



## WDFPF WORLD SINGLE LIFT CHAMPIONSHIPS 2018



Contact: Kris Mintoff

[kmintoff@yahoo.com](mailto:kmintoff@yahoo.com)

### Dates:

Friday 1 <sup>st</sup> June	Squat	Unequipped and Equipped
Saturday 2 <sup>nd</sup> June	Bench Press	Unequipped and Equipped
Sunday 3 <sup>rd</sup> June	Deadlift	Unequipped and Equipped

### Venue:

Beach Garden Hotel, St Julian's  
St George's Bay, St Julian's STJ 3302

Schedule: 2 platform competition

### Entries:

Only through National Federations. **The organisers will not accept any individual entries.**

**ENTRY DEADLINE : 1<sup>st</sup> May 2018 (athletes must send their entry form to their National Federations by 15<sup>th</sup> April 2018)**

### Equipment:

Competition: 2 sets Eleiko Calibrated Competition Disks + recognised Bars

Warm-Up: Xenios Bumber Plates, Metal Disks + Strength Shop Powerlifting Bars

Drug Testing:

10% of lifters will be tested (as per WDFPF rulebook)

Price:

First Lift                      65 euros

All other lifts                 30 euros

Hotel:

Beach Garden Hotel, St George's Bay, St Julain's, STJ 3302

Tel +356 2010 5590



Aerial view of the hotel - as you can see it is just opposite one of the main beaches in the area



All athletes have free use of the pool



This is one of the triple rooms in Beach Garden Hotel



Another aerial view of the hotel – as you can see it is just across the road from the sandy beach



The view from one of the rooms (we cannot guarantee that all rooms will have a similar view)



Athletes can relax between attempts or until their flight starts – Both competition and warm-up areas will be set-up within 20 to 40 metres of this area

Championship room rates per night:

Single room	55 euros	
Double Room	60 euros	
Triple Room	80 euros	
Quadruple Room	95 euros	(limited availability)

Included: breakfast, wifi, swimming pool, 7% VAT

Excluding: Environmental Tax @ 50 cents per person per night

Reservations: through Kris Mintoff – contact by email and a Hotel Reservation Form will be sent out – book early since no rooms can be blocked in this hotel because it is in very high demand. At the time of writing only 80 rooms are left.

Transport: 20 minutes from Luqa Airport (might take 45 minutes during rush hours)

Taxi costs approx 20 euros each way (not p.p.)