 

**GPC World Championships**

**Powerlifting, Benchpress, Squat, Deadlift**

**RAW & EQUIPPED**

**16-23. September 2018.**



|  |
| --- |
| **Basic Information** |
| **Host City** | Eger, Hungary |
| **Venue** | Hotel Eger&ParkEger, Szálloda utca 1-3. 3300 Hungary +36/36-522-200GPS: N47.897118 E20.376162[**www.hotelegerpark.hu**](http://www.hotelegerpark.hu)**info@hotelegerpark.hu** |
| **Organizers** | * Hungarian Professional Powerlifting League
* Global Powerlifting Committee (GPC)
 |
| **Technical Director****Promoter****Meet Director** | Freimann SándorHajdú László  |
| **Contact** |  mpel-300x297 logo_GPC krivky 2 - male **Rohrmann Katalin** **Anita Mahony****hungarianpowerliftingcongress@gmail.com** World GPC Secretary **worldgpcsecretary@gmail.com**  +36-20-241-8587 +353 86 8422018 |
| **Date**  | **16th to 23thof September 2018 (Sunday to Sunday)** |
| **Closing Date** | **15th of August 2018.** The entries will be accepted if the team list & fees are sent by the national federation to both e-mail addresses: **hungarianpowerliftingcongress@gmail.com** & **worldgpcsecretary@gmail.com** and the entry fee is lodged to the bank account by the closing date. |
| **Website** | [**www.powerlifting.hu**](http://www.powerlifting.hu)[**www.worldgpc.com**](http://www.worldgpc.com)[**www.gpcworld2018.com**](http://www.gpcworld2018.com) |
| **Entry fees** | * 64 EUR for first event entered (teenager and junior only 44 EUR).
* 35 EUR per additional event entered.
* Late entries will be accepted but with a penalty of 30 EUR per person which is also applied to entries received without entry fee by the closing date.
 |
| **Categories** | All GPC Weight & Age Categories – Male & Female **Teenage:** 13-15; 16-17; 18-19 years; **Junior:** 20-23 years; **Open (Senior):** 24-39 years; **Sub Master:** 33-39 years (for record purposes only)**Master:** 40-44 44; 45-49; 50-54; 55-59; 60-64;65-69; 70-74; 75-79; 80 years upward**Rulebook:** [**www.worldgpc.com**](http://www.worldgpc.com)**RAW and EQUIPPED**Paralympic\* **-** *Lifters competing in this category must be able to use the standard lifting equipment as the GPC does not have specialised equipment. Lifters who cannot complete the lifts as per GPC rules and who have a disability, must enter the Paralympic category for their Age/Weight division. Lifters with a disability who can complete the lifts as per the GPC rules can opt to lift in the Paralympic category or standard category.* **Disciplines:** **Equipped** (Multi-ply) **RAW*** Powerlifting, - Powerlifting
* Benchpress - Benchpress
* Deadlift - Deadlift
* Squat - Squat
 |

|  |
| --- |
| **Bank Account Details** |
| **Bank details:****Bank**: Kisalföld Takarék Szövetkezet**Adress of the bank**: H-9200 Mosonmagyaróvár, Palánk u. 8.**SWIFT:** TAKBHUHB**Owner:** Hungarian Powerlifting Congress 7**Owner’s adress:** H-9200 Mosonmagyaróvár, Kálnoki u. 11.**IBAN:** HU82 5950 0155 5001 3667 0000 0000 |

|  |
| --- |
| **Weigh in Times** |

**Daily: 9.00-11.00 h & 15.00-18.00 h**

Weigh in times may be modified after the application deadline to facilitate large number of entries

**All weigh-ins take place the day before lifting commencing 15th September.**

**There will be no weigh-ins on the day of lifting!**

|  |
| --- |
| **Lifting Schedule** |

Lifting Commences every day at 9am unless otherwise indicated

Opening Ceremony – Sunday 16th at 8.30am

|  |  |  |  |
| --- | --- | --- | --- |
| **Sun** | **16/09/18** | **EQ Powerlifting & Raw Squat** | **All lifters** |
| **Mon** | **17/09/18** | **Raw Powerlifting** | **All Women &** **Men up to -67.5** |
| **Tues** | **18/09/18** | **Raw Powerlifting** | **Men -75 & -82.5** |
| **Wed** | **19/09/18** | **Raw Powerlifting****AGM** | **Men -90 & -100** |
| **Thurs** | **20/09/18** | **Raw Powerlifting****EQ Squat** | **Men -110 to 140+****All lifters** |
| **Fri** | **21/09/18** | **EQ Bench & EQ Deadlift** | **All lifters** |
| **Sat**  | **22/09/18** | **Raw Benchpress****Banquet** | **All Women &** **Men up to -110** |
| **Sun**  | **23/09/18** | **Raw Benchpress****Raw Deadlift** | **Men -125 to+140****All Lifters** |

|  |
| --- |
| **Hotel** |
| **Hotel Eger & Park** |
| Website | [**www.hotelegerpark.hu**](http://www.hotelegerpark.hu) |
| Booking | **info@hotelegerpark.hu** Rooms must be booked directly with the Hotel. Please write “**GPC World**” as the booking password when making reservation. |
| Address | Eger, Szálloda utca 1-3. 3300 Hungary  |
| e-mail | **info@hotelegerpark.hu** |
| Phone | +36-36-522-200 +36-36-522-221 |
| Parking | Beside the hotel |
| **Alternative Accommodation** |
| * [www.szallas.hu/Eger](http://www.szallas.hu/Eger)/
* [www.booking.com/eger](http://www.booking.com/eger)
* [www.trivago.hu/Szállás/Eger](http://www.trivago.hu/Sz%C3%A1ll%C3%A1s/Eger)
* [www.szallas.eger.hu](http://www.szallas.eger.hu)
* [www.szallasinfo.hu/szallasok/eger.php](http://www.szallasinfo.hu/szallasok/eger.php)
* [www.travelminit.hu/en](http://www.travelminit.hu/en)
 |

|  |
| --- |
| **Enclosures – Entry Form & Team List** |
| * **Team List -** All lifters must submit their entry forms and entry fees (with the exception of Individual GPC Members from Non-Affiliated Countries) to their National Federation to be included on that Country’s team list. This team list is to be returned by email to: hungarianpowerliftingcongress@gmail.com & worldgpcsecretary@gmail.com & the entry fee paid by the National Federation in Euro to the organiser by **15. 08. 2018.**
 |

|  |
| --- |
| **Eligibility**  |
| All lifters must be members of the GPC. Each nation sets their own entry requirements.Lifters must enter through their national federation. Lifters from countries which are not members of the GPC, can apply for Individual Membership of the GPC (Form available on GPC website).[**http://www.worldgpc.com/index.php/downloads**](http://www.worldgpc.com/index.php/downloads) |

|  |
| --- |
| **Visas** |
| If you require a visa compete in these championships, please complete the VISA Support Letter Form available under downloads on the GPC website ([**http://www.worldgpc.com/index.php/downloads**](http://www.worldgpc.com/index.php/downloads)**)** and return to the World GPC Secretary. Lifters must be members of the GPC affiliate in their country or if from a country which doesn’t have a GPC affiliate, must join as individual GPC members before requesting a VISA Support Letter. Individual Membership forms are also available under downloads on the GPC Website. |

|  |
| --- |
| **Airport Transfers** |

**Airport - Budapest - Eger 140 km**

 

**See you in Eger!**