

EUROPEAN POWERLIFTING FEDERATION

The 15th EUROPEAN OPEN BENCH PRESS MEN AND WOMEN CHAMPIONSHIPS

6th – 8th August 2009

IN FRYDEK-MISTEK, CZECH REPUBLIC

Sanctioned by the European Powerlifting Federation,
the Czech Powerlifting Federation

invite the EPF member nations to participate in the

15th European open Bench Press Men and Women Championships 2009
in Frydek-Mistek, 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.

Meet Director: Vladimir Mati, Liskovecka 2510, 738 01 Frydek-Mistek, Czech Republic

Accommodation, transport: Lenka Suchankova, e-mail: benchfm@centrum.cz
tel: +420 775 077 162

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

Host City : Frydek-Mistek, Czech Republic.

Date: 6th – 8th August 2009.

Venue: Sportovni hala, Pionyrů 400, 738 01 Frydek-Mistek

Technical Meeting: Wednesday 5th August at 20:00 at hotel Centrum

Referees Clinic: Wednesday 5th August after technical meeting.

Hotels:

1. Hotel Centrum, Na Porici 494, 738 01 Frydek-Mistek – 104 double rooms available

Single room: 1300 CZK per person / night, including breakfast

Double room: 750 CZK per person / night, including breakfast

Extra bed in double room: 600 CZK per person / night, including breakfast.

2. Hotel Dacapo, Na Porici 1183, 738 01 Frydek-Mistek – 19 double rooms available

Single room: 1300 CZK per person / night, including breakfast

Double room: 750 CZK per person / 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 deadline is 29th July 2009. The same applies to the participation and antidoping fees (EPF By-Laws 103.2 and 105.5.1).

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 – 15th July 2009.

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

Bank account: 193346621/0300
SWIFT code BIC: CEKOCZPP IBAN: CZ85 0300 0000 0001 9334 6621
Bank address: ČSOB Černý most, Chlumecká 765/6, 19800 Praha 10

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 Ostrava airport / train station to hotel in Frydek-Mistek.

When arriving 1-2 people: 800,-CZK per person/one way

When arriving 3 or more people: 400,-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 Lenka Suchánková, 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.

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

Scales: Scales available at venue and at Hotels.

Training: Training facilities available at venue.

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 8th August at 20:00 at hotel Centrum. Price 700 CZK per person.

Participation Fee: 20 € 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 6th August at 11:30 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 benchfm@centrum.cz and the EPF Championship Secretary not later than:

Preliminary nomination: **6th June 2009** (complete filled in preliminary form must be sent. No final nomination will be accepted if a complete filled in the preliminary nomination was not sent in time).

Final nomination: **15th July 2009** (later entries will not be accepted).

Preliminary nominations must be sent not later than 60 days before the date of the Championships. Final nomination must be submitted not later than 21 days before the date of the Championships, and must be made from those nominated 60 days before the date of the Championship. This is inclusive of reserve or alternate lifters. According to this, no reserve lifters can be 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:
Lenka Suchankova, phone.: +420 775 077 162
e-mail: benchfm@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 time-table European open Bench Press Championships 2009

Day and date	Weigh in time	Classes	Start of competition
Thursday 6 th August 2008	10:00 to 11:30	Women – 48.0 to – 56.0 kg	12:00
	12:00 to 13:30	Men –56.0 to – 67.5 kg	14:00
	14:00 to 15:30	Women –60.0 to – 75.0 kg	16:00
Friday 7 th August 2008	10:00 to 11:30	Women –82.5 to – 90.0+ kg	12:00
	12:00 to 13:30	Men –75,0 to – 90,0 kg	14:00
	14:00 to 15:30	Men –100.0 to – 110.0 kg	16:00
Saturday 8 th August 2008	10:00 to 11:30	Men –125.0 to 125.0+kg	12:00

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