

GPC EUROPEAN CHAMPIONSHIPS 2022

29th June - 3rd July 2022




Meet Director
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GPC EUROPEAN CHAMPIONSHIPS 2022 POWERLIFTING, SQUAT, BENCHPRESS & DEADLIFT

29th June – 3rd July 2022

Host City: Trutnov, Czech Republic

Location: Městský úřad (Municipal office building), Slovanské náměstí 165,
541 01 TRUTNOV, Czech Republic
GPS: 50°33'42.105"N, 15°54'57.773"E



Meet Director: Libor Hurdálek
e-mail: l.hurdalek@volny.cz
tel.: +420 606 439 150

Organizer: Global Powerlifting Committee (GPC)
GPC Czech Powerlifting (FČST)

Dates: **29/06/22 to 03/07/22**

Closing Date: **22th May 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.

Lifting Schedule:

GPC European Championships 2022 – Trutnov, Czech republic			
Day	Date	Discipline	Category
Wednesday	29/06/22	Powerlifting EQ	All lifters
		Powerlifting RAW	All Women
		Powerlifting RAW	Men Masters
Thursday	30/06/22	Powerlifting RAW	Men Teens
		Powerlifting RAW	Men Juniors
Friday	01/07/22	Powerlifting RAW	Men Open
		Squat RAW	All lifters
		Squat EQ	All lifters
		Benchpress EQ	All lifters
		Benchpress F8	All lifters
Saturday	02/07/22	Benchpress RAW	All lifters
Sunday	03/07/22	Deadlift RAW	All lifters
		Deadlift EQ	All lifters

The weight-ins take place the day before lifting commencing 28th June. There will be no weigh-ins on the day of lifting

Daily Weigh in Times	09:30am – 10:30am & 4pm – 5pm
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

Daily commencement times & schedule will be posted after the weighing deadline

Rules: These Championships will be conducted using the 2021 GPC Rules. The Rulebook is available to download from the GPC Website.

Categories: All GPC Weight & Age Categories – Male & Female - Raw and Equipped
See Rulebook:
https://drive.google.com/drive/folders/0B5cMCA2voX7uNnRmZDU0eElFTTA?resourcekey=0-owxA6k_9YWkj6TmU4t1KMQ

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 upward

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	RAW
	Powerlifting,	Powerlifting
	Benchpress & F8 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.

Bank Details: SWIFT/BIC: FIOBCZPPXXX
Bank name: Fio Banka, a.s.
Bank address: V Celnici 1028/10, 117 21 Praha 1
IBAN: CZ39 2010 0000 0029 0113 5139
Account Name: Federace ceskeho siloveho trojboje
Address: Dlouha 58 (street), 541 02 Trutnov (City), Czech Republic

To Enter: Team Lists to be emailed to **Meet Director Libor Hurdálek: l.hurdalek@volny.cz** and **World GPC Secretary - worldgpcsecretary@gmail.com** by 22/05/22
Entry fees must be submitted to the Meet Organiser by 22/05/22.

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 emailed to both l.hurdalek@volny.cz & worldgpcsecretary@gmail.com & the entry fee paid by the National Federation in Euro to the organiser by **22/05/22**.

Eligibility: All lifters must be members of the GPC and representing a European country to compete. 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 Google:
<https://drive.google.com/drive/folders/1XZjQ82clZA2eKHaJwTn2JMzEJheYHITM>

