

2020 GPC Világbajnokság

Erőemelés, guggolás, fekvenyomás, felhúzás

Helyszín:

DoubleTree by Hilton Hotel & Conference Centre Regina
1975 Broad Street, Regina, SK Canada S4P 1Y2

Versenyigazgató

Lee Powell lee@sspowerlifting.com

Időpont

2020. október 10 – október 17.

Mérlegelés

Mérlegelés mindig a versenyt megelőző napon van. (Első nap: október 9. péntek!) A verseny napján már nincs mérlegelés arra a napra! 9-12 és 16-19 óra között

GPC World Championships 2020 - Regina - Canada			
Weighins			
Friday	09.10.20	Raw Squat	All Lifters
		EQ Powerlifting	All Lifters
Saturday	10.10.20	Raw Powerlifting	Women
Sunday	11.10.20	Raw Powerlifting	Men up to -82.5kg
Monday	12.10.20	Raw Powerlifting	Men -90kg & -100kg
Tuesday	13.10.20	Raw Powerlifting	Men -110 to 140+kg
		EQ Squat	All Lifters
Wednesday	14.10.20	EQ Bench Press	All Lifters
		EQ Deadlift	All Lifters
Thursday	15.10.20	Raw Bench Press	All Lifters
Friday	16.10.20	Raw Deadlift	All Lifters
Weigh-ins: 09:00 - 12:00 & 16:00 - 19:00			
Schedule Subject to Change			

Verseny menete

GPC World Championships 2020 - Regina - Canada			
Saturday	10.10.20	Raw Squat	All Lifters
		EQ Powerlifting	All Lifters
Sunday	11.10.20	Raw Powerlifting	Women
Monday	12.10.20	Raw Powerlifting	Men up to -82.5kg
Tuesday	13.10.20	Raw Powerlifting	Men -90kg & -100kg
Wednesday	14.10.20	Raw Powerlifting	Men -110 to 140+kg
		EQ Squat	All Lifters
Thursday	15.10.20	EQ Bench Press	All Lifters
		EQ Deadlift	
Friday	16.10.20	Raw Bench Press	All Lifters
Saturday	17.10.20	Raw Deadlift	All Lifters
		Banquet	
Weigh-ins: 09:00 - 12:00 & 16:00 - 19:00 day before lifting			
Schedule Subject to Change			

A napi beosztásokat a nevezési határidő lejárta után teszik közzé.

Szabályok - GPC rule book 2020

Kategóriák

Összes GPC kor- és súlycsoport – Férfi & NŐI – Raw és Equipped

Teenage: 13-15, 16-17, 18-19; Junior: 20-23; Open: 24-39;

Masters: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Paralympic: Lifters competing in this category must be able to use standard GPC lifting equipment, as GPC does not use specialized equipment. Lifters who cannot complete the lifts as per GPC rules and who have a disability, must enter the Paralympic category for their age/weight class. Lifters with a disability who can complete the lifts as per GPC rules can opt to lift in Paralympic or standard category

Equipped: erőemelés, guggolás, fekvenyomás, felhúzás

Raw: erőemelés, guggolás, fekvenyomás, felhúzás

Nevezés: powerinfo2017@gmail.com

Nevezési díjak

Első nevezés: 65 € - Open & Masters

45 € - Juniors & Teens

Minden további nevezés: 35 €/nevezésenként

Késői nevezés: (Paid after closing date or at weigh-ins): + 30 €/fő

Befizetés: Magyar Professzionális Erőemelő Liga 59500155-11075040 számú bankszámlájára forintban, napi árfolyamon.

Nevezési és befizetési határidő:

2020. szeptember 10.

Weboldalak <https://www.facebook.com/events/513022806095824/> www.worldgpc.com
www.sspowerlifting.com

Vízum:

If you require a visa to compete in these championships, please ensure you are a member of your national federation and have been included on the team list submitted by that nation prior to requesting the letter. The entry fee must be paid to the GPC before the visa support letter will be provided. If the visa application is unsuccessful, the GPC will refund the fee to the national federation. If successful, the GPC will forward the entry fee to the organiser. Please complete the VISA Support Letter Form available under downloads on the GPC website (<http://www.worldgpc.com/index.php/downloads>) and return to the World GPC Secretary. Lifters from nations which are not affiliated to the GPC must be individual members of the GPC and have paid their entry fee to the GPC prior to requesting the visa support letter. If the visa is unsuccessful, the entry fee will be refunded to the individual lifter, and if successful, to the event organiser.

Host Hotel:

DoubleTree by Hilton Hotel & Conference Centre Regina

1975 Broad Street Regina, SK Canada S4P 1Y2

Distance to airport: 5.3km

-Call Toll Free 1-866-212-4370 (Reference Booking code: PL1)

-Call Hotel Direct 1-306-525-7580 or 1-306-525-6767 (Reference Booking code: PL1)

-Email Anita.Nevrekar@Hilton.com (Reference Booking code: PL1)

-Online direct: <http://bit.ly/2020WorldPowerLifting>

\$129 CAD Meal Package available for \$55 CAD/ Day

Other Hotels

Wingate by Wyndham

1700 Broad Street

Regina, SK Canada S4P 1X4

(306) 584-7400

800-337-0077

Distance to venue: 500m

Distance to airport: 5.3km

\$125 CAD

Holiday Inn Express & Suites (Downtown)

1907 11th Ave Regina, SK Canada S4P 0J2

Distance to venue: 450m

Distance to airport: 5.3km

\$115

Ramada Plaza

1818 Victoria Ave

Regina, SK Canada S4P 0R1

Distance to venue: 100m

Distance to airport: 5.4km

Quality Hotel

1717 Victoria Ave

Regina, SK Canada S4P 0P9

Distance to venue: 100m

Distance to airport: 5.4km

<http://www.qualityinn.com/CN031?srp=LCREW>

Contact the hotel at (306) 569-4656 and ask to book under the L-Crew discounted rate \$89.00

Fairfield Inn & Suites

3915 Albert St Regina, SK S4S 3R4

Distance to venue: 4.3 km

Distance to airport: 5.1 km

The Atlas

4177 Albert St Regina, SK S4S 3R6

Call Hotel direct at (306) 581- 3443 and quote the GPC Powerlifting Championship \$129.95

Distance to venue: 4.6 km

Distance to airport: 5.5 km