EUROPEAN POWERLIFTING FEDERATION

The 32nd MEN'S AND 27th WOMEN'S EUROPEAN POWERLIFTING CHAMPIONSHIPS

5th - 9th May 2009

IN YLITORNIO, FINLAND

Sanctioned by the European Powerlifting Federation,

the Finnish Powerlifting Federation and the Organizing Club, Aavasaksan Kisa

invite the EPF member nations to participate in the

32nd Men's and 27th Women's European Powerlifting Championships 2009 in Ylitornio, Finland

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 EPF-Member nations, NOT by individuals.

Meet Director: Tero Hyttinen
Mobile phone: +358 40 521 9362 or +358 50 396 2690
Fax: +358 10 60 805, E-mail: tero-hyttinen@hotmail.com

Technical Secretary: Janne Toivanen,
Mobile phone: +358 40 848 0679
E-mail: janne.toivanen@fazer.fi

EPF Championship Secretary: Jiri Hofirek, Malickeho 980, 410 02 Lovosice, Czech Republic. Tel +420 739 405689 E-mail: jirih@atlas.cz

Host City : Ylitornio, Finland.

Date: 5. – 9. May 2009.

Venue: Ylitornion kuntotalo, Alkkulanraitti 1, Ylitornio.

Congress: Tuesday 5th of May 2009 at 1800 hours at Ylitornio Municipal Hall, Alkkulanraitti 55, Ylitornio.

Technical Meeting: Tuesday 5th of May after the Congress at Ylitornio Municipal Hall.

Referees Clinic: Tuesday 5th of May after the Technical Meeting at Ylitornio Municipal Hall.

Hotels:
Please book the Hotel rooms by using the Hotel Booking Form, and send the filled in form(s) by e-mail to Mr. Eugen Parviainen e-mail address: eugen_parviainen@hotmail.com
Phone +358 40 550 9282.

Hotel & Resort Holiday Village (Sweden)

Single room:	Euro 99,00 per person / night, including breakfast
Double room:	Euro 69,00 per person / night, including breakfast
Cottage:	Euro 99,00 per person / night, including breakfast (if only one person)
	Euro 59,50 per person / night, including breakfast (if two persons)
	Euro 46,00 per person / night, including breakfast (if three persons)
	Euro 39,50 per person / night, including breakfast (if four persons)
	Euro 35,50 per person / night, including breakfast (if five persons).

Hotel Helenan Kievari

Single room:	Euro 76,00 per person / night, including breakfast
Double room:	Euro 54,00 per person / night, including breakfast
Extra bed in double room:	Euro 42,00 per person / night, including breakfast.

Svanstein Gård (Sweden)

Double room:	Euro 41,00 per person / night, including breakfast
Cottage for 4 persons:	Euro 41,00 per person / night, including breakfast
	Note. Svanstein Gård is situated about 45 kilometres from the venue. Free of charge shuttle service by bus between the Svanstein Gård and the venue will be provided three times a day as well as the transport to the Banquet and back to the Svanstein Gård.
	There are training facilities and swimming pool in the Svanstein Gård to be used free of charge by the visitors. Prices are included in the room prices.

Tornedalia Hotel in Arctic Lapland (Sweden)

Single room:	Euro 104,00 per person / night, including breakfast
Double room:	Euro 69,00 per person / night, including breakfast
Extra bed in double room:	Euro 42,00 per person / night, including breakfast.

Westribe Camping

Main building:	
Single room:	Euro 64,00 per person / night, including breakfast
Double room:	Euro 50,00 per person / night, including breakfast
Cottages:	
Single room:	Euro 60,00 per person / night, including breakfast
Double room:	Euro 46,00 per person / night, including breakfast
Triple room:	Euro 46,00 per person / night, including breakfast
Quadruple room:	Euro 42,00 per person / night, including breakfast
	Transport to Hotel Helenan Kievari and back for having a dinner at your own cost will be arranged by the Westribe Camping.

Ylitornion kristillinen opisto

Single room:	Euro 53,00 per person / night, including breakfast
Double room:	Euro 48,00 per person / night, including breakfast.
	No dinner possibility. Hotel Helenan Kievari is the nearist place to have a dinner (distance about 2 kilometres).

Note 1: The room prices at the hotels in the Swedish side (**Sweden)** of the Torne River are based on the exchange rate from SEK to EUR on 12th of November 2008, and may vary based on the exchange rate on the day of payment.

