

ER Equipment and the Danish Powerlifting Federation invite members of the IPF to participate in the 13th International ER Equipment Open Bench Press Championships 2014

Place: Kongsholmcentret, Liljens Kvt. 2, 2620 Albertslund (Copenhagen).

Dates: 24th and 25th January, 2014

Weigh-in times:

Friday 24th January.: Men from 105 kg up to and including 120+. 15.00-16.30. Start 17.00.

Saturday 25th January.: Women all classes: 09.00-10.30. Start kl. 11.00.

Men: 59 kg up to and including 74 kg: 10.30-12.00. Start kl. 12.30.

Men: 83 kg up to and including 93 kg: 12.00-13.30. Start kl. 14.00.

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

Only nominations through your national federation will be accepted. All lifters are expected to present **passports** or other required documents at the weigh-in. - **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 travel insurance for covering loss of luggage, delayed flights, etc. - **Arrivals/Transportation:** 28 km from CPH airport and 18 km from downtown Copenhagen.

Nomination

To be sent to: Dansk Styrkeløft Forbund, Idrættens Hus, 2605 Brøndby so we have received it on or before **Friday, 3rd January, 2014**. Mail address: kontor@styrke.dk

Please note your best lift within the latest 13 months.

Participation Fee:

DKK 225 to be paid to Erik Rasmussen at arrival.

Hotel:

There is no official hotel, but below you find one that is situated close to the venue. **Wittrup**

Motel, Roskildevej 251, 2620 Albertslund

<http://www.wittrupmotel.dk/>

Prizes:

The team competition will be decided on Wilks points. A team consists of up to 6 lifters from a club/gym, and the lifters may be of both sexes. The prize to the best club is an IPF approved ER equipment rack. ***The weight category of each lifter in the nomination is mandatory and cannot be changed at the weigh-in.***

Further information can be obtained from, meet director, Erik Rasmussen; tel. +45 20894168. Mail: mail@er-equipment.dk

We wish you a good competition and a pleasant stay.

ER Equipment and the Danish Powerlifting Federation