

OFFICIAL INVITATION

**The International Powerlifting Federation and the Danish Powerlifting Federation
invite the IPF member nations to participate in the
2016 IPF WORLD BENCH PRESS CHAMPIONSHIPS
Masters, Sub-junior, Junior & Open categories
19. – 24. of april 2016**

In LALANDIA HOLIDAY CENTER, Denmark

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 : Anders Pedersen, Kirkeallè 12, 4970 Rødby, Denmark
email : anbp@roebymotion.dk phone : +45 21 22 22 39
Informations at our homepage : <http://www.benchpressdenmark.com/IPF>

Correspondence, transport : Skørringe bustrafik att. Coordinator Jan Martin, email: janmartin@skbus.dk

Correspondence, accomodations : Lalandia A/S : benchpress@lalandia.dk

IPF Championship Secretary : Gaston Parage, rue Pasteur, 1, L-4642 Differdange, Luxembourg
phone : +352-621165214 fax : +352-582696
e-mail : Gaston.Parage@powerlifting-ipf.com

Host City : Rodby, Denmark

Date : 19th – 24th April 2016

Venue : LALANDIA HOLIDAY CENTER, EVENT CENTER

Technical Meeting : Tuesday 19th May at 20:00 at Lalandia Holiday Center – meeting room
Closing banquet: Thursday 21st at 19:00 & Sunday 24th at 20:00 in Lalandia Holiday Center

The organizer and Lalandia would appreciate that the participants would make their reservation for the banquet at the same time as they are making their preliminary nomination.

Official hotels :

See special informations for all participants – <http://www.benchpressdenmark.com/IPF>
accomodation info LALANDIA HOLIDAY CENTER, <http://www.lalandia.dk> - Lalandia A/S, Lalandia Centret 1, DK-4970 Rødby

Contact : benchpress@lalandia.dk

Meet director and the Lalandia Holiday Center manager showed IPF all the different types of houses, which will be available for the teams and also for the IPF representatives – meeting 31.3.2012

IPF approved the houses for :

- a) Three persons
- b) Four persons
- c) Eight persons (biggest/best house)
- d) Breakfast is not included, but possible to purchase at the venue.
- e) Bed wear, electricity and towels will be included in the rates
- f) There will be free internet available in each house

COMFORT 4

Holiday home with bed loft, 56 m² . Max. 4 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Aquadome™, MonkeyTonky Land as well as final cleaning. A minimum of 2 nights must be booked.

GROUND FLOOR :

Living room & kitchen : Fridge with freezer compartment, coffee maker, electric kettle, glass ceramic cooker with min. 2 rings, tabletop oven and dishwasher

Bedroom : 1 double bed

Bathroom : WC, hand basin and shower cubicle

BED LOFT :

Sleeps 2 – not adult standing height

NB : Vertical ladder to bed loft

402,00 EUR for 2 nights. Please see the website for prices for 3 nights or more

COMFORT 8

Holiday home with bed loft, 77 m² . Max. 8 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Aquadome™, MonkyTonky Land as well as final cleaning. A minimum of 2 nights must be booked.

GROUND FLOOR :

Living room & kitchen : Fridge with freezer compartment, coffee maker, electric kettle, glass ceramic cooker, oven and dishwasher

Bedroom : 1 double bed

Bedroom : 1 double bed

Bedroom : Bunk bed, sleeps 2

Bathroom : WC, hand basin and shower cubicle

BED LOFT :

Sleeps 2 – not adult standing height

NB : Ideal for two families. Vertical ladder to bed loft

598,00 EUR for 2 nights. Please see the website for prices for 3 nights or more

NORDIC 6

Holiday home on two floors, 69 m² .Max. 6 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Aquadome™, MonkyTonky Land as well as final cleaning. A minimum of 2 nights must be booked.

GROUND FLOOR :

Living room & kitchen : Refrigerator with freezer compartment, coffee maker, electric kettle, glass-ceramic stove, oven and dishwasher

Bathroom : WC, hand basin and shower cubicle

1ST FLOOR :

Bedroom : 3 single beds

Bedroom : 2 single beds (can be combined to form a double bed)

NB : 1 sleeping place in the living room. The stairs to the first floor are steep

480,00 EUR for 2 nights. Please see the website for prices for 3 nights or more

NORDIC PLUS 8

Holiday home on two floors, 103 m² . Max. 8 people incl. environmental tax (electricity and water), bed linen, towels.

Stay includes access to the Aquadome™, MonkyTonky Land as well as final cleaning. A minimum of 2 nights must be booked.

GROUND FLOOR :

Living room & kitchen : Fridge/freezer, coffee maker, electric kettle, glassceramic stove, oven, microwave and dishwasher

Bedroom : 1 double bed

Bathroom : WC, hand basin, shower cubicle, sauna and spa

Utility room : Washing machine and tumble dryer

1ST FLOOR :

Bedroom : 1 double bed + 1 single bed

Bedroom : 1 double bed + 1 single bed

Toilet : WC and hand basin

NB : Double beds can be separated into single beds. Ideal for two families.

686,00 EUR for 2 nights. Please see the website for prices for 3 nights or more

Notes :

Note 1 : All athletes, coaches, referees and officials from each federation have to book their rooms at Lalandia and have to stay in the official hotel during the championship. If not they will have to pay administration fee of 100 EUR or they will not be allowed to participate at the championship.

Note 2 : The organizer will not be responsible for any hotel bills of the participating nations.

All delegates must pay at the latest on the arrival day. Lack of payment will result in that the organizer and Lalandia can't ensure that there are houses available.

It is possible to pay cash, with credit card or bank transfer, but payment prior to the arrival will be appreciated.

HOW TO ORDER :

You can book your holiday home by sending an e-mail to benchpress@lalandia.dk.

