

# EUROPEAN BENCH PRESS MASTERS CHAMPIONSHIPS 2009



in La Louvière / BELGIUM

The European Powerlifting Federation and the Belgian Powerlifting Federation  
invites the EPF member nations to participate in the

## 12<sup>th</sup> EUROPEAN MASTERS BENCH PRESS CHAMPIONSHIPS 2009

**Please note: all information is posted only for information purposes. All team selection, all official entries for the Championships and all hotel bookings must be done by EPF- Member nations, NOT by individuals.**

**Correspondence:** E-Mails regarding the championships must be sent to the EPF Championship Secretary Jiri Hofirek and a copy to the Meet Director.

**Meet Director:** Myriam BUSSELOT, rue de la Procession 55 - 7850 Petit-Enghien, BELGIUM –  
Tel/Fax : +32 2 395 63 27, e-mail : [m.busselot@skynet.be](mailto:m.busselot@skynet.be)

**EPF Championship Secretary:** Jiri Hofirek, Malickeho 980, 410 02 Lovosice, Czech Republic.  
Mobil : +420 739 405689, Fax : +420-2-33358467, e-mail : [jirih@atlas.cz](mailto:jirih@atlas.cz)

**Host City :** La Louvière – Belgium  
<http://www.tourist-attractions.be/EN/recreation-aquatic-centre-Ronquieres/ronquieres-inclined-plane.html>

**Date:** 22, 23, 24 October 2009

**Venue:** HALL des DEUX HAINE - rue des Longues Haies – 7100 La Louvière (Haine-Saint-Paul)

**Technical Meeting:** Wednesday, 21 October 2009, 18:00 hours at the venue

**Hotel booking :** All nations are advised to book directly with the Hotel !

You will find detailed information about the hotel property and direct links to book reservations.

By arrival, all accommodations shall be paid immediately at the hotel, by credit card or in cash in Euros.

1/ Hotel Akena \*\*\* , Rue de Wavrin (Gare autoroutière) - 7110 La Louvière (Houdeng-Goegnies) /  
Only 20 rooms available.

Single room 46,00 Euros per night including breakfast

Double room 52,00 Euros per night including breakfast

Triple room : 59,00 € per night including breakfast

Homepage: <http://www.hotelscenter.be>

A deposit will be required for all reservations. The deposit may be provided by credit card or by wire transfer as stipulated by the hotel on reservation.

When booking, you must use the code "Championnat Europe Myriam Busselot"

Hotel Europe\*\*\*+, Rue de Wavrin (Gare autoroutière), 7110 La Louvière (Houdeng-Goegnies)

Only 15 rooms available.

Single room 63,00,00 Euros per night including breakfast

Double room 67,00 Euros per night including breakfast.

Homepage: <http://www.hotelscenter.be>

A deposit will be required for all reservations. The deposit may be provided by credit card or by wire transfer as stipulated by the hotel on reservation.

When booking, you must use the code "Championnat Europe Myriam Busselot"

2/ Hotel Tristar \*\*\*\*, Place Maugrétout, 5 - 7100 La Louvière

Only 15 rooms available.

Single room 65,00 Euros/ per night including breakfast

Double room 75,00 Euros/ per night including breakfast.

Homepage: <http://www.hoteltristar.be>

A deposit of 50% is required for all reservations. The deposit must be provided by wire transfer

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CODE BIC : CPDHBE 71 / IBAN : BE 20126 201283356

When booking, you must use the code "Championnat Europe bench-press"

3/ Hotel Mercure Mons \*\*\*\*, Rue des Fussilés, 12 – 7020 Nimy

rooms available

Single room 75 Euros/ per night including breakfast

Double room 85 Euros/ per night including breakfast.

Email : [hotel.mercure.mons@skynet.be](mailto:hotel.mercure.mons@skynet.be)

A deposit will be required for all reservations. The deposit may be provided by credit card or by wire transfer as stipulated by the hotel on reservation. 30 September is the latest date for booking hotel rooms.

When booking, you must use the code *"Championnat Europe bench-press Masters"*

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 – 30 September 2009. After the dateline the organizer cannot guarantee for accommodations.**

**Arrivals/Transportation:** transport from airport-hotel-airport : **25,00 EUR/person**

Please send therefore your detailed travel itinerary to Myriam Busselot so that the transfer can be provided.

In case you change your travel itinerary and you do not inform Myriam Busselot about this change and the car will be sent in vain for you, you will have to pay the costs.

**Scales:** Scales available at hotel Akena - Europe and venue.

**Training:** in venue

**Flag and anthem:** Each nation must bring its flag and anthem to the Technical Meeting.

**Closing Banquet:** Saturday, 24 October 2009, at 20:00 hours at the venue – **25 EUR / person**

**Entry Fee:** **20 EUR** for each lifter declared must be paid by wire transfer to the EPF account

**Anti-Doping Fee:** **50 EUR** for each lifter declared must be paid by wire transfer to the EPF account

**Opening Ceremony:** Thursday 22th of October 2009 at 13:45 hours

**Health and Travel Insurance:** All delegate members must have a valid health insurance. The organiser 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.

**Nominations:** Team nomination forms must be in the hands of the Meet Director and EPF Championship Secretary not later than:

**Preliminary:** **23 August 2009** (preliminary form must be sent. No final nomination can be accepted if the preliminary was not sent)

**Final:** **30 September 2009** (Later entries will not be accepted)

**7 Days before Tech Meet.:** **14th October** 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 (Resolution of the EPF Congress).

**At Technical Meeting:** *At the Technical meeting you can only delete athletes from your final nomination or change the weight classes. Replacing of athletes through reserve lifters at the Technical meeting is not possible.*

### Provisional Timetable

<b>Day</b>	<b>Weigh-in time</b>	<b>Classes</b>	<b>Start</b>
<b>Thursday, 22.10.2009</b>	<b>10:00 – 11:30</b>	<b>Women 48,0 – 90,0+ kg / MAS 2</b>	<b>12:00</b>
	<b>12:30 – 14:00</b>	<b>Men 56,0 – 125,0+ kg /MAS 3</b>	<b>14:30</b>
	<b>15:30 – 17:00</b>	<b>Men 56,0 – 90,0 kg / MAS 2</b>	<b>17:30</b>
		<b>Opening Ceremony</b>	<b>13:45</b>
<b>Friday, 23.10.2009</b>	<b>10:00 – 11:30</b>	<b>Women 48,0 – 90,0+ kg / MAS 1</b>	<b>12:00</b>
	<b>12:30 – 14:00</b>	<b>Men 100,0 – 125,0+ kg / MAS 2</b>	<b>14:30</b>
	<b>15:30 – 17:00</b>	<b>Men 56,0 – 90,0 kg / MAS 1</b>	<b>17:30</b>
<b>Saturday, 24.10.2009</b>	<b>11.00 – 12.30</b>	<b>Men 100,0 – 125,0+ / MAS 1</b>	<b>13:00</b>
		<b>Banquet</b>	<b>20:00</b>

**Victory Ceremonies:** At the end of each competition part.

**Important Note:** Changes may occur to the timetable. All changes will take place at the technical meeting.

**Arnulf Wahlström**  
EPF President

**Jiri Hofirek**  
Championship Secretary

**Busselot Myriam**  
Meet Director

**Zutterman Thiery**  
Belgian President