

POWERLIFTING HOLLAND

Member of the World Powerlifting Federation (WPF).

www.worldpowerliftingfederation.com

WPF World Championships 2012

Powerlifting, Bench Press and Deadlift

1st – 4th of November

Kampen, Holland

Dear athletes and guests,

We are pleased to invite you to the World Championships in Powerlifting, Bench Press and Deadlift taking place in Kampen, Holland, this year.

Organizer : Powerlifting Holland

Disciplines : Powerlifting, Bench Press and Deadlift

Suited or RAW

Rules : www.worldpowerliftingfederation.com

Entry fee : € 50,- for each discipline

Powerlifting Holland

Rabobank account number: 31.20.75.766

BIC or Swift code: RABO NL 2U

Starting rights : All member of the EPC and WPF

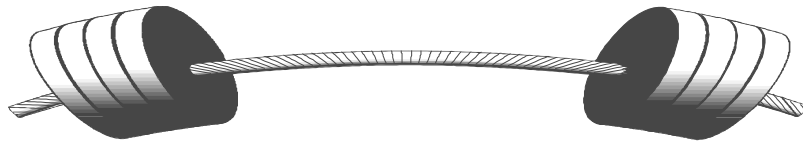
Entries **by e-mail** to : Powerlifting Holland

Esther Nijmeijer

Secretary

basenesther@planet.nl

Closing date for entrants : 20 September 2012



The **WPF Meeting** will be held on Friday 02 November 2012 at 19.00h at Restaurant De Bastaard, IJsselkade 61 in Kampen.

POWERLIFTING HOLLAND

Member of the World Powerlifting Federation (WPF).
www.worldpowerliftingfederation.com

Weigh-In schedule:

Wednesday	31.10	09.00 – 10.30h	Thursday lifters
		18.00 – 19.30h	Thursday lifters
Thursday	01.11	07.00 – 08.30h	Thursday lifters
		09.00 – 10.30h	Friday lifters
		18.00 – 19.30h	Friday lifters

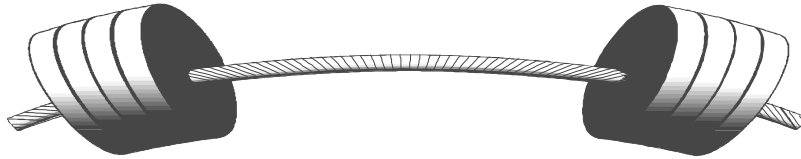
Friday	02.11	07.00 – 08.30h	Friday lifters
		09.00 – 10.30h	Saturday lifters
		18.00 – 19.30h	Saturday lifters
Saturday	03.11	07.00 – 08.30h	Saturday lifters
		09.00 – 10.30h	Sunday lifters
		18.00 – 19.30h	Sunday lifters
Sunday	04.11	07.00 – 08.30h	Sunday lifters

Lifting schedule:

Thursday	01.11	09.00h	Opening ceremony	
		09.30h	48kg/52kg/56kg/60kg/67.5kg/75 kg	All lifters
Followed by the awards presentation				
Friday	02.11	09.00h	82.5kg/90kg	All lifters
		Followed by the awards presentation		
Saturday	03.11	09.00h	100kg/110kg/125kg	All lifters
		20.00h	Awards presentation at Hotel Van Dijk, IJsselkade 30 in Kampen. Followed by a party with some typical Dutch snacks!! (drinks are not included)	
Sunday	04.11	09.00h	140kg/140+kg	All lifters
Followed by the awards presentation +				

best lifter + best team and the closing ceremony

The Meet Director reserves the right to vary the above schedule after lifter entry closing date,



20 September 2012!

POWERLIFTING HOLLAND

Member of the World Powerlifting Federation (WPF).
www.worldpowerliftingfederation.com

Accommodation:

1. Hotel Van Dijk, IJsselkade 30 in Kampen; www.hotelvandijk.nl
2. Boat 'Summertime' € 35,- per person per night including breakfast; www.zeilvaartkampen.nl
You have to make your reservation with Fred Anneese (President PLH); afb1-29@home.nl
3. Boat 'De nieuwe liefde' € 35,- per person per night including breakfast www.denieuweliefde.nl
You have to make your reservation with Fred Anneese (President PLH); afb1-29@home.nl
4. Bed & Breakfast 't IJsselhuys, IJsselkade 55 in Kampen, www.ijsselhuys.nl.
Contact: info@ijsselhuys.nl
5. Bed & Breakfast De Stadsboerderij, Groenestraat 148 in Kampen, www.stadsboerderij.nl

We hope to see you all in Kampen!!!

Kind regards,

Powerlifting Holland

Fred Anneese

Jaap Fahner

Esther Nijmeijer

Websites:

www.worldpowerliftingfederation.com

www.powerliftingholland.nl



World Powerlifting Federation