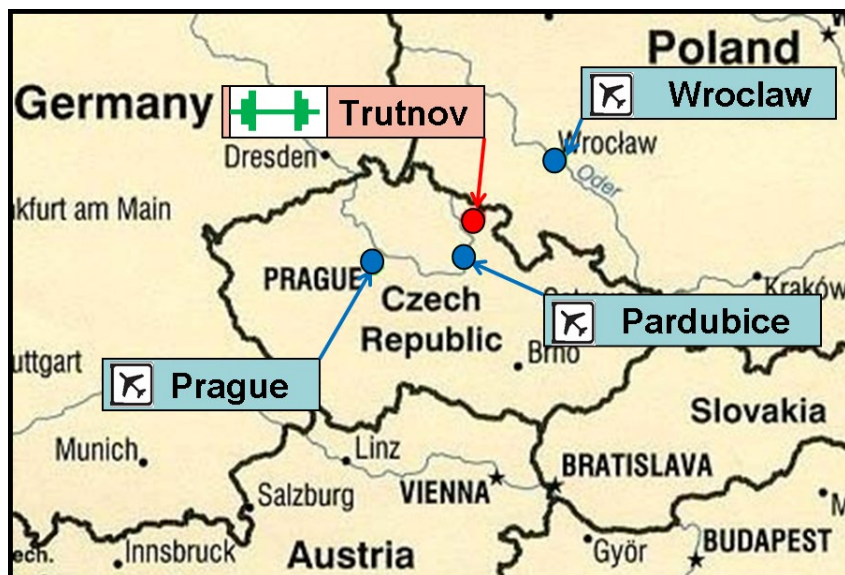
Websites: All information will be included on:
GPC Google:
<https://drive.google.com/drive/folders/0B5cMCA2voX7uQ0NaT1BXWTl2bzA?resourcekey=0-TnrHRs75ElxOCPcK0D8YHg>
FB:
https://www.facebook.com/events/316572513901858?active_tab=about
The list of competitors can only be posted after the closing date.

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://worldgpc.com/index.php/downloads/category/27-others>
or on the GPC Google
(https://drive.google.com/drive/folders/0B5cMCA2voX7uNnRmZDU0eElFTTA?resourcekey=0-owxA6k_9YWkj6TmU4t1KMQ) and return to the World GPC Secretary. Please note you must be included on your national team's list of competitors and your entry fee paid prior to requesting a Visa letter. 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 have entered the championship as an individual lifter before requesting a VISA Support Letter. Individual Membership forms are also available under downloads on the GPC Website.

Accommodation:

- **Hotel Patria:** website: <http://www.hotelpatria.cz>
- **Hotel Krakonoš:** website: www.hotel-krakonos.cz
- **Hotel u Kopeckých:** website: www.hotelypensiony.cz/hostinec-u-kopecckych
- **Penzion Pohoda:** website: www.penzionpohoda.com
- **Hotel Alfa:** website: www.alfa-hotel.cz
- **Penzion Atrium:** website: www.penziontrutnov.cz

Airport: Prague (165 km), Pardubice (70 km), Wroclaw – Poland (120 km)
Transfer will be provided for a fee. Pardubice handles flights from only a few countries



Transfers:

Please, write the flight number in the transfer order. The carrier will be able to check for changes in arrival times.

Transfer order at: casiatour@casia.cz ☎ +420 721 943 897

Transfers							
Information & Booking	casiatour@casia.cz Phone: +420 721 943 897 (English and Czech – speaking)						
Prices (are for entire car)	Transfer prices – One way between Airport to Trutnov						
	Car for:	Airport					
		Prague		Pardubice		Wrocław	
		CZK	EUR	CZK	EUR	CZK	EUR
	3 persons	3 200	133	1 960	80	3 100	129
7 persons	5 500	229	2 700	112	4 900	204	
20 person	7 250	300	4 100	170	6 600	275	
Prices are for entire car. Price/person will be by number persons in the car.							
Transfer prices – One Way - Trutnov to Airport – are the same.							
	Car for:	Airport					
		Prague		Pardubice		Wrocław	
		CZK	EUR	CZK	EUR	CZK	EUR
	4 persons	3 200	133	1 960	80	3 100	129
	7 persons	5 500	229	2 700	112	4 900	204
20 person	7 250	300	4 100	170	6 600	275	
Meeting sign	The Carrier will have a notice at arrivals with GPC EURO 2022 written on it						
Notifications	Competitors may have to wait at the meeting point, for lifters to arrive from other destinations, for transfers depending of the time of their arrival. The Carrier will undertake this coordination.						