



IPF 12th Sub-Junior & 30th Junior World POWERLIFTING CHAMPIONSHIPS 2012

From August 28th to September 2nd

in Szczyrk / Poland

Sanctioned by the International Powerlifting Federation.

Polish Bodybuilding, Fitness and Powerlifting Federation

invites the IPF member nations to participate in the

IPF 12th Sub-Junior & 30th Junior World Powerlifting Championships 2012

General remark: All team selection, all official entries to the Championships and all hotel bookings must be done by the IPF-affiliated national powerlifting federations, NOT by individuals.

Meet Director: Mr. Jerzy Szymanski, tel. +48 501585311, fax: +48 32 2732041
E-mail: jerzy.szymanski@ipfjuniorsworld2012.pzkfits.pl

IPF Championship Secretary: Mr. Gaston Parage, 1, rue Pasteur, L-4642 Differdange, Luxembourg
Mobile Phone: +352-621165214, Fax: +352-582696,
E-mail: Gaston.Parage@powerlifting-ipf.com

Technical Director: Mr. Arkadiusz Znojek, tel.: +48 601755035, fax: +48 41 3316894;
E-mail: arkadiusz.znojek@ipfjuniorsworld2012.pzkfits.pl

Technical Secretary: Mr. Mirosław Grzesiuk, tel.: +48 515122145, fax: +48 87 6215548
E-mail: miroslaw.grzesiuk@ipfjuniorsworld2012.pzkfits.pl
Please send to Mirosław Grzesiuk all information concerning preliminary and final nominations, national team members photos.

Correspondence, Visa ,invitations :Mr. Radosław Grzechnik,
tel: +48 22 5500967, fax: +48 22 5500968;
E-mail: office@ipfjuniorsworld2012.pzkfits.pl , and a copy to the IPF
Championship Secretary **Gaston Parage** (Gaston.Parage@powerlifting-ipf.com)

Accommodation, transport: Ms. Monika Szymanska, tel. +48 504712040 , fax: +48 32 2732041
E-mail: monika.szymanska@ipfjuniorsworld2012.pzkfits.pl
Please send to Ms. Monika Szymanska all information concerning your stay in Szczyrk, Poland: accommodation and transport requests.

Host City: Szczyrk, Poland

Date: August 28th – September 2nd, 2012

Venue: Centrum Kongresow i Rekreacji Orle Gniazdo Sp. z o.o., ul. Wrzosowa 28a ,
(„Orle Gniazdo” Congress and Recreation Center, 28a Wrzosowa Str.)
43-370 Szczyrk, Poland, www.orne-gniazdo.pl

Technical Meeting: Monday, August 27th, 2012 at the venue at 20:00.



Championship Website: ipfjuniorsworld2012.pzkfits.pl

Hotel:	Centrum Kongresów i Rekreacji "Orle Gniazdo", 28a Wrzosowa Str. 43-370 Szczyrk, Poland	
Hotel Rates:	Single occupancy:	50 € per room / night, including breakfast
	Double occupancy:	80 € per room / night, including breakfast
	Double occupancy (one person in the room)	80 € per room / night, including breakfast
	Apartment (2 Persons):	134 € per room / night, including breakfast
	Single occupancy, lower standard:	35 € per room / night, including breakfast
	Double occupancy, lower standard:	60 € per room / night, including breakfast
	Double occupancy, lower standard (one person in the room)	50 € per room / night, including breakfast
	Triple occupancy, lower standard:	85 € per room / night, including breakfast

Note 1: *All athletes, coaches, referees or officials from each national 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 (By-Laws 105.4.4).*

For room booking contact Ms. Monika Szymanska, please,
e-mail: monika.szymanska@ipfjuniorsworld2012.pzkfits.pl

At all World Championships the accommodation fees shall be paid by cash, money transfer or credit card as follows (Exceptions may be granted by the IPF EC):

- 1) By bank transfer as specified by the organizer in the invitation for each World Event; payment must be received at the account of the organizer 7 days prior to the Technical Meeting
- 2) By credit card (+3% bank fee)
- 3) By cash in Euros

All bank charges at the expense of the sender. If you choose the payment by bank transfer or by credit card, you must inform the organizer in advance, sending e-mail to: jerzy.szymanski@ipfjuniorsworld2012.pzkfits.pl

The organizer will not be responsible for any hotel bills of the participating Nations. Each team manager will be responsible to cover all hotel expenses created by the members of his team. All rooms must be booked at the latest with the deadline of the final nomination – August 6th, 2011. After this deadline the organizer cannot guarantee the accommodation.

