

EUROPEAN POWERLIFTING FEDERATION

THE 4H MEN'S & WOMEN'S WESTERN EUROPEAN POWERLIFTING CHAMPIONSHIPS

18th – 19th September 2009

IN SANDNES, NORWAY

Sanctioned by the European Powerlifting Federation,
the Norwegian Powerlifting Federation

invite the EPF member nations to participate in the

4th Men's & Women's Western European Powerlifting Championships 2009 in Sandnes, Norway

The following EPF member nations are invited to take part in the 4th Western European Championship: Austria, Belgium, Spain, Denmark, Finland, France, Germany, Great Britain, Iceland, Ireland, Italy, Luxembourg, Netherland, Norway, Portugal, 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: Sigve Valentinsen, address: Myrasvingen 5 4330 Ålgård.
tel.: +4747509002, e-mail: sigve.valentinsen@lyse.net

Technical Secretary: Vidar Tangen

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

Host City : Sandnes, Norway.

Date: 18. – 19. September 2009.

Venue: Lurahallen.

Technical Meeting: Thursday 17th September at 1900 hours at Lura Hallen.

Hotels:

1. Thon hotel Sandnes. (<http://www.thonhotels.no/sandnes>)

Single room: EUR 70,00* per person / night, including breakfast

Double room: EUR 50,00* per person / night, including breakfast

Extra bed in double room: EUR 50,00* per person / night, including breakfast.

* = approx due to currency variations.

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 **10th September 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 hotel reception. Payable by credit card or cash (EUR). All the rooms must be booked at latest with the deadline of the final nomination – **27th August 2009**.

- Arrivals/Transportation:** Transport from Sola airport to hotels in Sandnes. Price of **10** EUR one way 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 the Meet Director 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.
In case you will arrive alone at the airport you must wait for other arriving persons (max. 3 hours).
- Shuttle Service:** from Thon hotel Sandnes to venue.
- 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:** no.
- 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 19th of September at 1900 hours at Thon Hotel Sandnes. Price EUR 25 per person.
- Participation Fee:** 20 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:** Date, hours, place Lura Hallen. 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: 19th July 2009 (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).**
- Final nomination: 27th August 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 or fax messages (e-mails are preferred) regarding the championships must be sent to:
Sigve Valentinsen, tel.: +4747509002,
e-mail: sigve.valentinsen@lyse.net

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: NO

Preliminary time-table of the Western European Championships 2009

Day and date	Weigh in time	Classes	Start of competition
Friday 18th September 2008	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 19th September 2008	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

Sigve Valentinsen
Meet Director

Jiri Hofirek
EPF Championship Secretary