



**GERMAN DRUG FREE POWERLIFTING FEDERATION**  
**4<sup>rd</sup> OPEN NATIONAL CHAMPIONSHIPS 2012**

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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  
<http://www.bodynmind.de/>

**Date:** **Sunday, 27<sup>th</sup> MAY, 2012**

**Divisions of competitions:** Athletes can compete in

1. Single Unequipped **and/or** Equipped
2. Powerlifting Unequipped **and/or** Equipped

**No qualification required**

**Awards:** All athletes will receive 1 trophy and certificate

**Entry fees:** 45 euro ( drugtesting )

No extra fee for additional events and division

The 2012 GDFPF Championship will be drug-tested pursuant to the W.D.F.P.F. rules  
Minimum 10 % of the athletes will be tested

**Names of lifters tested and results (POSITIVE or NOT) will be published.**

Everyone, who attends at the event, will be able to order and become for total amount of **5 euro drinks**. This fee includes: mineral drinks, mineral water and coffee for the day of the event.

**Weigh-In:** 8.00 am – 9.30 am  
Lifting commences at 10.00 am

**GDFPF Executive committee** [gdfpf@hotmail.de](mailto:gdfpf@hotmail.de) **Entry deadline: 06/05/11 for submission**

**W.D.F.P.F. President** [wim.backelant@telenet.be](mailto:wim.backelant@telenet.be)

**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. **WORLD & EUROPEAN Records may be set in both divisions of all weight classes & in each category by qualified lifters who meet the category requirements.**

The participation in the event is a qualification opportunity and shall qualify the lifters internationally for 2012. Qualification will be, by achieving minimum standards, laid down by the W.D.F.P.F.

**SPECTATORS : FREE ENTREE**

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<b>Schedule:</b>	<b>1. Squat unequipped</b>	<b>Single + 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,



### **TRAVEL & ACCOMMODATION INFORMATION**

**Location:** Düsseldorf is the capital city of the German state of North Rhine-Westphalia and centre of the Rhine-Ruhr metropolitan region.

Düsseldorf International Airport, also referred to as Rhein-Ruhr Airport, is Germany's third largest commercial airport and is located eight kilometers from the city centre. It can easily be reached by train or the S-Bahn urban railway.

The Central Station and the Airport Station (Flughafen-Bahnhof) are connected to the national and European high-speed systems (Intercity/Eurocity, IC/EC and InterCityExpress).

North Rhine-Westphalia has the densest network of autobahns in Germany and Düsseldorf is directly accessible via the A3, A44, A46, A52, A57, A59 and A524.

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.

**For answers to questions, e-mail [gdfpf@hotmail.de](mailto:gdfpf@hotmail.de) or phone: +49 172 34 12 392.**