



## WDFPF WORLD SINGLE LIFTS 2010

<b>LOCATION</b>	<b>Park-Hotel Ognikovo, Istrinsky distrikt, Moscow region, Russia</b>
<b>DATES</b>	Thursday <b>22<sup>d</sup> April, 2010</b> – day of arrival and registration Friday <b>23<sup>d</sup> April, 2010</b> –Squat Saturday <b>24<sup>th</sup> April, 2010</b> – Bench Press Sunday <b>25<sup>th</sup> April, 2010</b> - Deadlift
<b>WEIGH-IN AND COMMENCEMENT</b>	Weigh-in & Kit Check will take place Friday <b>23<sup>d</sup> April, 2010</b> Weigh-in from <b>8am – 9.30am</b> . Beginning <b>10.00am Open Ceremony, 10.30am Unequipped, 16.00am Equipped</b> Saturday <b>24<sup>th</sup> April, 2010</b> Weigh-in All women and men from <b>7am – 8.30am</b> . Beginning <b>9.00am Unequipped. 16.00am Equipped</b> Sunday <b>25<sup>th</sup> April, 2010</b> Weigh-in from <b>8am – 9.30am</b> . Beginning <b>10.00am Unequipped, 15.00am Equipped</b> The time of weigh-in and commencement may be change after the registration. Lifters must bring proof of identity/age to the weigh-in (Passport/National ID Card/Drivers License)
<b>ENTRY FEES</b>	<b>€80</b> for the first event, <b>€120</b> for two events, <b>€160</b> for three, <b>€200</b> for four, <b>€220</b> for five, <b>€240</b> for six. The entry fee must be included with the entry form when being submitted to the National Federation for inclusion on the team list. The National Representative will then pay the Organizer at the day of registration. No refunds for withdrawn entries
<b>CATEGORIES</b>	Lifters may only enter their respective AGE class – they will then also automatically be entered into the OPEN class.
<b>WEIGHT/AGE CLASSES</b>	All WDFPF Male & Female weight/age classes apply. Nations may enter a max of 3 lifters in each weight/age class <b>Each nation must ensure that all the lifters selected have attained the relevant WDFPF WORLD QUALIFICATION TOTAL for their age/weight class</b>
<b>MILITARY/FIRE/ POLICE/PRISON OFFICERS</b>	There is no additional fee or trophy for MFP athletes unless athlete is lifting only MFP & not included in the three lifters in his/her weight/age class on the team list. In this case normal entry fees apply.
<b>CLOSING DATES</b>	<b>7<sup>th</sup> March, 2010</b> by Athlete to National Federation <b>14<sup>th</sup> March, 2010</b> by National Federation to Organiser
<b><u>VISAS INVITATION</u></b>	Only sportsmen from team-list of National Federation are free of payment for visa invitation. Referees, coaches, and other accompanies, who need invitation : <b>€25</b> per one invitation. For getting invitation it is necessary to send to Championships organizers the <b>copy of passport, the dates of stay</b> in Russia and <b>fax number</b> The invitation fee must be collected by National Representative The National Representative will then pay the Organizer at the day of registration. No refunds for given invitations
<b>CHAMPIONSHIPS ORGANISERS</b>	<b>YULIYA SEGAL Phone: +7921-33-33-201</b> <b>E-mail: yuliya-segal@yandex.ru</b> <b>ANATOLY CHECRENEV meet director</b>
<b>ENTRIES TO</b>	Entry forms and Entry fees must be submitted by the lifters to their NATIONAL FEDERATION (not directly to the organisers) by the closing date set by that federation