

WORLD CHAMPIONSHIP SINGLE LIFT 2023

POWERLIFTING

2 - 3 - 4
GIUGNO 2023

ALGHERO
PALAMANCHIA
VIA MAURO MANCA 1/A

SQUAT - DISTENSIONI SU PANCA - STACCHI DA TERRA



WORLD CHAMPIONSHIP SINGLE LIFT 2023



EVENT PROGRAM:

Friday, 02 June 2023

SQUAT: all women and men categories, unequipped & equipped

2 platforms, at least 10 warm-up platforms

Documents to present: ID or passport

The time for the weigh-in on Friday will be communicated after closure of the registrations

Saturday, 03 June 2023

Bench: all women and men categories, unequipped & equipped

2 platforms, at least 10 warm-up platforms

Documents to present: ID or passport

Saturday, 04 June 2023

Deadlift: all women and men categories, unequipped & equipped

2 platforms, at least 10 warm-up platforms

Documents to present: ID or passport

Indicative time for weighing for Saturday, 3 and Sunday 4th of June:

7:30 - 8:30

Reweighing: from 8:30 to 9:00

Star of the competition: 10:30

All lifters need to be present at the registration within the 1st hour of the weigh-in!

Those arriving after the 1st hour will not be allowed to compete.

P.S.: The times for the **WEIGHING** and **START** of the competition are **INDICATIVE** and may be subject to change!

We kindly invite you to follow the instructions and updates that will be published after the closure of registrations on the Facebook pages of **SARDFPA** and **WDFPF**.

RATES & FEES

The fee for the 1st competition (lift) is €80,00 per athlete
For any additional lift, the athlete must add €30,00.

REGISTRATIONS and DEADLINES

The Nation must send their athletes' list/commitment documents to the following e-mail addresses: sardfpa@gmail.com and wim.backelant@telenet.be by **April 30th** and no later than this date.

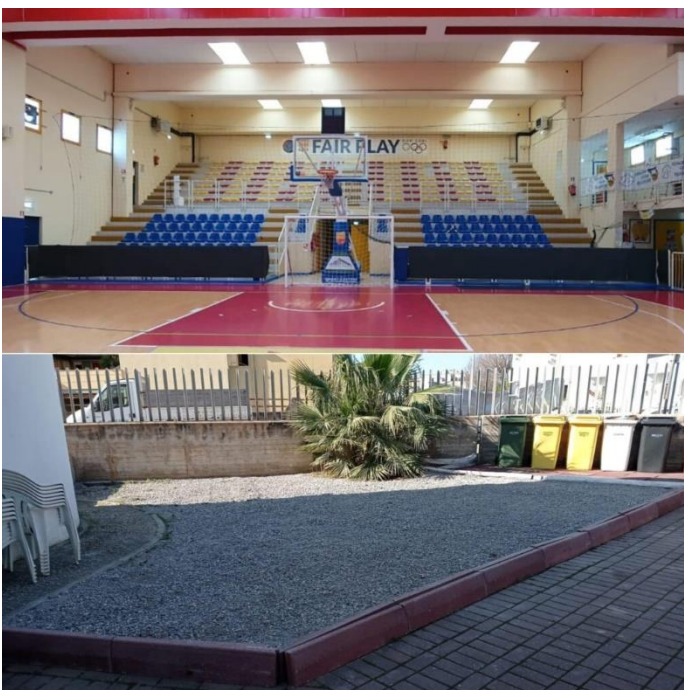
The fees must be paid at SARDINIA DRUG FREE POWERLIFTING ASSOCIATION ASD, Banco di Sardegna, agenzia Valledoria, IBAN: IT60K0101587661000070762759.

Commitment documents will be available at <http://www.wdfpf.co.uk/> and must be submitted by April,30th, 2023.

Each athlete will received a T-shirt and an award. Please indicate the t-shirt size for your athletes.

COMPETITION VENUE

The venue is “PALAMANCHIA”, via Mauro Manca, 1/A, 07041 Aghero (SS)



Tutti Maps Immagini Notizie Video S

Palamanchia
4,5 ★★★★★ (23) ⓘ
Palestra ad Alghero

Panoramica Recensioni Foto Infor

INDICAZIONI STR... CONDIVIDI SALVA

Via Mauro Manca, 1/A, 07041
Alghero SS

ACCOMODATION & ACTIVITIES

ALGHERO:

The fortified city of Alghero (l'Alguer in Catalan language), located on the north-western coast of Sardinia, takes its name from the sea that gave life to it. It appears that the name comes from the deposits of *Posidonia oceanica*, leaves, erroneously referred to as "alghes", that are ubiquitous along the sandy coastline, particularly after storms at sea caused by the libeccio, or south-westerly wind. The historical center of Alghero -its stunning architecture and evocative cityscape stretching out towards the sea- is a resplendent jewel in the Sardinian crown. All over Alghero there are testaments to the centuries-old process of cultural development that has made the city what it is today. The city's evolution is inextricably linked with the political, social and economic events of Sardinia as a whole.

