

A.I.C.S National Powerlifting Committee



 **WORLD**
POWERLIFTING
MEMBER NATION of ITALY

presents

POWERLIFTING
EUROPEAN CHAMPIONSHIP
+ **BENCH PRESS SINGLE EVENT**

supported by



Worldwide Fitness Company



Powerful life



European Powerlifting, Equipped Powerlifting
&
Bench Press Single Event Championships



DEADLINE PLAN & INFORMATION KEY DATES.

Booking accommodation

as soon as possible !

Athletes entry deadline

Friday 23rd September 2022

Payment of competition entry fee

Friday 30th September 2022

Booking for welcome drinks

Friday 30th September 2022

Gear check, rack height and weigh-in

2 hours before each Session

EVENT DIRECTORS

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VENUE

The Competition will be held in Riva del Garda, Trentino, Italy in a building to be assigned by the city sport administration the week after the closing of registrations. All registered participants will receive the address of the competition venue via email as soon as this information is available.

Technical Meeting & Referees briefing + Athletes Welcome Drinks will be held at the **Grand Hotel Liberty** in Riva del Garda, viale Giosuè Carducci n° 3/5 on Friday 14th October.

COMPETITION ENTRY REQUIREMENTS

- Member of a World Powerlifting national federation and selected in your national team OR approved as an individual by World Powerlifting.
- Final Nominations to segreteria@snpl.it by Friday 23rd September 2022.
- Payment of competition entry fee by Friday 30th September 2022.
- Present World Powerlifting membership card or other ID during weigh-in/equipment check.

DRUG TESTING

This event is subject to drug testing by NADO ITALIA as per the Italian and World Powerlifting Anti-Doping Policy and the World Anti-Doping Authority (WADA) Code.

For further details please visit

<https://www.nadoitalia.it/it/>

<https://worldpowerlifting.com/anti-doping/>

<http://www.wada-ama.org/en/>

NADO  **ITALIA**
antidoping

PROVISIONAL COMPETITION TIMETABLE

At the Grand Hotel Liberty

Friday 14th at 15.30pm

Technical Meeting & Referees briefing

Friday 14th at 18.00pm

Athletes Welcome Drinks

At the Competition Venue

Saturday 15th at 09.00 am

Powerlifting (Women 48 – 58 kg)

Powerlifting (Men 62 – 77 kg)

Saturday 15th at 14.00 pm

Powerlifting (Women 64 – 84 kg)

Powerlifting (Men 85 – 105 kg)

Sunday 16th at 09.00 am

Bench Press Single Event (all categories)

Sunday 16th at 14.00 pm

Powerlifting (Women 100 – 100+kg)

Powerlifting (Men 120 – 120+kg)

ATTENTION : The timetable is subject to change up to the time of the Technical Meeting; please ensure your attendance for all days of the Championship.

The platform time refers to the start of the lifts, lifters and Coaches must attend 2 hours prior at the competition venue for weigh-in and accreditation operations.

COACHES AND SECURITY

List the name of your Coach(es) on your entry form (max 2 Coaches per lifter)

- All Coaches must be current World Powerlifting members and accredited by your national federation OR approved as an individual by World Powerlifting.
- World Powerlifting dress code applies to Coaches (tracksuit or sport shorts, WP approved t-shirt, sports shoes) . All Coaches must attend the weigh-in with their lifter for Coach id and check of Coach apparel
- Security passes will be issued to all lifters, nominated Coaches and Referees
- Only those with passes will be permitted in the warm-up area
- All lifters, Coaches and Referee passes will allow the holder to spectate at all sessions

ACCOMMODATION OPTIONS

Athletes must independently book at the hotels in the competition area of Riva del Garda; we recommend the following hotels close to the venue. Event organizers are not responsible for hotel costs. Price information below is current and may change; please book your accommodation early --

- GRAND HOTEL LIBERTY with Gym and Sauna ★★☆☆
viale Giosuè Carducci n° 3/5, distance from competition ~ 2.0 km, price for night € 190,00 (circa)
- HOTEL RUDY with Sauna ★★☆☆
via S. Nazario n° 81, distance from competition ~ 1.5 km, price for night € 120,00 (circa)
- HOTEL AL MASO with Sauna ★☆☆☆
via Edoardo Modl n° 7, 38066 Riva del Garda TN ~ 1.5 km, price for night € 60,00 (circa)
- HOTEL ALBERELLO ★☆☆☆
via Ballino n° 40, 38066 Riva del Garda TN ~ 1.0 km, price for night € 60,00 (circa)

POWERLIFTING TRAINING GYM : A.S.D. TEAM ATLANTIDE

via Marone, 4 - 38066 Riva del Garda TN ~ 1.0 km, price for 1 day € 15,00

We recommend using a travel agent for all athletes and companions for transfers from the airport, car rental and other tourist services. Below is travel agent information. We recommend booking the transfer in groups to reduce total costs.

Contact directly :

INFO & BOOKING POINT

T: +39 0464 554444

email: info@gardatrentino.it

web : gardatrentino.it



AWARDS

All lifters will be in the Open category. Trophies will be awarded for 1st, 2nd & 3rd in each Open category.

Lifters whose date of birth establishes that they are Youth, Junior or Masters will also be placed according to their age and bodyweight category and medals awarded for 1st, 2nd & 3rd placings. No extra entry form or fee is required from age group lifters, you will be automatically placed in your age group in addition to your Open placing.

Best Lifter trophies will be awarded as determined by the Wilks Formula.

APPAREL

Event T-Shirts will be available for purchase at the venue. Lifters will receive one t-shirt for free and may purchase extra shirts via their online entry form.

World Powerlifting suits and Bar-Grip shirts www.worldpowerlifting.com/shop will be available for purchase at the event. It is recommended to reserve WP items via info@worldpowerlifting.com

Note that Bar-Grip shirts are legal in raw and equipped Powerlifting.



