

**GERMAN DRUG FREE POWERLIFTING FEDERATION**  
**2<sup>nd</sup> OPEN NATIONAL CHAMPIONSHIPS 2010**

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UNEQUIPPED and EQUIPPED  
SINGLE EVENT and POWERLIFTING

- Location:** **DÜSSELDORF, NORTH RHINE-WESTPHALIA, GERMANY**  
Venue: Fitnessstudio BODY&MIND, Mindener Str. 22, 40227 Düsseldorf
- Date:** **Sunday, 23<sup>rd</sup> May, 2010**
- Divisions of competitions:** Athletes can compete in Single Unequipped and Equipped  
**or** Powerlifting Unequipped and Equipped  
**No qualification required**
- Awards:** All athletes will receive 1 trophy
- Entry fees:** 30 euro ( drugtesting ) no extra fee for additional events and division  
**The 2010 GDFPF Championship will be drug-testes as per W.D.F.P.F. rules**  
Minimum 10 % of the athletes will be tested
- Weigh-In:** 9.00 am – 10.30 am  
Lifting commences at 11.00 am
- Closing Date:** **01/05/10 to the Organiser for submission**
- Entries and Queries to:** Mariyana Marinova [gdfpf@hotmail.de](mailto:gdfpf@hotmail.de); +49 172 34 12 392  
Copy to Wim Backelant [wim.backelant@telenet.be](mailto:wim.backelant@telenet.be)
- Referees:** International referees. International records will be recognized. The participation in the event is a qualification opportunity and shall qualify the lifters internationally for 2010. Qualification will be by achieving minimum standards laid down by the W.D.F.P.F.
- Schedule:**
- |                               |               |                |
|-------------------------------|---------------|----------------|
| <b>1. Squat unequipped</b>    | <b>Single</b> | <b>+ Power</b> |
| <b>2. Squat equipped</b>      | “             | “              |
| <b>3. Bench unequipped</b>    | “             | “              |
| <b>4. Bench equipped</b>      | “             | “              |
| <b>5. Deadlift unequipped</b> | “             | “              |
| <b>6. Deadlift equipped</b>   | “             | “              |
| <b>7. Trophies</b>            |               |                |
- Websites:** <http://gdfpf.de.tl/>

*All participants from Germany must currently have GDFPF membership. They may apply for membership on the day of the competition. If you have any questions about membership or about the Federation please contact Mariyana Marinova [gdfpf@hotmail.de](mailto:gdfpf@hotmail.de).*

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**Any questions or enquiries about the above contact Mariyana Marinova**  
**Email: [gdfpf@hotmail.de](mailto:gdfpf@hotmail.de) and [mariyana.marinova@wdfpf.co.uk](mailto:mariyana.marinova@wdfpf.co.uk) , or call +49 172 34 12 392**

## *TRAVEL & ACCOMMODATION INFORMATION*

**Location:** Düsseldorf is situated in North Rhine-Westphalia,



There are several cheap hotels very close to the venue.  
Cheap Ryanair flights to Düsseldorf ( Weeze ) 70 km from venue.

Check out GDFPF website on <http://gdfpf.de.tl/> for details on all accommodation options & updated information on the championships.