



# Invitation Nordic Championships Powerlifting and Bench Press 2012



<b>Organizer</b>	<b>Örebro Kraftsportklubb</b> Approved by The Nordic Powerlifting Federation and The Swedish Powerlifting Federation
<b>Venue</b>	Idrottshuset Örebro Eyragatan 1 Örebro
<b>Date</b>	25-26 august 2012
<b>Nomination</b>	Send nominations to Tommy Horvath <a href="mailto:tommy.horvath@utbildningsborgens.se">tommy.horvath@utbildningsborgens.se</a> Copy to <a href="mailto:kansli.styrkelyft@sormland.rf.se">kansli.styrkelyft@sormland.rf.se</a> Preliminary nomination june 26 <sup>th</sup> Final nomination august 4 <sup>th</sup> No later entries are accepted.
<b>Participation fee</b>	Powerlifting: 400€ for a national team or 45€ per lifter up to 8 lifters Benchpress: 300€ for a national team or 35€ per lifter up to 8 lifters Bank account: Örebro Kraftsportklubb BIC SWEDSESS IBAN SE37 8000 0845 2591 4947 8068 Adress to the bank: Swedbank Box 1443 701 14 Örebro
<b>Time schedule</b>	Saturday: powerlifting, Sunday: bench press. Weigh in from 08.00, first start 10.00 This is preliminary and may change after final nomination Weight classes women 47, 52, 57, 63,72, 84, +84 Weight classes men 59, 66, 74, 83, 93, 105, 120, +120 Maximum nine (9) women and ten (10) men plus two (2) reserves with appointed weight class can be nominated. There is no maximum number of lifters in each weight class, but the maximum total number must not be exited. The weight classes are fixed.
<b>Referees</b>	All nations must bring one referee.
<b>Technical meeting</b>	Friday 24 <sup>th</sup> august 19.00 at the venue
<b>NPF board meeting</b>	After the technical meeting
<b>Flags and athem</b>	Will be provided from the organizer
<b>Closest airport</b>	Arlanda Airport. For transport from the airport, see <a href="http://www.sj.se">www.sj.se</a> or <a href="#">Air-bus</a> .
<b>Hotels</b>	Hotel Plaza Örebro +4619-611 90 30. Special prices for the Nordic Championship. Scandic Örebro Väst +4619-767 44 00. Sports prices Nations make their own reservations directly to the hotels and pay at arrival in cash or with credit card.
<b>Banquet</b>	Will be held Saturday evening. Cost 30 €. Please pay at the same time as the participation fee.

**Other**

For more information, contact Tommy Horvath  
[tommy.horvath@utbildningsborgen.se](mailto:tommy.horvath@utbildningsborgen.se) or +46 733 57 15 59  
or Robert Boström  
[herr.bostrom@gmail.com](mailto:herr.bostrom@gmail.com) or +46 739 25 57 67

[www.styrkelyft.se](http://www.styrkelyft.se)  
Swedish powerlifting federation +4616-120 121