



**International Powerlifting Federation [IPF]  
Danish Powerlifting Federation**

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**Official Invitation**

**The International Powerlifting Federation  
and Danish Powerlifting invites all IPF member federations to attend the:**

**11<sup>th</sup> IPF Men/Women's World Masters Bench Press Championships  
April 13 -- April 16, 2011 / Rödby, Denmark**

**Contest Director:** Tommy Knudsen: [tommyknudsen@sport.dk](mailto:tommyknudsen@sport.dk) / Tel: +45 60842412

**Champ. Secretary:** Gaston Parage: [Gaston.Parage@powerlifting-ipf.com](mailto:Gaston.Parage@powerlifting-ipf.com)  
Tel: +352-621165214 / Fax: +352-582696

**Technical Secretary:** Horst Diter, DSF: [kontor@styrke.dk](mailto:kontor@styrke.dk) /Tlf: +45 43 26 21 70

**Contest Format:** Standard IPF weight classes and age groups

<b>Awards:</b>	Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place for each weight class and age group. The Women's Master III and Men's Masters IV categories will be determined by the Wilks Formula. Trophies will be awarded to the top three teams for each age group and participation diplomas/certificates will be awarded to all nominated lifters, coaches and referees that take part in the championship.
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**Organizer:** Danish Powerlifting Federation

**City:** Rödby, Denmark

**Dates of Event:** Wednesday to Saturday, April 13 – April 16, 2011

**Lifting Venue:** Event Center, Lalandia Feriecenter

**Hotel:** Lalandia Feriecenter

Hotel Website: <http://www.lalandia.dk/uk/Pages/forside.aspx>

**Hotel Rates:** Example (<http://www.lalandia.dk/uk/Pages/forside.aspx>)

**1. Holiday home 3 persons**

**Wednesday 13.04.2011** Departure: **Sunday 17.04.2011**

Holiday home: **Comfort 3 HCP holiday home 3 - Suitable for disabled visitors**

Price: EUR 454.00 (for 3 persons)

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**2. Holiday home 6 persons**

**Wednesday 13.04.2011** Departure: **Sunday 17.04.2011**

Holiday home: **Nordic 6 holiday home for 6 persons**

Price: EUR 572.00(for 6 persons.)

**No buffet breakfast**

See homepage

<http://www.lalandia.dk/uk/Pages/forside.aspx>

**Hotel bookings:** All team managers are responsible for payment of all their hotel expenses. The organizer of this event is not responsible for payment of hotel accommodations.

If you want to make a reservation please contact Lalandia by

Phone-No.: +45 54610500 or by

E-Mail [lalandia@lalandia.dk](mailto:lalandia@lalandia.dk)

**Please mention that you are competitor at the VM Bench Press 2011.**



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<b>Airport:</b>	Copenhagen Airport - <a href="http://www.cph.dk/CPH/UK/MAIN/">http://www.cph.dk/CPH/UK/MAIN/</a>
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SAS is proud to be the Official Airline for the IPF World Championship Master Bench press and welcomes you to Denmark. As Official Airline we offer you **10% conference and event discount** on our published fares\*.

<http://www.ipf-bench-2011.dk/SASbooking.html>

<b>Transport:</b>	<b>Accommodations Lalandia Feriecenter</b>
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All year round the Lalandia attractive holiday homes provide the perfect setting for recreation and comfort. The holiday homes are all functionally furnished with a light and modern living room with eating area, sofa group and color TV. The French-style kitchen is equipped with everything you need to cook your own meals. Each holiday home has its own terrace. No transport necessary – everything within walking distance.

The organizer provides only transport between Copenhagen Airport and the accommodation hotel, Lalandia Feriecenter.

Charge for transport each way: **20 EUR**

- Scales:** The competition scale will be available beginning on April 13, 2011.  
**National Flag:** Each nation must provide its national flag - Approximate size 1.5 m x 1.0 m.  
**National Anthem:** Each nation must also provide its national anthem CD.  
**Participation Fee:** € 30.00 Euros per lifter – **Payable to IPF**  
**Anti-Doping Fee:** € 50.00 Euros per lifter – **Payable to IPF**  
**Anti-Doping** Each lifter will be required to present official identification [Passport] as well as an IPF Anti-Doping Release Form at the weigh-in.  
**Technical Meeting:** Wednesday, April 13, 2011 @ 20:00 / Briefing Room –Lalandia Feriecenter  
**Opening Ceremony:** Thursday, April 14, 2011 @ 10:00 / Event Center – Lalandia Feriecenter  
<http://ipf-bench-2011.dk/index-15.html>  
**Banquet Tickets:** € 25.00 Euros per person.  
**Breakfast Buffet** 12 Euros per person  
<http://ipf-bench-2011.dk/index-19.html>

**Competition Website:** <http://ipf-bench-2011.dk/index.php>



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**Provisional Timetable of Events**

Day	Location	Event	Room	Start
Wednesday, April 13, 2011		<b>Technical Meeting</b>		20.00
Day	Weigh-in Time	Age Group	Weight Class	Start
Thursday, April 14, 2011	09:00 – 10:30	Men M2-M4	59.0 – 66.0 kg	11:00
	11:30 – 13:00	Women M1-M3	47.0 – 52.0 kg	13:30
	13:30 – 15:00	Men M1	59.0 – 66.0 kg	15:30
	15:30 – 17:00	Men M1-4	74.0 kg	17:30
Friday, April 15, 2011	08:00 – 09:30	Women M1-M3	57.0 & 63.0 kg	10:00
	10:00 – 11:30	Men M1-3	83.0 kg	12:00
	12:30 – 14:00	Women M1-M3	72.0 – 84.0+ kg	14:30
	14:30 – 16:00	Men M1-4	93.0 kg	16:30
	16:30 – 18:00	Men M1-4	105.0 kg	18:30
Saturday, April 16, 2011	08:30 – 10:00	Men M1-4	120.0 kg	10:30
	12:00 – 13:30	Men M1-4	120.0+ kg	14:00

**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 timetable of events. All changes will take place at the technical meeting that will be held on Wednesday, April 13, 2011.

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 7 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 or officials from each federation must stay in the official hotel during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, 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.

<b>Detlev Albrings</b> <b>President, IPF</b>	<b>Gaston Parage</b> <b>Championship Secretary,</b>	<b>Helge Laursen</b> <b>President, Denmark</b>	<b>Tommy Knudsen</b> <b>Meet Director</b>
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