

Official Invitation

The 10th annual ER Equipment Open Bench press Championship 2011
Kongsholmcentret, Liljens kv. 2, 2620 Albertslund, Denmark
February 4-5, 2011

Host: ER Equipment Powerlifting Team

Time schedule:

The first weight in will be on Friday the 4th of February at 5.00 PM for the weight classes 105 to +120 kg.
The rest of the lifters will be lifting on Saturday the 5th of February - starting with the first weight in at 9.00 AM. According to the number of entries this time schedule can be changed.

Entry:

Fill in the enclosed entry form, and E-mail to:
mail@er-equipment.dk - No later then the 10th of January.
Referees taking part must also be noted on the entry form.

Competition Fee / Doping Fee:

Foreign lifters: 30 Euro per lifter.

The amount to be transferred to account:

IBAN KONTO: DK4230000010738393

SWIFT BIC: DABADKKK

No later then the 10th of January.

Danske løftere – 225 kr. For deltagelse. Overføres til konto:

Danske Bank:

Reg. Nr. 1551 Konto nr. 10738393

Categories and prizes:

Women: Sub-Junior (14-18), Junior (19-23), Senior/Open, Masters I and Masters II.

Men: Sub-Junior (14-18), Junior (19-23), Senior/Open, Masters I, Masters II and Masters III.

There are prizes for the three best lifters in each of the weight classes.

Lifters; Sub-Junior, Junior, Masters I, II and III - will all lift in the open category.

Team prizes:

The team competition will be decided by Wilks points.

Up to 6 lifters in each gym/club/team - male or female - will be counted for.

The best team will win: **An IPF approved ER Equipment Rack**

Transport:

28 km from CPH airport and 18 km from Downtown Copenhagen

For further information - please contact: Erik Rasmussen +45 20 89 41 68

Team and Country _____

Wt Class	Name	Birth Date	Best Bench within 12 months

Referee 1 : _____ Cat : _____ Available for categories: _____
 Referee 2 : _____ Cat : _____ Available for categories: _____
 Referee 3 : _____ Cat : _____ Available for categories: _____

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