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## **GPC EUROPEAN CHAMPIONSHIPS 2017**

### **in POWERLIFTING, SQUAT, BENCHPRESS & DEADLIFT**

**Location:** Biala Podlaska, Poland  
(Hala Sportowa PSB, Ul Sidorska 105, 21-500 Biala Podlaska ([www.hala.pswbp.pl](http://www.hala.pswbp.pl)))

**Meet Director:** Franciszek Szabluk

**Dates:** 25<sup>th</sup> June 2017 – 1<sup>st</sup> July 2017

**Website:** <http://www.e-monsterpower.com/gpc-european-championship-2017>

#### **Lifting Schedule:**

**Daily commencement times & schedule will be posted after the closing date.**

Sunday 25 <sup>th</sup> June	Equipped Powerlifting & Raw Squat	All Lifters
Monday 26 <sup>th</sup> June	Raw Powerlifting	All Women, Men 52-75kgs
Tuesday 27 <sup>th</sup> June	Raw Powerlifting	Men 82.5-100kgs
Wednesday 28 <sup>th</sup> June	Raw Powerlifting & Equipped Squat	PL- Men 110-140+kgs SQ – All Lifters
Thursday 29 <sup>th</sup> June	Equipped Benchpress & Deadlift	All Lifters
Friday 30 <sup>th</sup> June	Raw Benchpress	All Women, Men 52-110kgs
Saturday 1 <sup>st</sup> July	Raw Benchpress & Deadlift	BP –Men 125-140+kgs DL – All Lifters

#### **Weigh-In Schedule:**

**All weigh-ins take place the day before lifting, commencing 24<sup>th</sup> June 2017.**

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

<b>Daily Weigh in Times</b>	<b>8am – 11am &amp; 3pm –6pm</b>
Each session can be extended if required to accommodate the number of athletes weighing in who are there by the close of the official weigh in time.	Lifters requiring special weigh-in arrangements due to travel connection times must contact the organiser in advance to organise same.

**Rules:** These Championships will be conducted using the GPC Rules. The Rulebook is available to download from the GPC Website

- Categories:** **All GPC Weight Categories & All GPC Age Divisions**  
**Raw and Multiply**  
**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.
- Entry Fees:** **First Event €64 - Open & Masters / €44 - Juniors & Teens**  
**Additional Events €35 per event**  
**Late Entry Fees** (paid after closing date or at weigh-in) **plus €30 per person**  
**As per rules brought in on 01/01/16, all lifters must pay their entry fees to their national federation. The national federation is responsible for submitting the team list and team payment by the closing date to avoid the late penalty fees. All entry fees must be paid in the currency of the organising nation which is Euro for this event.**
- Closing Date:** **31<sup>st</sup> May 2017.** Team List & Entry Fees must reach the Meet Director by this date, otherwise late entry fees will apply. Each nation must set their own closing dates for lifters to submit their entry for inclusion on the team list.
- To Enter:** Team Lists to be emailed to **Franciszek Szabluk** [franek56\\_56@tlen.pl](mailto:franek56_56@tlen.pl) and **World GPC Secretary** - [worldgpcsecretary@gmail.com](mailto:worldgpcsecretary@gmail.com) by 31/05/2017  
Entry fees must be submitted to the Meet Organiser by 31/05/2017.
- |            |                                  |            |                                |
|------------|----------------------------------|------------|--------------------------------|
| SWIFT/BIC: | ALBPPLPW                         | Bank Name: | Alior Bank                     |
| Account:   | 32 2490 0005 0000 4000 1486 9177 |            |                                |
| IBAN:      | PL32249000050000400014869177     |            |                                |
| A/C Name:  | Franciszek Szabluk               | Address:   | Malowa Gora 2D, 21-512 Zalesie |
| Reference: | Team (name of country)           |            |                                |
- 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>
- Websites:** All information will be included on the championships website:  
<http://www.e-monsterpower.com/gpc-european-championship-2017/>  
& GPC facebook page: <https://www.facebook.com/groups/106265919454582/>  
Also the GPC website: <http://www.worldgpc.com/>  
The list of competitors can only be posted after the closing date.
- 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>) 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.

## ACCOMMODATION

Hotel Name	Address & Contact Details
<b>Dom Studenta PSW</b>	21-500 Biała Podlaska, ul. Sidorska 105 tel.: +48 516 493 106 e-mail: <a href="mailto:b.laska@pswbp.pl">b.laska@pswbp.pl</a>
<b>Hotel Delfin</b>	21-500 Biała Podlaska, Al. Jana Pawła II nr 11 tel.: +48 83 344-51-41, e-mail: <a href="mailto:hoteldelfin@hoteldelfin.pl">hoteldelfin@hoteldelfin.pl</a> , <a href="http://www.hoteldelfin.pl">www.hoteldelfin.pl</a>
<b>Hotel Pajero</b>	Horbów Kolonia 29C tel.: +48 83 375 75 45, e-mail: <a href="mailto:wzagrodzie@pajerokarczma.pl">wzagrodzie@pajerokarczma.pl</a> <a href="http://pajerohotel.pl">http://pajerohotel.pl</a>
<b>Hotel Skala</b>	21-500 Biała Podlaska, ul. Artyleryjska 1 Tel.: +48723 231 333, e-mail: <a href="mailto:hotel@skalabp.pl">hotel@skalabp.pl</a>
<b>Hotel Capitol</b>	21-500 Biała Podlaska, ul. Reymonta 3 Tel.: +48 83 344 23 58, e-mail: <a href="mailto:hotel@hotelcapitol.com.pl">hotel@hotelcapitol.com.pl</a> <a href="http://www.hotelcapitol.com.pl">www.hotelcapitol.com.pl</a>
<b>Hotel Osjann</b>	21-500 Biała Podlaska, ul. Plac Wolności 15 tel.: +48 83 343 31 81, <a href="http://www.osjann.pl/hotel/osjann/">http://www.osjann.pl/hotel/osjann/</a>

## TRANSPORT

Airport	Distance/Duration	Transfer Costs
Warsaw Chopin	180kms – 2.5 hours	€90 per vehicle for 5- 8 persons €50 per vehicle for 1-4 persons
Modlin (near Warsaw)	220km – 3 hours	€110 per vehicle for 5-8 persons €60 per vehicle for 1-4 persons
Lublin	150km – 2 hours	€60 per vehicle (max 8 persons)

Public transport to Biala Podlaska – train/bus approx. €10 & €2 taxi to hotel.