One of Sardinia's most beautiful medieval cities, seafront Alghero is the main resort in the northwest. Although largely given over to tourism - its population can almost quadruple in July and August - the town retains a proud and independent spirit. Its animated historic centre is a wonderful place to hang out and, with so many excellent restaurants and bars, it makes an ideal base for exploring the beaches and beauty spots of the nearby Riviera del Corallo.

Most of the hotels are located in the historic center and along seafront. For those who are in a hurry to book, can consult the website of Fondazione Alghero, www.algheroturismo.it.

We will soon publish the list of partner hotel with facilities and the costs.

HOW TO GET TO ALGHERO:

By plane - **AIRPORT: Aeroporto di Alghero, Fertilia**



The Fertilia Airport it's well served by the local public transport.

Out side the Arrivals area you will find the authorized taxis of Consorzio Taxi Alghero and Radiotaxi Alghero.

A taxi ride from Alghero airport to the city center takes aprox. 15 min. and costs around €20 -30.

In the city it's usefull to download the app "DOTT" for electric scooter, subscription for 3 days starting from €6,99. There are also many places were you can rent a bike (from €12/day) or a scooter (from €50/day)

By ship: porto PORTO TORRES.

Porto Torres - Alghero, by car:

- 34 min., 34 km, using SP 42 dei Due Mari or
- 40 min (47,3 km) using E25 & Strada Statale 291var della Nurra.

Contact SARDFPA :

whats'app (english): 0039 348 843 4997, Simona

whats'app (italiano): 0039 347 110 9298, Lorenzo

e-mail: sardfpa@gmail.com

WORLD DRUG FREE POWERLIFTING FEDERATION

ENTRY FORM WORLD SINGLE LIFT CHAMPIONSHIPS 2023

NAME : FIRST NAME :

DAY OF BIRTH : day/month/year Age Gender: **Male / Female**

WEIGHT CLASS : KG

ADDRESS :

..... COUNTRY:

Please indicate below the competitions you wish to enter

Friday 2 th June		Saturday 3 th June		Sunday 4 th June	
Squat Equipped	<input type="checkbox"/>	Bench Press Equipped	<input type="checkbox"/>	Deadlift Equipped	<input type="checkbox"/>
Squat Unequipped	<input type="checkbox"/>	Bench Press Unequipped	<input type="checkbox"/>	Deadlift Unequipped	<input type="checkbox"/>

80.00 € for first entry

30.00 € for each additional entry

All lifters need to be present at the registration within the **1st hour of the weigh-in**. Those arriving after the 1st hour will not be allowed to compete.

I understand that I will automatically be entered in the OPEN CATEGORY along with an AGE-RELATED CATEGORY (teen/junior/master) if appropriate

OFFICIAL RELEASE

I hereby give my word of honour that I have not used anabolic steroids or other anabolic agents that would be considered banned substances by the World Anti-Doping Agency (WADA) list during the past five years

Signature of contestant:

Date :

RELEASE FROM LIABILITY

Please read this release very carefully, as when you sign it, you will be giving up important legal rights !

In consideration of the acceptance of my entry form for this competition, I intend to be legally bound, for not only myself, but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release anyone connected with this competition from any and all liability which may arise from this competition. Moreover, I agree that any testing method that WDFPF recognised testing officers may apply to detect the presence of drugs, as listed on World Anti Doping Agency (WADA) banned substances list, SHALL BE CONCLUSIVE. I agree to co-operate fully with all required IOC sampling and testing procedures. This includes any testing procedures that may be considered necessary prior to or after this event. Should I fail to pass the drug testing procedures, I agree to forfeit any trophy, award, record or placing that I might otherwise have won and I also forfeit any previous trophy, award, record or placing, should the offence be deemed serious enough, according to WDFPF rules, to warrant such an action, I also agree to waive any claim which might arise under state, national or international law for defamation, slander, libel or any other claim for which legal relief is available. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in this contest.

Results of the drug tests will be published in the WDFPF magazine and or website.

Signature of contestant:

Date :

Send to Your National Representative by 23th April 2023