You will then receive confirmation of your booking.

In the confirmation mail there will also be listed the condition for payment and account number.

Your stay includes free entry to the Aquadome and MonkeyTonky Land plus bed linen, final cleaning and environmental tax.

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 Lalandia in advance. In case that the participating nation wishes to pay with cash, written accept and confirmation from Lalandia is required.

All rooms must be booked at the latest with the deadline of the final nomination : **29th March 2016**.

5th April 2016 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not cancelled in time, federations have to pay the reserved hotel rooms, the participation fee, the doping and the banquet tickets for all lifters and officials specified at the final nomination form.

Arrivals/Transportation :

Arrival by plane – Copenhagen International airport

Transport from Copenhagen airportstation to LALANDIA HOLIDAY CENTER

35 EUR per person/one way

From the 16th of April to the 25th of April 2016

Price of transport must be paid on arrival at the championships office. Any national team will not be accredited until the reserved transportation has been paid. Therefore please send your detailed travel itinerary to *Skørringe att. Coordinator Jan Martin, email: janmartin@skbus.dk* : 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. Transport itinerary can be found at the website www.benpressdenmark.com/IPF, and please check for further details and information.

Scales:

Scales available at the official hotels.

Training:

Special training area available at the venue every day from 9:00 am to 8:00 pm

Flag and anthem:

Will be provided by the organizer.

Closing Banquet:

Thursday 21st April, 19:00 & Sunday 24th April, 20:00 at the LALANDIA HOLIDAY CENTER

Price per ticket : **37,00 EUR**

Participation Fee:

50,00 EUR 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:

50,00 EUR 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 19th April, 14:00 at the Venue (LALANDIA HOLIDAY CENTER).

Health and travel insurance:

All representatives from each participating country shall take part at the Ceremony.

All delegate must have a valid health insurance. The organizer and the IPF will not incur any expenses for a doctor or hospital.

We recommend travel insurance for covering loss of luggage, theft, delayed planes, ect.

Nominations :

Team nomination forms must be in the hands of the Meet Director

anbp@roedbymotion.dk and the IPF Championship Secretary

Gaston.Parage@powerlifting-ipf.com

Preliminary :

19th Februar(complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

Final :

29th March(later entries will not be accepted).

Correspondence :

Emails regarding the championships must be sent to Anders Pedersen,

anbp@roedbymotion.dk + a copy to the IPF Championship Secretary,

Gaston.Parage@powerlifting-ipf.com

World Open, Sub-Junior, Junior & Master's Bench Press Championships

in Rodby, DENMARK, APRIL 18-24, 2016

Provisional timetable

Day	Weigh in time	Classes	Start
Monday 18 th April		Technical meeting	20:00
Tuesday 19 th April	8.00 – 09.30	Men M1 – M4 59 kg. & 66 kg.	10:00
	10:00 – 11.30	Women M1 – M4 47 kg. & 52 kg.	12:00
		Opening Ceremony	14:00
	13:00 – 14:30	Men M1 & M2 74 kg.	15:00
	15:00 – 16:30	Men M3 & M4 74 kg. & 83 kg.	17:00
	17:00 – 18:30	Men M1 & M2 83 kg.	19:00
Wednesday 20 th April	8.00 – 09.30	Women M3 & M4 57 kg. & 63 kg. & 72 kg.	10:00
	10:00 – 11.30	Men M3 & M4 93 kg.	12:00
	13:00 -14:30	Women M1 & M2 57 kg. & 63 kg. & 72 kg.	15:00
	15:00 – 16:30	Men M1 & M2 93 kg.	17:00
	17:00 – 18:30	Women M1 – M4 84 kg. & +84 kg.	19:00
Thursday 21 st April	8.00 – 09.30	Men M3 & M4 105 kg. & 120 kg. & +120 kg.	10:00
	10:00 – 11.30	Men M2 120 kg & +120 kg	12:00
	13:00 – 14:30	Men M1 & M2 105 kg.	15:00
	15:00 – 16:30	Men M1 120 kg & M1 +120 kg	17:00
		BANQUET FOR MASTERS	20:00
Friday 22 nd April	8:00 – 09:30	Sub-Junior Men 53 - 74 kg.	10:00
	10:00 – 11:30	Sub-Junior Women All	12:00
	13:00 – 14:30	Sub-Junior Men 83 - +120 kg.	15:00
	15:00 – 16:30	Junior Women 43 – 57 kg	17:00
	17:00 – 18:30	Junior Men 53 – 83 kg	19:00

Day	Weigh in time	Classes	Start
Saturday 23 rd April	08.00 – 09.30	Junior Women 63 --+84 kg	10:00
	10:00 – 11.30	Junior Men 93 - +120 kg	12:00
	13:00 – 14:30	Open Women 47 - 63 kg	15:00
	15:00 – 16:30	Open Men 59 - 66 kg	17:00
	17:00 – 18:30	Open Women 72 - +84 kg	19:00
Sunday 24 th April	07.00 – 08.30	Open Men 74 - 83 kg	09:00
	09:00 – 10.30	Open Men 93 - 105 kg	11:00
	11:00 – 12:30	Open Men 120 kg	13:00
	13:00 – 14:30	Open Men +120 kg.	15:00
			2. CLOSING BANQUET

Important items to remember :

Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] at the final nomination you must definite list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the time table of events. All changes will at the latest take place at the technical meeting that will be held on Monday April 18, 2016.

Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

If the organizer does not receive a confirmed cancellations of hotel rooms at least 14 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2).

All athletes, coaches, referees and officials from each federation have to book their rooms by Lalandia and have to stay in the official hotel during the championship.

If not they will be obliged to pay an administration fee of € 100,-- per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

Indemnity & Insurance: All participating federations and its delegated athletes and officials 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.