



OFFICIAL INVITATION

**The European & International Powerlifting Federation sanctioned
The Spanish Powerlifting Association (AEP)
To invite the member nations to participate in the
ARNOLD CLASSIC EUROPE 2014, Madrid -SPAIN-, 26th-28th September**
2nd Open Powerlifting Championships, Men & Women
1st Open Classic (raw) Powerlifting Championships, Men & Women
1st Open Bench Press Championships, Men & Women

Please note: all information is posted only for information purposes. All selected lifters and officials for the Championships and all hotel bookings must be done by IPF-Member nations, NOT by individuals.

Official website: <http://www.arnoldclassiceurope.es/wp/en>

Meet director: Luis Tudela

Address: C/ Manresa 27 (gimnasio), 08788 Vilanova del Cami, Barcelona, Spain

Phone: +34 620 715 280, e-mail: PresidenteAEP@gmail.com

Copy to EPF Secretary General: Ralph Farquharson

Address: Galena 5, Casa 44, Villapiedra, Orihuela Costa, 03189, Alicante, Spain

Phone: +34 966 733 367, Mobile: +34 650 041 559, e-mail: ralph@europowerlifting.org

Accommodation & transport: Luis Tudela, e-mail: powerhispania@gmail.com

All lifters, referees, officials and their registered companions will receive free tickets to access Arnold Classic Europe 2014 for all three days, except special events at Madrid Arena space

Host city: Madrid, Spain

Date: 26th to 28th September 2014

Venue: Arnold Classic Europe 2014, <http://arnoldclassiceurope.es/wp/en/>

Pabellón de Cristal (Cristal Pavilion) & Madrid Arena, Avenida Principal 17 (inside Casa de Campo fairground)

How to arrive by public transport:

Subway line 10, *Lagos* stop + 400 m on foot. Google maps: <http://goo.gl/maps/AQ7Sk>

Subway line 6 or BUS 31, 33, 36, 39, 65, N18, N19, *Alto de Extremadura* stop + 600 m on foot.

Google maps: <http://goo.gl/maps/QGs9w>

Link to the Madrid Transport Company website tool to plan your route:

<http://www.emtmadrid.es/mapaweb/emt.html>

Technical meeting: Friday, 26th September at 20:30 at competition hotel

Hotel: Holiday Inn Express Madrid Alcorcon ***

Calle Argentina S/N, 289922 Alcorcon, Madrid, Spain

Phone: +34 912 114 800, e-mail: express.alcorcon@continentalhotels.eu

Breakfast buffet included. Prices per room and night. Single room: 72 €. Double room: 78 €

Note: all rooms must be booked at the latest with the deadline of the final nomination, **6th September 2014**. All athletes, coaches, referees and officials from each federation must stay in the official hotel. If not, they have to pay an administration fee of 100 Euros or they will not be allowed to participate in the championship. The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms by bank transfer or at the arrival at the Championship office.

Payable by: 1. Cash (EUR), or 2. Credit card, directly at the hotel reception, or
3. Bank transfer to the Spanish Powerlifting Association bank account:

Name of the Bank: Banco Bilbao Vizcaya Argentaria (BBVA)

IBAN no: ES36 0182 0121 15 02015 24800 ; Swift Code: BBVAESMMXXX

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

Note: **20th September 2014** is the latest date for any removal of nominated lifters & referees, cancellation of booked hotel rooms. If not cancelled in time, federations have to pay the reserved hotel rooms (if the hotel requires such payment), the participation fee and the doping fee for all lifters and officials specified at the final nomination form.

Arrivals/Transport: Transport from Madrid airport or train stations to hotel and comeback.

For 1 - 4 people: 45 € one way. For 5 - 7 people: 65 € one way

Transport must be paid at the hotel to the Organization Officer or by bank transfer to the Spanish Powerlifting Association (see bank account above), at the latest 7 days prior to the beginning of the championship. Any national team will not be accredited until the reserved transportation has been paid. Please send therefore your detailed travel itinerary to transport official 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.

Scales: Scales available at venue and at the hotel

Training: available at training area at championship venue

Flag: each team must bring their National flag

Anthem: EPF will provide

Photos: Identification is necessary for security reasons; each nation must send one photo for each lifter, coach and official. Photos must be sent together with the final nominations to the e-mail: powerhispania@gmail.com

Opening ceremony: Saturday, 27th September at 15:00 hours at venue. Two representatives (one lifter and one official) from each participating country shall take part at the ceremony.

Participation fee: 40 € and **Anti-Doping fee:** 50 €, for each lifter must be paid by bank transfer to the Spanish Powerlifting Association bank account before the Technical meeting.

Invoices: The Treasurer of the Spanish Powerlifting Association will send invoices for both Anti-doping and the Participation fees to all entered Federations 7 days before the Technical meeting.

Nominations: Team nomination forms must be in the hands of the Meet director and the EPF Secretary General not later than: 27th July 2014

Preliminary: 27th July 2014 complete filled in preliminary form must be sent. No final nomination will be accepted if a complete filled in preliminary nomination form was not sent in time.

After preliminary nomination, the best 10 Men and best 10 Women in Equipped, Raw Classic and Bench Press by formula Wilks will be invited to the championships. The others lifters at the preliminary nomination will remain as reserves. A lifter may be nominated for more than one championship, but after preliminary selection must choose just one to compete.

Final: 6th September 2014 - later entries sent on next days will not be accepted. Sending of the final nomination is obligatory!!! Final nomination must be sent not later than 21 days before the date of the Championships, and must be made only from lifters nominated in Preliminary nomination of the Championships. According to this, no reserve lifters can be included in the final nomination.

Confirmation of the referee's participation: It is obligatory for every Federation to confirm the participation of their nominated Referees in the Final nomination or cancel the referees who will not participate in the Championship.

Each federation with more than one lifter nominated must add at least one referee to their team, and he/she must attend at least one championship as referee or jury.

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

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 travel insurance for covering loss of luggage, delayed flights, etc.

Trophies: Open division (Men & Women) to receive awards for placing 1st, 2nd and 3rd by Wilks formula.

Preliminary timetable: Victory ceremonies will be held immediately after lifting sessions. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

SATURDAY, 27th SEPTEMBER

1st Arnold Classic Europe, Open Bench Press (equipped) Championships, Men & Women:

11:30 to 13:00 Weigh-in, **13:30** Start of competition

2nd Arnold Classic Europe, Open Powerlifting (equipped) Championships, Men & Women:

13:30 to 15:00 Weigh-in, **15:30** Start of competition

SUNDAY, 28th SEPTEMBER

1st Arnold Classic Europe, Open Classic Powerlifting (raw) Championships, Men & Women:

11:30 to 13:00 Weigh-in, **13:30** Start of competition

Additional Notes: At the powerlifting championships, each lifter will allow 7 attempts lifters to decide, minimum of 1 and maximum of 3 attempts per discipline. If after one minute, the attempt card is not receive at the secretariat table, the lifter renounces to perform any more attempts at that discipline.

All Powerlifting and Bench Press classifications must be done under Wilks formula. Trophy will be given to the three best men and the three best women.

Prize money will be given to the 3 best men and 3 best women in the Open Powerlifting (equipped) Championship

Spanish Powerlifting Association: Luis Tudela, President and Meet director Sanctioned by European Powerlifting Federation: Ralph Farquharson, EPF Secretary General

Arnulf Wahlstrøm

EPF President



Gaston Parage

IPF President



Luis Tudela

SPA President & Meet Director



Ralph Farquharson

EPF General Secretary

