



## **IPF 10<sup>th</sup> Sub- Junior's & 28<sup>th</sup> Junior's World POWERLIFTING CHAMPIONSHIPS 2010**

**From 30th August to 04th September**

**in Pilsen / Czech Republic**

Sanctioned by the International Powerlifting Federation  
and  
the Czech Powerlifting Federation

invites the IPF member nations to participate in the

### **IPF 10<sup>th</sup> Sub- Junior's & 28<sup>th</sup> Junior's World Powerlifting Championships 2010**

**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 IPF-Member nations, NOT by individuals.**

**Meet Director:** Vladimir Mati, Liskovecka 2510, 738 01 Frydek-Mistek, Czech Republic  
E-Mail: [mati@rcsport.cz](mailto:mati@rcsport.cz)

**Accommodation,transport,correspondence:** Jana Buryova, mobile phone: +420 773 077 739, E-Mail: [worldjunior@seznam.cz](mailto:worldjunior@seznam.cz)

Please send to Jana all information concerning your stay in Czech Republic: accommodation and transport request, preliminary and final nomination.

**Technical Secretary:** Ivan Karpisek

**IPF Championship Secretary:** Gaston Parage, 1, rue Pasteur, L-4642 Differdange, Luxembourg  
Mobile Phone: +352-621165214, Fax: +352-582696, E-Mail: [gparage@vo.lu](mailto:gparage@vo.lu) / [gaston.parage@pwerlifting-ipf.com](mailto:gaston.parage@pwerlifting-ipf.com)

**Host City :** Pilsen, Czech Republic

**Date:** 30<sup>th</sup> August – 04<sup>th</sup> September 2010

**Venue:** Parkhotel Congress Centre Plzen, U Borskeho Parku 31, 320 04 Plzen  
Sauna, swimming pool, fitnesscentre and massage available at extra charge

**Technical Meeting:** Sunday 29<sup>th</sup> August at 20:00 at Parkhotel Pilsen

**Hotel:**

**Parkhotel Congress Centre Plzen**  
**U Borskeho Parku 31, 32004 Plzen, Czech Republic**  
[www.parkhotel-czech.eu](http://www.parkhotel-czech.eu)

Single room: 1500,-CZK per person / night, including breakfast (50 rooms available)  
Double room: 1000,- CZK per person / night, including breakfast  
1 person in double room: 1900,-CZK / night, including breakfast

For room booking please contact Jana Buryova by e-mail: [worldjunior@seznam.cz](mailto:worldjunior@seznam.cz)  
or by phone: +420 773 077 739

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).

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

By credit card, in cash in CZK or in Euros according to the actual exchange currency rate.

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 by email : [worldjunior@seznam.cz](mailto:worldjunior@seznam.cz) in advance.

The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible. All rooms must be booked at the latest with the deadline of the final nomination – 8th August 2010. After the deadline the organizer cannot guarantee the accommodation.

#### Bank Details:

**Bank account:** 189110368/0300  
**SWIFT code BIC:** CEKOCZPP  
**IBAN:** CZ08 0300 0000 0001 8911 0368  
**Bank address:** Ceskoslovenska obchodni banka a.s., Radlicka 333/150, 150 00 Praha 5

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

#### Arrivals/Transportation:

Transport from Prague airport to hotel in Pilsen

- **when arriving 1-2 people:** 1500,- CZK per person/ one way
- **when arriving 3 or more people.** 600,- CZK per person/ one way

Price of transport 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 Jana Buryova ([worldjunior@seznam.cz](mailto:worldjunior@seznam.cz)), so that the transfer can be provided. In case you change your travel itinerary and you do not inform Jana Buryova about this change and a car will be sent in vain for you, you will have to pay the costs.

**Shuttle:** No need for shuttle service. Venue is in the hotel.

**Scales:** Scales will be available at the hotel.

**Training:** Training facilities available in the venue.

**Flag and anthem:** Will be provided by the Organizer.

**Photos:** Identification is necessary for security reasons. Picture of each lifter, coach and official will be taken for the accreditation card after arrival at the Championships office. A maximum of three coaches will be allowed into the venue free of charge..

**Closing Banquet:** Saturday 4th September at 20:00 at the Parkhotel. Price 700,- CZK per person.

**Participation Fee:** 30 € for each lifter declared must be wired to the IPF bank account

**Anti-Doping Fee:** 50 € for each lifter declared must be wired to the IPF bank account

**Opening Ceremony:** Monday 30<sup>th</sup> August at 14.15 at the venue.

**Health and Travel Insurance:** All delegate members must have a valid health insurance. The organiser 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, theft, delayed planes etc.

**Nominations:** Team nomination forms must be in the hands of the Meet Director ([worldjunior@seznam.cz](mailto:worldjunior@seznam.cz)) and IPF Championship Secretary not later than:

**Preliminary:** **30<sup>th</sup> June** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

**Final:** **8<sup>th</sup> August** (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).

**7 Days before Technical Meeting.: 22nd August 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: Jana Buryova, phone:+420 773 077 739,  
E-mail: [worldjunior@seznam.cz](mailto:worldjunior@seznam.cz) and a copy to the IPF Championship Secretary Gaston Parage.  
E-Mail: [gparage@vo.lu](mailto:gparage@vo.lu) / [gaston.parage@pwerlifting-ipf.com](mailto:gaston.parage@pwerlifting-ipf.com)

### Provisional Timetable 2010

**Opening ceremony:** Monday, 30th August 2010 at 14:15

Day	Weigh-in time	Classes		Start	Number of lifters	End
Monday, 30.8.2010	08:00 – 09:30	Women	44.0 – 48.0 kg	10:00		14:00
	12:30 – 14:00	Men	52,0 - 56,0 kg	14:30		17:30
	16:00 – 17:30	Women	52.0 kg	18:00		21:00
Tuesday, 31.08.2010	08:00 – 09:30	Men	60.0kg	10:00		13:00
	11:30 – 13:00	Women	56,0 - 60 kg	13:30		17:15
	15:30 – 17:30	Sub-J Men	67,5 kg	17:30		19:45
Wednesday, 01.09.2010	08:00 – 09:30	J- Men	67,5 kg	10:00		12:30
	11:00 – 12:30	Women	67,5 kg	13:00		15:50
	14:00 – 15:30	J- Men	75.0 kg	16:00		20:45
Thursday, 02.09.2010	08:00 – 09:30	Sub-J Men	82,5 kg	10:00		12:30
	11:00 – 12:30	Women	75,0 – 82,5 kg	13:00		16:45
	15:00 – 16:30	J- Men	82,5 – 90 kg	17:00		21:45
Friday, 03.09.2010	08:00 – 09:30	Women	90 – 90+ kg	10:00		12:30
	11:00 – 12:30	Sub- J Men	90 – 100 kg	13:00		16:00
	14:30 – 16:00	J- Men	100 kg	16:30		19:15
Saturday, 04.09.2010	08:00 – 09:30	J- Men	110 kg	10:00		12:30
	11:00 – 12:30	J- Men	125 - 125+ kg	13:00		16:40

**Detlev Albrings**  
IPF President

**Vladimir Mati**  
Meet Director

**Gaston Parage**  
Championship Secretary

