



Meet Directors
Szűrszabó Levente

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GPC EUROPEAN CHAMPIONSHIPS 2019 POWERLIFTING, SQUAT, BENCHPRESS & DEADLIFT



Location: Tiszakécske, City Sportcentrum – Hungary Tiszakécske, Babits Mihály út, 6060
(GPS: 46°56′8.12″ ; 20°6′17.54′)

MAP:

<https://www.google.com/maps/place/Tizsak%C3%A9cske+Sportcentrum/@46.9351317,20.1031958,17z/data=!3m1!4b1!4m5!3m4!1s0x474159670364a621:0x3d8a15ce0c18209b!8m2!3d46.9351281!4d20.1053845>

Organizers: Hungarian Professional Powerlifting League; Global Powerlifting Committee

Meet Director: Szürszabó Levente (+36-20-468-6676)

Technical Director: Németh László (+36-30-940-0685)

Dates: 19th May 2019 – 26nd May 2019

Lifting Schedule: Lifting Commences every day at 9.00 h; Opening Ceremony – Monday 20th at 8.30 h

Monday 20 th May	EQ Power RAW Squat	All Lifters All Lifters
Tuesday 21 th May	Raw Power	All women Men - teens
Wednesday 22 th May	Raw Power EQ Squat	Men – masters All Lifters
Thursday 23 th May	Raw Power	Men - junior, open
Friday 24 th May	EQ Benchpress EQ Deadlift	All Lifters All Lifters
Saturday 25 th May	Raw Benchpress	All Lifters
Sunday 26 th May	Raw Deadlift	All Lifters

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

AGM - 24. May 19 h **Banquet – 25. May**

Weigh-In Schedule:

All weigh-ins take place the day before lifting, commencing 19th May 2019

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

Sunday 19th – Saturday 25th May	8.00 – 10.00 h & 16-00 – 18.00 h
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 2019 GPC Rules. The Rulebook is available to download from the GPC Website

Categories: All GPC Weight & Age Categories – Male & Female - Raw and Multiply

Teenage: 13-15; 16-17; 18-19 years; **Junior:** 20-23 years; **Open (Senior):** 24-39 years; years; **Masters:** 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 years upward

Rulebook: www.worldgpc.com

Disabled - 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.

Disciplines: **Equipped** (Multi-ply) **RAW**

- | | |
|-----------------|----------------|
| - Powerlifting, | - Powerlifting |
| - Benchpress | - Benchpress |
| - Deadlift | - Deadlift |
| - Squat | - Squat |

Entry Fees: **First Event: €65 - Open & Masters/ €45 - 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: **23th April 2019.** Team List & Entry Fees must be submitted by this date by the national federations 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 hungarianpowerliftingcongress@gmail.com and **World GPC Secretary** - worldgpcsecretary@gmail.com by 23/04/2019. Entry fees must be submitted to the Meet Organiser by 23/04/2019.

Bank Details:

Bank: Nyugat Takarékszövetkezet

Address of the bank: H-9200 Mosonmagyaróvár, Palánk u. 8.

SWIFT: TAKBHUHB **IBAN:** HU82 5950 0155 5001 3667 0000 0000

Owner: Hungarian Powerlifting Congress 7

Owner's address: H-9200 Mosonmagyaróvár, Kálnoki u. 11.

Enclosures – Entry form & Team List

Team List - All lifters must submit their entry forms and entry fees (with the exception of Individual GPC Members from Non-Affiliated Countries) to their National Federation to be included on that Country's team list. This team list is to be returned by email to: hungarianpowerliftingcongress@gmail.com & worldgpcsecretary@gmail.com & the entry fee paid by the National Federation in Euro to the organiser by **23. 04. 2019.**

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 www.powerlifting.hu
www.gpceuro2019.lttech.hu www.worldgpc.com

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 to 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

Official Hotel :

Barack Hotel Thermal & Spa <https://www.barackhotel.hu/en>

Reservation Code for special rates: GPC2019

Other Hotels: gpc2019@lttech.hu Send a letter to this e-mail - with name, number of

competitors and

how many days you want to stay.

Airport Transfer:

FOX Transfer <https://foxtransfer.eu/from-budapest-airport-to-kecskemet.en.html>

See You in Tizsakécske!