Note 2: All Hotel costs must be covered by all nominated lifters and officials if we have not received information about a cancellation at the latest 7 days prior to the date of the

Championship. The deadline is 27th of April 2009. The same applies to the participation and anti-doping fees (EPF By-Laws 103.2 and 105.5.1).

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms at the arrival at the hotel reception. Payable by credit card or cash (Euro). All the rooms must be booked at latest with the deadline of the final nomination - 13th of April 2009.

Accommodation fees can also be paid by bank transfer to the bank account:
IBAN: FI6555330020041658
SWIFT: OKOYFIHH
Name & address: EM2009 Organisaatio, c/o Arto Heikka, Leinosentie 10, 95600 YLITORNIO, FINLAND.

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

Arrivals/Transportation: Transport from Rovaniemi airport and Kemi-Tornio airport to hotels in Ylitornio. Price of 40 EUR for round trip must be paid at arrival at the Championships Office. Any national team will not be accredited until the reserved transportation has been paid.
Please send therefore your detailed travel itinerary to the Meet Director so that the transfer can be provided.

Shuttle Service: Scheduled shuttle service between the hotels and venue will be provided free of charge.

Scales: Scales available at venue, Hotel Helenan Kievari and Svanstein Gård.

Training: Training facilities available at venue and Svanstein Gård.

Flag and anthem: Will be provided by the Organizer.

Photos*:* Identification is necessary for security reasons; each nation must send one photo for each lifter, coach and official. A maximum of three coaches per national team will be allowed into the venue free of charge. Photos must be sent together with the final nominations. If possible, send a digital version by email.

Closing Banquet: Saturday 9th of May, 2000 hours at Hotel Helenan Kievari. Price Euro 20,00 per person.

Participation Fee: 20 EUR for each lifter must be paid by bank transfer to the EPF bank account at the latest 7 days before the Technical Meeting. Invoice will be sent by the EPF Treasurer.

Anti-Doping Fee: 50 EUR for each lifter must be paid by bank transfer to the EPF bank account at the latest 7 days before the Technical Meeting. Invoice will be sent by the EPF Treasurer.

Opening Ceremony: Tuesday, 5 May 2009, 1700 hours at Ylitornio Municipal Hall.
Two representatives (one lifter and one official) from each participating country shall take part at the Ceremony.

Nominations: Team nomination forms must be in the hands of the Meet Director and the EPF Championship Secretary not later than:

Preliminary: 5th March 2009 (preliminary form must be sent. No final nomination will be accepted if the preliminary was not sent).

Final: 13th April 2009 (later entries will not be accepted).

Preliminary nominations must be sent not later than 60 days before the date of the Championships. Final nomination must be submitted not later than 21 days before the date of the Championships, and must be made from those nominated 60 days before the date of the Championship. This is inclusive of reserve or alternate lifters. According to this, no reserve lifters can be in the final nomination of any nation.

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

Correspondence: E-mails or fax messages (e-mails are preferred) regarding the championships must be sent to the General Secretary of the Finnish Powerlifting Federation Jari Rantapelkonen,
e-mail: sihteeri@suomenvoimanostoliitto.fi and the Meet Director Tero Hyttinen, e-mail tero-hyttinen@hotmail.com
and a copy to the EPF Championship Secretary Jiri Hofirek.

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

Web site: More information available at the special web site of the Championship: http://www.aavasaksankisa.com/ec2009

European Men's & Women's Powerlifting Championships
May 5 -9, 2009
Ylitornio, Finland

Provisional Schedule of Events

Day	Weigh in time	Classes	Start
Wednesday 6.5.2009	0900-1030 hours	Men 56,0 to 75,0 kg	1100 hours
	1300-1430 hours	Women 48,0 & 52,0 kg	1500 hours
Thursday 7.5.2009	0900-1030 hours	Women 56,0 & 60,0 kg	1100 hours
	1300-1430 hours	Men 82,5 & 90,0 kg	1500 hours
Friday 8.5.2009	0900-1030 hours	Women 67,5 & 75,0 kg	1100 hours
	1230-1400 hours	Men 100,0 & 110,0 kg	1430 hours
Saturday 9.5.2009	0800-0930 hours	Women 82,5 to 90+ kg	1000 hours
	1100-1230 hours	Men 125,0 & 125+ kg	1300 hours

Victory Ceremonies: Immediately after the end of each lifting session.

Important Note: Changes may be made to the schedule of events at the Technical Meeting depending on the number of lifters finally entered at this occasion.

Arnulf Wahlstrøm
EPF President

Kalevi Sorsa
FPF President

Tero Hyttinen
Meet Director

Jiri Hofirek
EPF Championship Secretary