Money transfer details:

Name: Klub Sportowy Olimp
Street: ul. Wolnosci 315
City: Zabrze 41-800
Bank account: 13 1050 1298 1000 0023 5975 5085
SWIFT code BIC: INGBPLPW
Bank address: ING Bank Śląski S.A. / INGBSK, ul. Sokolska 34, 40-086 Katowice, Poland

Payments via bank transfer must be received at the above-mentioned bank account **at the latest 7 days prior to the Technical Meeting.**

Arrivals/Transportation: Transportation will be provided from the Katowice Airport (KTW) or the Krakow Balice Airport (KRK) to the hotel in Szczyrk and back. The cost: 20 € per person / one way. Please send your detailed travel itinerary to Ms. Monika Szymanska (monika.szymanska@ipfjuniorsworld2012.pzkfits.pl) so that the transport can be provided.
If you change your travel itinerary and you do not inform Ms. Monika Szymanska about this change, you will have to cover the cost by yourself.



- Scales:** Scales will be available at the **CKiR Orle Gniazdo** and the venue.
- Training:** Training facilities available at the venue.
- Flag and anthem:** Will be provided by the Organizer.
- Identification:** Identification is necessary for security reasons. An ID badge for each lifter, coach and official will be during the registration at the Championship office. A maximum of three coaches will be allowed into the venue free of charge.
- Closing Banquet:** Sunday, September 2 at 20:00 at the hotel CKiR Orle Gniazdo. Price € 25 per person
- Participation Fee:** € 30 for each lifter declared, must be wired to the IPF bank account.
- Anti-Doping Fee:** € 50 for each lifter declared must be wired to the IPF bank account.
- Opening Ceremony:** Tuesday 28 August 2012 at 09:00
- Health and Travel Insurance:** All team members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes, etc.
- 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. Digital version of photos must be sent together with the final nominations to the Technical Secretary Mr. Miroslaw Grzesiuk. The image must have resolution 540x420 saved as JPEG Image File (JPG) or the Portable Network Graphics (PNG).
- Nominations:** National Teams nomination forms must be in the hands of to the Technical Secretary Mr. Miroslaw Grzesiuk and IPF Championship Secretary not later than:
- Preliminary:** **June 28th (completely filled in preliminary entry form must be sent. No final nomination will be accepted if completely filled in the preliminary was not sent).**
- Final:** **August 06th (later entries will not be accepted).**

All nominated lifters and officials will have to cover all hotel costs, if we have received no information about a cancellation 7 days prior to the championships, and the same applies for the participation and anti-doping fees (IPF-By-Laws 105.5.2).

7 Days before the Technical Meeting: 20th of August is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If not any withdrawal is made 7 days prior to the Technical Meeting of the World championships or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form.



Provisional Timetable Sub-Junior/Junior World Championship 2012

Opening Ceremony: Tuesday, August 28th, 2012 at 09:00

Day	Weigh-in time	Classes	Start
Monday, 27.08.2012		Technical Meeting	20:00
Tuesday, 28.08.2012		Opening Ceremony	09:00
	08:00 – 09:30	Women 43.0 & 47.0 kg	10:00
	12:00 – 13:30	SJ/J-Men 53,0 kg	14:00
	16:00 – 17:30	Women 52.0 kg	18:00
Wednesday, 29.08.2012	08:00 – 09:30	SJ/J-Men 59.0 kg	10:00
	11:30 – 13:00	Women 57,0 kg	13:30
	15:00 - 16:30	SJ/J-Men 66.0 kg	17:00
Thursday, 30.08.2012	08:00 – 09:30	Women 63.0 kg	10:00
	12:00 – 13:30	SJ/J-Men 74.0 kg	14:00
	16:30 – 18:00	SJ-Men 83.0 kg	18:30
Friday, 31.08.2012	08:00 – 09:30	Women 72.0 kg	10:00
	11:30 – 13:00	J-Men 83.0 kg	13:30
	15:00 – 16:30	SJ/J-Men 93.0 kg	17:00
Saturday, 01.09.2012	08:00 – 09:30	Women 84.0 & 84+ kg	10:00
	13:30 – 15:00	SJ/J-Men 105.0 kg	15:30
Sunday, 02.09.2012	08:00 – 09:30	SJ-Men 120.0 & 120+ kg	10:00
	11:00 – 12:30	J-Men 120.0 & 120+ kg	13:00

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 27th August 2012.

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 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).

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.

Detlev Albrings Pawel Filleborn
President IPF PZKFITS President

Jerzy Szymanski
Meet Director

Gaston Parage
Championship Secretary