SCALES

Scales will be available from Friday 14th at 15.30pm at Grand Hotel Liberty.

AWARDS PRESENTATION

Awards for each class will be presented at the end of each day. World Powerlifting dress code will be required of all medalling lifters (team track suit + WP legal t-shirt).

LIVE STREAMING

The competition will be broadcast on the SNPL YouTube platform for free, on the [Snpl-Aics channel](#) and also on World Powerlifting media.

COMPETITION ENTRY FEES

Powerlifting European Championship	€ 90,00
Bench Press Single Event European Championship	€ 60,00
Powerlifting + Bench Press European Championships	€ 120,00

(Note—Lifters may enter Raw Powerlifting and/or Equipped Powerlifting and Raw Bench Press and/or Equipped Bench Press by paying the entry fee for each and then must lift separately in each category).

Event T-Shirt	€ 15,00
Athletes Welcome Drinks 14 Oct.	€ 20,00

COMPETITION ONLINE REGISTRATION FORM

To enter, each lifter must use the links below. Each lifter must complete a separate entry form --

Powerlifting European Championship

<http://www.snpl.it/prodotto/european-powerlifting-championship/>

Bench Press Single Event European Championship

<http://www.snpl.it/prodotto/european-bench-press-single-event/>

Powerlifting + Bench Press Single Event European Championships

<http://www.snpl.it/prodotto/european-powerlifting-championship-bench-press-single-event/>

Event T-SHIRT

<http://www.snpl.it/prodotto/t-shirt-european-powerlifting-championship/>

Athletes Welcome Drink

<http://www.snpl.it/prodotto/welcome-drink-european-powerlifting-championship/>

Before proceeding with entry, each lifter and Coach must view the official World Powerlifting RULES OF COMPETITION 2022 setting out the rules of competition, including age and bodyweight categories --

<https://worldpowerlifting.com/technical/rules/>

RIVA DEL GARDA TOURIST INFORMATION





Riva del Garda, The Pearl Of Lake Garda

Its Mediterranean climate, wide sunny beaches and beautiful panorama are the right ingredients for an unforgettable holiday on Lake Garda – or more than one if you wish !

Riva del Garda is the main centre of Northern Lake Garda. It is the ideal location for an eventful holiday. Sport is the main motivation for the holiday: sailing and windsurfing in the first instance, but also hiking, cycling, mountain biking, tennis, canoeing. The mild climate favors a typically Mediterranean vegetation with lemon trees, olive trees, laurels, and palm trees: a true Mediterranean island at the foot of the Dolomites. The centre of Riva del Garda will fascinate you with its works of art and architecture, witnessing to ancient history and a past rich in art and culture. The tour of the city comprises visits to the following:

- the Rocca, at present hosting the city museum and art gallery.
- the APPONALE tower, an ancient venue for commerce and fairs.
- the Pretorian Palace, hosting under its loggia Roman, medieval, and modern memorial stones, and the historic city Hall.
- The churches of the INVOLATA and S. Maria Assunta, important examples of Baroque architecture.

In times past, the city hosted famous names such as Nietzsche, Kafka, and the Mann brothers. This exclusive yet familiar reception is still part of the tradition of the shores of Lake Garda. The hotels offer you top comfort and innovation together with warm, familiar hospitality and characteristic restaurants.



Tourist Accommodation :

More than 150 Hotels

More than 200 Restaurants and Pizzerias

The region is bordered by Tyrol (Austria) to the north-east and north, by Graubünden (Switzerland) to the north-west, and by the Italian regions of Lombardy to the west and Veneto to the south and south-east. It covers 13,607 km² (5,254 sq mi). It is extremely mountainous, covering a large part of the Dolomites and the southern Alps.

The region is composed of two provinces, Trentino in the south and South Tyrol in the north.

Trentino has an area of 6,207 km², most of its mountainous land (20% is over 2,000 m (6,600 ft) and 70% over 1,000 m) and covered by vast forests (50% of the territory). The climate is various through the province, from an alpine climate to subcontinental one, with warm and variable summers and cold and quite snowy winters. The region has always been a favorite destination for tourists, both in winter for skiing in the high mountains and in summer to visit the wide valleys and many lakes (the largest being Lake Garda).

South Tyrol has an area of 7,400 km², all of it mountainous land and covered by vast forests. The climate is of the continental type, owing to the influence of the many mountain ranges which stand at well over 3,000 meters above sea-level and the wide valleys through which flow the main river, the Adige, from north to south and its numerous tributaries. In the city of Bolzano, capital of the province, the average air temperature stands at 12.2 °C (54 °F) and the average rainfall at 717.7 mm (28.26 in). The lowest pass across the Alps, the Brenner Pass, is located at the far north of the region on the border with Austria.

Travel

When planning your holiday in Trentino, you can choose between arriving in Trentino by car, train or airplane according to your needs and the distance you have to cover. The region is easy to reach thanks to its central position between the Southern Alps and the Po and Veneto plains in north Italy.

For cars, motorbikes and camper-caravans, the main road access to the region is the A22 Brenner - Modena motorway, which is part of the E45 European road that runs through Denmark, Germany, Austria and Italy. National roads branch off from the A22 leading to every valley. The road network in Trentino generally consists of easy wide roads and the winter road conditions are constantly checked and maintained.

All long-distance Italian and European trains stop in the two main train-stations of Trento and Rovereto.

If you are travelling by airplane, you can land in Italy at Verona, Bergamo, Venice or Milan and reach Trentino with a one to two hour trip choosing either a car-rental service, shuttle busses or trains.

Travelling within the Province is convenient thanks to the local bus and train network, ski bus service and summer cable-cars .