

EUROPEAN POWERLIFTING FEDERATION

The 26th JUNIOR'S MEN AND 16th JUNIOR'S WOMEN EUROPEAN POWERLIFTING CHAMPIONSHIPS

8th - 12th June 2010

IN HAMAR, NORWAY

Sanctioned by the European Powerlifting Federation,
the Norwegian Powerlifting Federation

invite the EPF member nations to participate in the

26th Junior's Men & 16th Junior's Women European
Powerlifting Championships 2010 in Hamar, Norway

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: Ove Johansen
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Technical Secretary: Vidar Tangen
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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

Host City : Hamar, Norway.

Date: 8. – 12. June 2010.

Venue: Hamar - Rica hotel

Technical Meeting: Monday 7th June at 1900 hours at 19.00.

Referees Clinic: Monday 7th June after the Technical Meeting at 20.00.

Hotel: RICA HOTEL HAMAR
<http://www.rica-hotels.com/Hotels/Rica-Hotel-Hamar/>
Olrudsenteret, Postboks 93
2320 Furnes
Tel.: +47 62 35 01 00, Fax: +47 62 35 02 24
E-mail: rica.hotel.hamar@rica.no
For room reservation please use the followed bookings code:
33 69 015

Single room: 825,00 NOK / night, including breakfast
Double room: 1070,00 NOK / night, including breakfast.
Accommodation fees must be paid directly to the hotel

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 hotel reception. Payable by credit card or cash (Euro and norwegian Crowns). All the rooms must be booked at latest with the deadline of the final nomination - **17th May 2010**. Deadline for any changes in the booking is **31th May 2010**

- Arrivals/Transportation:** There is a train connection between the Gardermoen airport and Hamar city. Driving time ca. 60 min. <http://www.nsb.no/>
Transport from the train station Hamar to the competition hotel by taxi or bus, driving time 10 – 15 min.
- Scales:** Scale available at the Hotel.
- Training:** Training facilities available at Rica Hotel.
- 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 12th of June at 20.00 hours at Rica hotel. Price Euro 25,00 per person.
- Participation Fee:** **40 EUR** 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 EUR** 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.
- Opening Ceremony:** Tuesday: 8th June 2010
Time: 10.00
Place: Rica hotel - venue
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:** **8th 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:** **17th 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 or fax messages (e-mails are preferred) regarding the championships must be sent to Meet Director:
Ove Johansen, e-mail: ove@molstad.no
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: Webside will be available soon

Preliminary timetable Junior's European Powerlifting Championships 2010

Day	Weigh in time	Classes	Start
Tuesday 8.6.2010	0900-1030 hours	Women 44,0 & 52,0	1100 hours
	1300-1430 hours	Men 52,0 to 60,0 kg	1500 hours
	1530-1700 hours	Men 67,5 kg	1730 hours
Wednesday 9.6.2010	0900-1030 hours	Women 56,0 & 60,0 kg	1100 hours
	1300-1430 hours	Men 75,0 kg	1500 hours
	1530-1700 hours	Men 82,5 kg	1730 hours
Thursday 10.6.2010	0900-1030 hours	Women 67,5 & 75,0	1100 hours
	1300-1430 hours	Men 90,0 kg	1500 hours
	1530-1700 hours	Women 82,5 to 90+	1730 hours
Friday 11.6.2010	1100-1230 hours	Men 100,0 kg	1300 hours
	1500-1630 hours	Men 110,0 kg	1700 hours
Saturday 12.6.2010	0900-1030 hours	Men 125,0 kg	1100 hours
	1130-1300 hours	Men 125+ kg	1330 hours

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

Ove Johansen
Meet Director

Jiri Hofirek
EPF Championships
Secretary