



Sanctioned by the International Powerlifting Federation,
the USA Powerlifting Federation

invite the IPF member nations to participate in the

**21st IPF WORLD MEN'S & WOMEN'S BENCH PRESS SINGLE LIFT
CHAMPIONSHIPS**

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**The 2nd IPF SUB-JUNIOR & JUNIOR MEN & WOMEN WORLD BENCH PRESS
CHAMPIONSHIPS**

24th – 29th May 2010

in Killeen, Texas, USA

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 IPF-Member nations, NOT by individuals.

- Meet Director:** Johnny A. Graham 2203 Excel Dr., Killeen, Tx 76542 USA
- Accommodation** Johnny A. Graham Grahami7@aol.com or jtruck52@aol.com
Transport: +1-254-338-5597 or +1-254-526-0779
- Technical Secretary:** Robert Keller, E-Mail: rhk@verizon.net / Telephone: +1-954-790-2249
Fax: +1-954-301-3344
- IPF Championship Secretary** Gaston Parage, 1, rue Pasteur, L-4642 Differdange, Luxembourg,
Phone +352-621165214, Fax: +352-582696, E-Mail:
Gaston.Parage@powerlifting-ipf.com
- Host City :** Killeen, Texas, USA
- Date:** 24th – 29th May 2010
- Venue:** Killeen Civic and Conference Center Killeen, Tx (KCCC)
- Technical Meeting:** Monday 24th May at 20:00 at Killeen Civic and Conference Center
- Referees Clinic:** Monday 24th May after the Technical Meeting at KCCC

Hotel: Shiloh Inn Suites, 3701 South W.S. Young Dr.
Killeen, Tx. 76542 Single/Double Rooms \$125.00 / 100 EUROS per night/including breakfast/including tax

Comfort Suites Hotel, 2709 Cunningham Rd. Killeen, Tx 76543
Single/Double rooms \$110.00 / 90 EUROS per night/including Breakfast/including tax

ALL ROOMS ARE SUITES, WITH SOFA AND LIVING AREA

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) in cash in Euros or US \$**

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.

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 **17th May 2010**. The same applies to the participation and antidoping fees (IPF 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 (EURO-according to the actual currency rate). **All the rooms must be booked at latest with the deadline of the final nomination. After the deadline the organizer cannot guarantee for accommodations.**

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

Bank account: 9263518
SWIFT code BIC: ROUTING # 111902398
Bank address: FORT HOOD NATIONAL BANK
Bldg 85006 Warrior Way
Ft. Hood, Tx.. 76544

Payment must be received at the above mentioned bank account at the latest 7 days prior to the beginning of the Championship.

Arrivals/Transportation: Free Transportation from Killeen Airport (GRK)
Austin International Airport (AUS) \$30.00 per person each way 1 ½ hr
Dallas International Airport (DFW) \$40.00 per person each way 2 ½ hr
Payments MUST be made at time of pickup. Limo Service for large teams
Please send therefore your detailed travel itinerary to Johnny Graham, so that the transfer can be provided. If you order the transport, you must pay for it even if you decide later not to use it.

Scales: Scales available at venue

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 29th May at Killeen Civic & Conference Center, \$ 35
- Participation Fee:** 30 € for each lifter must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be sent by the IPF Treasurer 7 days before the Technical Meeting.
- Anti-Doping Fee:** 50 € for each lifter must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be sent by the IPF Treasurer 7 days before the Technical Meeting.
- Opening Ceremony:** Tuesday, 25th May at 1200 hours Killeen Civic & Conference Center. 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 IPF Championship Secretary not later than:
- Preliminary: 25th March** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
- Final: 3rd May** (later entries will not be accepted).
- 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).
- Withdrawal:** **17th May is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms.** If not any withdrawal is made 7 days prior to the Technical Meeting of an World 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
- New rules:*
- 1) Preliminary nomination 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 it includes only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nomination will be accepted).*
 - 2) According Technical Rules Page 4 item 7 at the final nomination you must definite list the athletes, who takes part. 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.*
- All lifters are expected to produce passports or other documents at the weigh-in.*
- Correspondence:** E-Mails regarding the championships must be sent to: Johnny A. Graham
Phone: +1-254-338-5597 or +1-254-526-0079,
E-mail: Grahamj7@aol.com or jtruck52@aol.com
and a copy to the IPF Championship Secretary Gaston Parage.
- Health Insurance:** All delegate members must have a valid health insurance. The Organizer and the IPF 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.
- Website:** More information available at the special web site of the Championship:
www.usapowerlifting.com/worldbenchpress (coming soon)

Preliminary Timetable

Sub-Junior, Junior and Open Bench Press Championships 2010

Note. "Women" and "Men" in column "Classes" refers to Sub-Junior, Junior and Open classes.

Day	Weigh-in time	Classes	Start	
Tuesday 25 th May		Opening ceremony	12:00	
	11:00 – 12:30	Men 52 – 60 kg	13:00	
	14:00 – 15:30	Women 44 – 52 kg	16:00	
Wednesday 26 th May	09:00 – 10:30	Men 67.5 kg	11:00	
	11:30 – 13:00	Women 56 & 60 kg	13:30	
	14:00 – 15:30	Men 75 kg	16:00	
Thursday 27 th May	09:00 – 10:30	Women 67.5 & 75 kg	11:00	
	11:30 – 13:00	Men 82.5 kg	13:30	
	14:00 – 15:30	Men 90 kg	16:00	
Friday 28 th May	09:00 – 10:30	Women 82.5 – 90+ kg	11:00	
	11:30 – 13:00	Men 100 kg	13:30	
	14:00 – 15:30	Men 110 kg	16:00	
Saturday 29 th May	09:00 – 10:30	Men 125 kg	11:00	
	11:30 – 13:00	Men 125+ kg	13:30	

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.

Indemnity & Insurance: Any participating federations and its delegated athletes / officials should agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships

Detlev Albrings
IPF President

Johnny Graham
Meet Director

Gaston Parage
IPF Championship Secretary