

# EUROPEAN POWERLIFTING FEDERATION

## THE 5H MEN'S & WOMEN'S WESTERN EUROPEAN POWERLIFTING CHAMPIONSHIPS

24th – 25th September 2010

IN HAMM, LUXEMBOURG

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Sanctioned by the European Powerlifting Federation and  
the Luxembourgian Powerlifting Federation

invites the EPF member nations to participate in

The 5th Men's & Women's Western European  
Powerlifting Championships 2010  
in Hamm, Luxembourg

The following EPF member nations are invited to take part in the 5th Western European Championship: Austria, Belgium, Spain, Denmark, Finland, France, Germany, Great Britain, Iceland, Italy, Luxembourg, Netherland, Norway, 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:** **Gaston Parage**, 1, rue Pasteur L-4642 Differdange, Luxembourg  
Tel.: + 352 621165214, Fax: +352582696, e-mail: [gparage@vo.lu](mailto:gparage@vo.lu)

**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 :** Hamm, Luxembourg

**Date:** 24. – 25. September 2010.

**Venue:** “Centre Sportif à Hamm” sports center

**Technical Meeting:** Thursday 23rd September at 1800 hours at Hotel Ibis

**Hotel:** **Hotel Ibis route de Trèves L-2632 Findel Luxembourg in front of the Airport**

**Hotel Rates:** **Prices for night per room: Single room 62 €, Double room 75 €, Triple room 88 €, 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 hotel reception. Payable by credit card or cash (EUR). All the rooms must be booked at latest with the deadline of the final nomination – **2nd September 2010**. Deadline for any changes in the booking is **16th September 2010**

**Arrivals/Transportation:** Transport will be provided from Luxembourg airport **for free**. 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.

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- Shuttle Service:** from Ibis hotel to venue is free.
- Teams:** Invited from each federation is one team for Men and one team for Women (maximum 5 lifters on each team) plus 2 Referees and 2 Officials. The best 4 lifters of each team by Wilks points will count for the Cup awards. Only organizing federation can nominate two teams Women and Men. At the Technical Meeting must be specified the members of A and B team.
- Awards:** In each weight category the first three lifters will receive medals. All participations will receive diploma.
- Scales:** Scales available at venue and at Hotels.
- Training:** Training at the venue in Hamm the 23rd of September from 14.00 – 20.00 hours
- 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 25th September at 1900 hours at Hotel Ibis. Price EUR 25 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 before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 7 days before the Technical Meeting.
- Opening Ceremony:** 10.00 hour at the 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 nomination:** **25th July 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:** **2nd 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 or fax messages (e-mails are preferred) regarding the championships must be sent to:
- Gaston Parage**, 1, rue Pasteur L-4642 Differdange, Luxembourg  
Tel.: + 352 621165214, Fax: +352582696, e-mail: [gparage@vo.lu](mailto:gparage@vo.lu)
- and a copy to the EPF Championships 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:** Will perhaps follow later

## Preliminary timetable of the 5<sup>th</sup> Western European Championships 2010

Day and date	Weigh in time	Classes	Start of competition
Friday 24th September 2010	09:00 to 10:30	Women – 48.0 to – 67.5 kg	11:00
	12:00 to 13:30	Men –56.0 to –82.5 kg	14:00
	16:00 to 17:30	Men –90.0 to – 100.0 kg	18:00
Saturday 25th September 2010	09:00 to 10:30	Women –75.0 to – 90.0+ kg	11:00
	12:00 to 13:30	Men –110,0 to – 125,0+ kg	14:00

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

Gaston Parage  
Meet Director

Jiri Hofirek  
EPF Championship Secretary