

Invitation

to the 11th annual ER Equipment Open Bench press Championship 2012

ER Equipment Powerlifting Team

invite

the IPF member nations to participate in the
ER Equipment Open Bench press Championship 2012
in Albertslund, Denmark

Please note: all information is posted only for information purposes.

Only nominations through your national federation will be accepted.

There is no official hotel but below is one who is near to the venue.

Meet Director: Erik Rasmussen, Tel.: + 45 20894168, mail.:
mail@erequipment.dk

Host City : Albertslund, Denmark

Date: 3. – 4. February 2012

Venue: Kongsholmcentret, Liljens kv. 2, 2620 Albertslund

Hotel: Wittrup Motel, Roskildevej 251, 2620 Albertslund
<http://www.wittrupmotel.dk/>

Hotel Rates: Prices for night per room: Wittrup Motel

Single room	550 DKK
Double room	680 DKK
Breakfast	70 DKK

Arrivals/Transportation: 28km from CPH airport and 18km from downtown Copenhagen.

Scales: Scales will be available at the venue.

Participation Fee: 30 EUR for each lifter must be paid by bank.

IBAN KONTO: DK4230000010738393

SWIFT BIC: DABADKKK

Danske løftere: 225 kr. For deltagelse, overføres til konto:

Danske Bank: Reg. Nr. 1551 Konto nr. 10738393

Categories and prizes: Women: Sub-Junior (14-18), Junior (19-23), Senior/Open, Masters I and Masters II.

Men: Sub-Junior (14-18), Junior (19-23), Senior/Open, Masters I, Masters II and Masters III.

There are prizes for the three best lifters in each of the weight classes. Lifters; Sub-Junior, Junior, Masters I, II and III - will all lift in the open category.

Team prizes: The team competition will be decided by Wilks points. Up to 6 lifters in each gym/club - male or female - will be

counted for.

The best team will win:

An IPF approved ER Equipment Rack

Nomination: 13th January 2012 later entries sent on next days will not be accepted.

The weight category of each lifter in the nomination is mandatory. After the nomination no changes in the weight category in which the lifter is nominated will be allowed.

Confirmation of the referees participation.

It is obligatory for every Federation to confirm the participation of their nominated Referees in the nomination or cancel the referees who will not participate in the Championships.

All lifters are expected to present passports and other required documents at the weigh-in.

Correspondence: E-mail messages regarding the championships must be sent to:

Erik Rasmussen, Tel.: + 45 20894168, mail.:

mail@er-equipment.dk

Health Insurance: All delegate members must have a valid health insurance. The Organizer 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

Preliminary timetable of the ER Equipment Open Bench press 2012

Friday 3rd February

15:00 to 16:30	Men	105 to 120+ kg	Start 17:00
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Saturday 4th February

9:00 to 10:30	Women	All women	Start 11:00
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10:30 to 12:00	Men	59 to 74 kg	Start 12:30
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12:00 to 13:30	Men	83 to 93 kg	Start 14:00
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Victory Ceremonies: All lifters dressed in correct sportswear immediately after the end of each lifting session.

Important Note: Changes may be made to the schedule of events **after the nomination** depending on the number of lifters finally entered at this nomination.

