



Meet Director
Filip Stanko
gpcworlds2022@gmail.com
☎+421 917 927 739 (Júlia Popa president of GPC Slovakia)

World GPC Secretary
Anita Mahony
worldgpcsecretary@gmail.com
☎+353-86-8422018

GPC WORLD CHAMPIONSHIPS 2022 POWERLIFTING, SQUAT, BENCHPRESS & DEADLIFT

Location: Rybníková 576/15, Trnava, postal code 917 01, Slovakia



Meet Director: Filip Stanko, Bučany 682, 919 28 Bučamy , + 421 917 632 304, gpcworlds22@gmail.com

Organizers: Global Powerlifting Committee (GPC), Slovak Powerlifting & GPC Slovakia

Rules: These Championships will be conducted using the 2022 GPC Rules. The Rulebook is available to download from the GPC Website – www.worldgpc.com
https://drive.google.com/drive/folders/0B5cMCA2voX7uNnRmZDU0eElFTTA?resourcekey=0-owxA6k_9YWki6TmU4t1KMQ

Dates:**17/10/22 to 23/10/22**

GPC World Championships 2022 - Trnava - Slovakia			
Day	Date	Discipline	Category
Monday	17.10.	RAW Powerlifting	All Women
		EQ Powerlifting	All lifters
Tuesday	18.10.	RAW Powerlifting	Men Masters
Wednesday	19.10.	RAW Powerlifting	Men Teens + Juniors
Thursday	20.10.	RAW Powerlifting	Men Open
Friday	21.10.	RAW Squat	All lifters
		EQ Squat	All lifters
		EQ Benchpress	All lifters
		F8 Benchpress	All lifters
		EQ Deadlift	All lifters
Saturday	22.10.	RAW Benchpress	All Women
		RAW Benchpress	Men Teens
		RAW Deadlift	All lifters
Sunday	23.10.	RAW Benchpress	Men Juniors + Open + Masters

Lifting Schedule: Daily start times and schedules will be published only after the weigh in. The list of competitors will be released after the closing date.

Weigh-In Schedule: All competitors must weigh in the day before they lift, starting on 16.10.2022. Lifters are not permitted to weigh in on the day of lifting.

Sunday 16.10. - Saturday 22.10.	
8.00 - 10.00 16.00 - 18.00	If necessary, each weigh in can be extended to accommodate the number of athletes waiting to weigh at the end of the official weighing time.

Categories:

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

See Rulebook on www.worldgpc.com

Teenage: 13-15; 16-17; 18-19 years

Junior: 20-23 years

Open (Senior): 24-39 years;

Masters: 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 years and above

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. **Lifters who have prosthetic limb(s) which are worn on the platform must weigh in wearing the prosthetic limb(s) (Rulebook 2022)**

Disciplines:**EQUIPPED**

Powerlifting,
Benchpress
Deadlift
Squat

RAW

Powerlifting
Benchpress
Deadlift
Squat

F8 Shirt

Benchpress

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**
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: **18th September 2022.** 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.

Bank Details:

Bank Name	Fio banka, a.s.
IBAN	SK19 8330 0000 0027 0087 7451
SWIFT	FIOZSKBAXXX
Account Name	WestSide Warriors

To Enter: Team Lists to be emailed to **Meet Director Filip Stanko:** gpcworlds22@gmail.com and **World GPC Secretary -** worldgpcsecretary@gmail.com by 18/09/22
Entry fees must be submitted to the Meet Organiser by 18/09/22.

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 has to be mailed to both gpcworlds22@gmail.com & worldgpcsecretary@gmail.com & the entry fee paid by the National Federation in Euro to the organiser by **18/09/22**.

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>

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. Visa letters can only be requested after the national team list has been submitted and the entry fee paid to the organiser. 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 and submit the entry form and fee before requesting a VISA Support Letter. Individual Membership forms are also available under downloads on the GPC Website.

Website: All information will be included on: **www.gpcworlds22.com**
The list of competitors can only be posted after the closing date.

Accommodation: All competitors have cheaper accommodation in the following hotels in Trnava, but it is necessary to book rooms **directly through the hotel** and **not through www.booking.com**. When booking, you must inform the hotel staff that you are a participant in the GPC 2022 World Championships in Powerlifting.

● **Holiday inn****** - distance 350 m Address: Hornopotočná 5, 917 01 Trnava

Tel: +421 (0)33 3250 100

E-mail: info@holidayinn-trnava.sk, When booking, please enter the password: **TROJBOJ HITT 2022**

84 € single room including breakfast

99 € double room including breakfast

2 € city tax 1 person / 1 night

● **Hotel Spectrum***** - distance 1,4 km Address: Vladimíra Clementisa 13, 917 00 Trnava

Single room Standard - 34 € per room per night

Double room Standard - 40 € per room per night

Double room Standard + extra bed - 52 € per room per night

Single room Comfort - 38 € per room per night

Double room Comfort - 44 € per room per night

Double room Comfort + extra bed - 56 € per room per night

Single room Premium - 45 € per room per night

Double room Premium - 54 € per room per night

Double room Premium + extra bed - 69 € per room per night

City tax - 2 € / person / night

Breakfast (buffet) – 5 € / person

Reservations must be made directly through our hotel by phone or email at:

Telephone: +421 33 590 5111 Mobile phone: +421 948 590 511

E-mail: recepacia@hotelspectrum.sk Website: hotelspectrum.sk

When booking, please specify that you are a participant in the World Championships in Powerlifting.

● **Penzión Elements** – distance 400m, address: Penzión Elements, Hlboká 29, 917 01

Trnava Reservations can be made by e-mail at elements.penzion@gmail.com or by phone at

+421 917 163 281. When booking, please specify that you are a participant in the World

Championships in Powerlifting.

Room Standard 1 person = 51€/night including city tax and breakfast

Room Standard 2 persons = 59 €/ night including city tax and breakfast

Room Family 1 person = 53 €/ night including city tax and breakfast

Room Family 2 persons = 63 €/ night including city tax and breakfast

Room Family 3 persons = 70 €/ night including city tax and breakfast

Transfers: Bratislava - 47 km transfer price 40€

Wien - 112 km transfer price 80€

It is possible to book a transfer from the Bratislava airport to Trnava.

Email gpcworlds22@gmail.com



Júlia Popa, GPC Slovakia president



Peter Mihály, Slovak Powerlifting president