

The European Powerlifting Federation
and the Slovak Bodybuilding and Powerlifting Association
invites the following EPF Memberships for
the 18th Men's & Women's Danube cup 2009 in Trenčín, Slovakia
sanctioned by European Powerlifting Federation

Austria, Bulgaria, Czech Republic, Slovakia, Germany, Hungary, Slovenia, Croatia, Serbia

Correspondence: All e-mail and fax correspondence regarding the championships must be sent to:
Meet Director: Michal Capla, Junacka 6, 832 80 Bratislava, Slovakia
tel.: + 421 2 49249199, fax.: +421 2 49249559, e-mail: office@sakst.sk
Technical Director: Pavol Müller, IPF Referee, tel.: + 421 903 322326, e-mail: mullerp@spapiestany.sk
EPF Secretary: Jiri Hofirek, Lovosice, Malickeho 980, 410 02, Czechia, +420739405689 e-mail: jirih@atlas.cz
Date: **20th to 21st March 2009**
Venue: Armádne športové stredisko Dukla Trenčín, Štefánikova ulica Trenčín
Official Hotels rates: Hotel Magnus **** Považská ulica 1706, 911 01 Trenčín <http://www.hotelmagnus.sk>

Official price of hotel rooms:

Single room : 74,69 EUR – 99,58 EUR per room / night
Double room: 96,26 EUR – 116,18 EUR per room / night

Special offer for DC competition:

75 EUR per person for 2 nights, breakfast and banquet.

At all World Championships the accommodation fees shall be payable by bank transfer or credit card as follows (Exceptions may be granted by the IPF EC):

- 1) By bank transfer as specified by the organizer in the invitation for each World Event; payment must be received at the account of the organizer 7 days prior the beginning of the Championships
- 2) By credit card
- 3) Cash payment in Euros.

All bank charges go at the expense of order party. If you choose the payment by bank transfer or by credit card, you must inform the organizer in advance.

The organizer will not be responsible for any hotel bills of the participating Nations, Each Team manager will be responsible. All the rooms must be booked at latest with the dateline of the final nomination – 27. February 2009. After the dateline the organizer cannot guarantee for accommodations.

Account for bank transfer: No.: 584750103/7500
BIC: CEKOSKBX
IBAN: SK 21 7500 0000 0005 8475 0103

Teams: competition: Invited from each federation is one team for Men and one team for Women (maximum 5 lifters on each team) The best 4 lifters of each team by Wilks points will count for the Cup awards. Winner will receive the Danube Cup (the Challenge Cup for men kept by the winning team until the next Danube Cup). **Only organizing federation can nominate two teams Women and Men, too. At the Technical Meeting must be specified the members of A and B team.**

Individual awards: In each weight category the first three lifters will receive medals. All participants will receive diploma.

Technical Meeting: Friday, 20th March 2009 at 20:00 at the Hotel

Closing Banquet: Saturday, 21st March 2009 20:00, entrance 20,-€ per person

Anti-doping Fee: 50,- € for each nominated lifter, must be paid to EPF account latest 7 days before Technical Meeting

Participation Fee: 20,- € for each nominated lifter, must be paid to EPF account latest 7 days before Technical Meeting
EPF treasurer will send EPF invoice for bank transfer to the EPF bank account to all Federations!!!

NOMINATION

Preliminary nominations: 19th January 2009. On the preliminary nomination all details of nominated and reserved lifters must be submitted to the EPF Championship Secretary and also the Meet Director at least 60 days before the date of the Championships (IPF Rules). **Preliminary nomination must be sent** because sending of the preliminary is qualification for sending of final nomination!!! **No final nomination can be accepted if the preliminary was not send. No new nominations after the 19th January 2009 will be accepted!!!**

Final nominations: 27th February 2009 - Final selection, submitted not later than 21 days before the date of the Championships, must be made only from lifters nominated on preliminary nomination (IPF Rules). **There won't be any new lifters added to nomination.**

All Hotel costs must be covered by all nominated lifters and officials if we have received no information about a cancellation 7 days prior to the championships, and the same applies for the participation and anti-doping fees (IPF-By-Laws 105.5.2).

7 Days before Tech Meet.: 13th March is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms (EPF By Laws 103.2, 103.5). If not any withdrawal is made 7 days prior to the Technical Meeting of an European championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination sheet.

At Technical Meeting: *Replacing of athletes through reserve lifters at the Technical meeting is not possible.*

Health Insurance: All participants of Championship 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, theft, delayed planes etc.

PROVISIONAL TIMETABLE DANUBE CUP 2009

Opening ceremony: Saturday 21st March 2009 at 10:30 hours at venue

Day and date	Weigh in time	Classes	Start of
Saturday 21st March 2009	09:00 to 10:30	All Women all weight categories	11:00
	11:30 to 13:00	All Men all weight categories	13:30
	20:00	Closing banquet	

PLEASE NOTE: Changes of the timetable are possible by the amount of nominations at the Technical Meeting

Victory Ceremonies: At the end of each competition part

Arnulf Wahlström
President EPF

Jiri Hofirek
Competition Secretary EPF

Pavol Müller
Danube Cup Secretary

Michal Capla
Meet Director