

6th GERMAN OPEN NATIONAL CHAMPIONSHIPS 2014

SINGLE EVENT & POWERLIFTING



UNEQUIPPED & EQUIPPED

German Drug-Free Powerlifting Federation e. V.

Location: DÜSSELDORF, NORTH RHINE-WESTPHALIA, GERMANY

Venue: Vitalis Gesundheitszentrum,
Mindener Str. 22, 40227 Düsseldorf
www.vitalisgesundheitszentrum.de



Date: Sunday, 2nd MARCH, 2014

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 2014 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

Entry deadline: **09/02/14 for submission and entry fees**
Please send entry form and entry fee to your national representative!
Copy to W.D.F.P.F. President Wim Backelant wim.backelant@telenet.be

Questions to: Mariyana Marinova vorstand.gdfpf@yahoo.de ; +49 172 34 12 392
or Wim Backelant 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 2014. Qualification will be, by achieving minimum standards, laid down by the W.D.F.P.F.

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Schedule:

1. Squat unequipped	Single + Power
2. Squat equipped	“ “
3. Bench unequipped	“ “
4. Bench equipped	“ “
5. Deadlift unequipped	“ “
6. Deadlift equipped	“ “
7. Trophies	

Websites: www.gdfpf.de

All participants from Germany must currently have GDFPF membership. If you have any questions about the above or the Federation please contact GDFPF Executive committee vorstand.gdfpf@yahoo.de or call Mariyana Marinova +49 172 34 12 392.

TRAVEL & ACCOMMODATION INFORMATION

Location: Düsseldorf is situated in North Rhine-Westphalia

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 (f.ex. Motel One Düsseldorf-City, Kruppstrasse 32, 40227 Düsseldorf)

Cheap Ryanair flights to Düsseldorf (Weeze) 70 km from venue.

Check out GDFPF website on www.gdfpf.de for details on all accommodation options & updated information on the championships.

For answers to questions, email vorstand.gdfpf@yahoo.de or phone: +49 172 34 12 392.