK). All the rooms must be booked at latest with the deadline of the final nomination - 12<sup>th</sup> of April 2010.

Accommodation fees can also be paid by bank transfer to bank accounts from the accomodations wich is preferable, further information in your allotmentconfirmation.

**Arrivals/Transportation:** 1. Stockholm Arlanda airport - Köping railway station: From Arlanda airport there is a fasttrain connection to Stockholm (about 20 min. transport time). From there the train goes directly to Köping (about 1 hour 20 min.). We will arrange shuttlebus service from Köping Railway/Big Inn for all the teams **free of charge**. Please send therefore your detailed travel intinerary to the Meet Director so that the transfer can be provided.

Here is the link to find out your travel by train (in english)  
<http://www.sj.se/sj/jsp/polopoly.jsp?d=10&l=en>

2. Another possibility is to enter the bus(Flygturen line 866) and go direct to Köping.

Here is the link to the bus(Flygturen) from Arlanda to Köping (timetable). [http://www.swebusexpress.se/SwebusExpress\\_com/](http://www.swebusexpress.se/SwebusExpress_com/)

If your schedule doesn't match the tours directly from Arlanda airport to Köping another option is to travel from Arlanda airport by bus (Flygturen) to Västerås resecentrum and from Västerås resecentrum the organiser will provide transportation to Köping, the cost from Västerås resecentrum to Köping will at the maximum be 12 EUR per person. The examples are oneway only.

If you choose to go by bus or train you will have to pay directly on the bus or the train- cash only in SEK.

There will be a guide at Arlanda Airport who will make sure that each team gets on the right bus or train to Köping.

<b>Shuttle Service:</b>	Scheduled shuttle service between the hotels and venue will be provided free of charge.
<b>Scales:</b>	Scales available at venue and Best Western Hotel Scheele Köping.
<b>Training:</b>	Training facilities available at Köpings Atletklubb, Järnvägsgatan 14 Köping.
<b>Flag and anthem:</b>	Each nation must bring its Flag and Anthem to the Technical Meeting.
<b>Photos:</b>	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.
<b>Closing Banquet:</b>	Saturday 8 <sup>th</sup> of May, 2000 hours at Best Western Hotel Scheele Price Euro 25,00 per person.
<b>Participation Fee:</b>	<b>40 EUR</b> for each lifter must be paid by bank transfer to the EPF bank account at the latest 7 days before the Technical Meeting. Invoice will be sent by the EPF Treasurer.
<b>Anti-Doping Fee:</b>	<b>50 EUR</b> for each lifter must be paid by bank transfer to the EPF bank account at the latest 7 days before the Technical Meeting. Invoice will be sent by the EPF Treasurer.
<b>Opening Ceremony:</b>	Tuesday, 4th May 2010, 1700 hours at the venue Köping Arena. Two representatives (one lifter and one official) from each participating country shall take part at the Ceremony.
<b>Nominations:</b>	Team nomination forms must be in the hands of the Meet Director and the EPF Championship Secretary not later than:
<b><u>Preliminary:</u></b>	<b>4<sup>rd</sup> March 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).</b>
<b><u>Final:</u></b>	<b>12<sup>th</sup> April 2010 latest to 20:00 hours (later entries sent in the night or on next days will not be accepted).</b>

***Final nomination must be send 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.

<b>Correspondence:</b>	E-mails or fax messages (e-mails are preferred) regarding the championships must be sent to the Swedish Powerlifting Federation E-mail: <a href="mailto:styrkelyft@sormland.rf.se">styrkelyft@sormland.rf.se</a> or E-mail: Meet Director Robert Ericsson <a href="mailto:robert@koping.net">robert@koping.net</a> or vice Meet Director Peter Eriksson <a href="mailto:pettae@hotmail.com">pettae@hotmail.com</a> and a copy to the EPF Championship Secretary Jiri Hofirek.
<b>Health Insurance:</b>	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.
<b>Web site:</b>	More information available at the special web site of the Championship: <a href="http://www.powerlifting.se">www.powerlifting.se</a>

**Provisional Schedule of the  
European Men's & Women's Powerlifting Championships  
May 4 -8, 2010  
Köping, Sweden**

Day	Weigh in time	Classes	Start	Supposed Number of lifters	Supposed finish of category
Tuesday 4.5.2010	0900-1030 hours	Men 56,0 to 67,5 kg	1100 hours	16	1430
	1300-1430 hours	Men 75,0 kg	1500 hours	12	1700
	1530-1700 hours	Women 48,0 & 52,0 kg	1730 hours	15	2030
Wednesday 5.5.2010	0900-1030 hours	Women 56,0 & 60,0 kg	1100 hours	15	1430
	1300-1430 hours	Men 82,5 kg	1500 hours	12	1630
	1530-1700 hours	Men 90,0 kg	1730 hours	16	2030
Thursday 6.5.2010	0900-1030 hours	Women 67,5 & 75,0 kg	1100 hours	15	1500
	1330-1500 hours	Men 100,0 kg	1530 hours	13	1830
Friday 7.5.2010	0900-1030 hours	Women 82,5 to 90+ kg	1100 hours	12	1500
	1300-1430 hours	Men 110,0 kg	1500 hours	12	1830
Saturday 8.5.2010	0900-1030 hours	Men 125,0 kg	1100 hours	10	1330
	1200-1330 hours	Men 125+ kg	1400 hours	10	1630

**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

Robert Ericsson  
Meet Director

Jiri Hofirek  
EPF Championships  
Secretary