



EUROPEAN CHAMPIONSHIP

Single Event 2016

Unequipped and Equipped

Hosted by the :

WDFPF

Friday 16 Sept SQUAT



Saturday 17 Sept BENCH



Sunday 18 Sept DEADLIFT



Where: "DE BLOEMHOF" Hornweg 187, Aalsmeer, Nederland

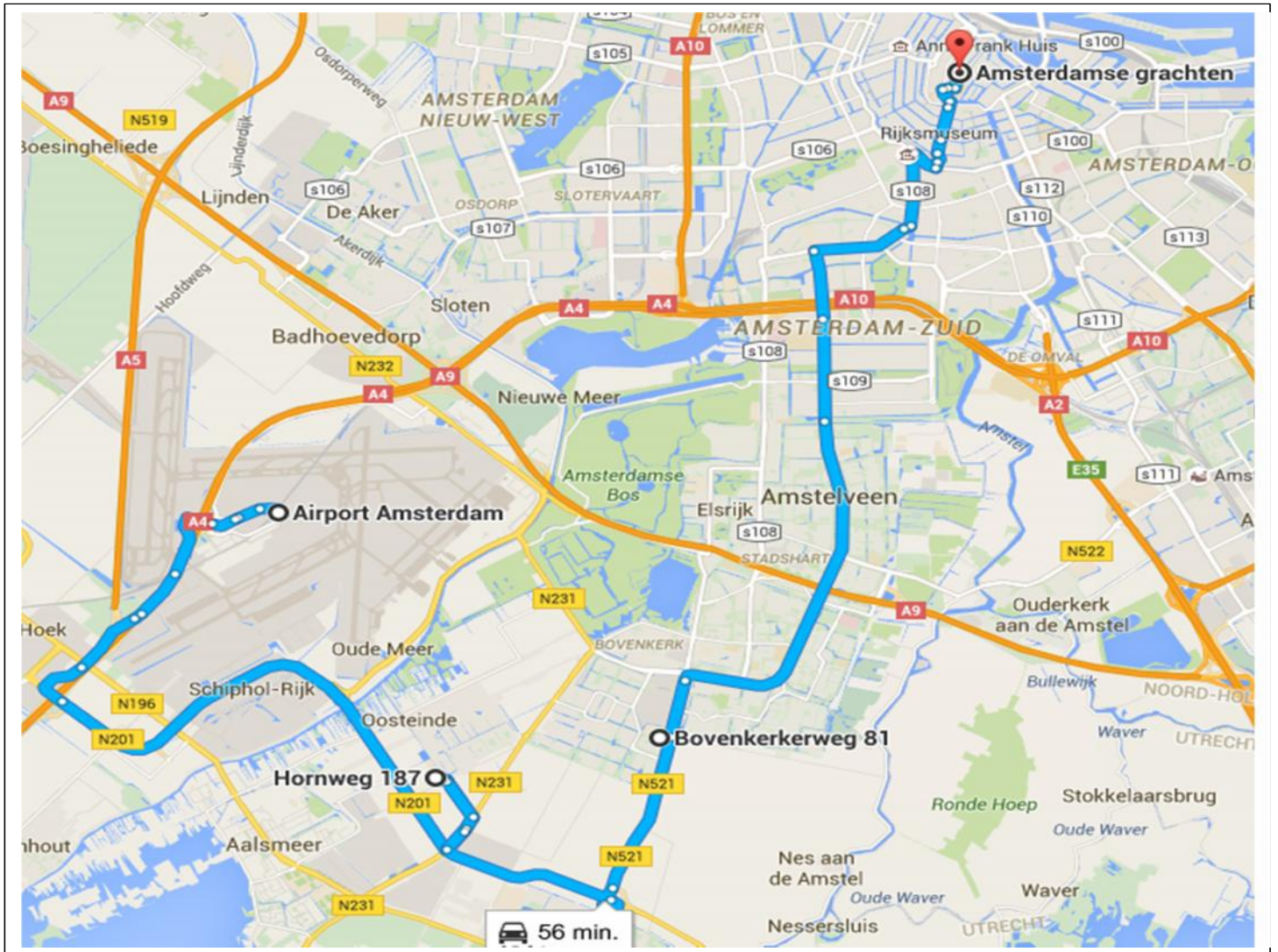


Location :

Schiphol : Airport Amsterdam

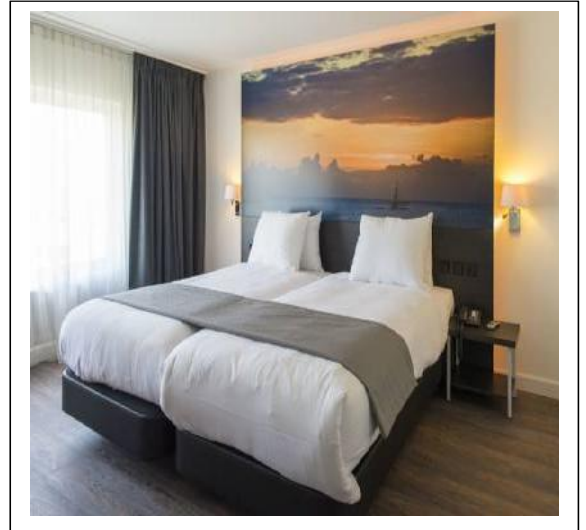
Venue : Hornweg 187 15 km from airport (15 min by car)

City center Amsterdam : 14 km from Hotel



Hotel : Grand Hotel Amstelveen Bovenkerkerweg 81, 1187 XC Amstelveen, Nederland
6.5 km from Venue (5 min by car)

Hotel : Grand Hotel Amstelveen: www.grandhotelamstelveen.nl



40 rooms available : Juniors Art suit , Double room twin bed , breakfast , wifi, tax, parking incl.

Negotiated rate for championship : 115,00 € per night, **Reservations only thru :**
wim.backelant@telenet.be

Priority for those who stay more than 3 nights.

Possible transport from and back to he venue.

Competition info

ENTRY DEADLINE 16 AUGUST 2016

Entry fees : 60 € for the first entry + each additional entry 30 €

All athletes receive : Trophy + free competition T – Shirt + participation certificate

Competition equipment : 2 complete Eleiko sets on 2 platforms

Warm up equipment : 2- 4 warm up sets

2 Scales for weighing

Schedule :

Friday 16 sept : Squat UN & EQ (all athletes) Weighing time will be announced after the entry deadline

Saturday 17 sept : Bench UN & EQ (all athletes) Weighing 07:30 – 09:00

Opening Ceremonie 09:30 – 09:45 start Competition 10:00

Sunday 18 sept : Deadlift UN & EQ (all athletes) Weighing 07:30 – 09:00

start Competition 09:30

Equipment check :

Thursday 18:00 – 19:00 and also rackheight for Squat

Fridayday 18:00 – 19:00 and also rackheight for Bench

Saturday 18:00 – 19:00

Schedule details will follow after the entry deadline.