

Invitation to
The ER Equipment Open Benchpress Competition 2009

Host: VK ARES RØDOVRE

**Time and Place: Friday and Saturday 23rd and 24th January 2009
In VK ARES, Roedovre Parkvej 425, 2610 Roedovre, Denmark**

Time schedule:

The first weight in will be on Friday 23rd January at 5.00 PM for the weight classes 110 to +125. The rest of the lifters will be lifting on Saturday 24th January - starting with the first weight in at 9.00 AM.

According to the number of entries this time schedule can be changed.

Entry:

Fill in the enclosed entry form, and E-mail to:

er.openbench2009@gmail.com - 29th December at the latest.

Referees taking part must also be noted on the entry form.

Competition Fee / Doping Fee:

Foreign lifters: 30 Euro for each lifter.

The prices for the banquet after the competition will be 24 Euro for each.

The amount to be transferred to account

IBAN KONTO: DK90 3000 0005 1707 96

SWIFT BIC: DABADKKK

on the 29th of December at the latest.

(Danske løftere - 225 kr. for deltagelse. Spisning efter stævnet 175 kr.

Beløbet overføres til konto: Danske Bank: Reg. nr.1551 Konto nr. 517 0796)

Hotel:

Scandic Glostrup - Roskildevej 550 - 2605 Broendby, www.scandichotels.dk/glostrup

Categories and prizes:

Women: Sub-Junior (14-19), Junior (20-23), Senior/Open, Masters I and Masters II.

Men: Sub-Junior (14-19), Junior (20-23), Senior/Open, Masters I, Masters II and Masters III.

There are prizes for the three best lifters in each of the weight classes.

Lifters; Sub-Junior, Junior, Masters I, II and III - will all lift in the open category.

Team prizes:

The team competition will be decided by Wilks points.

Up to 6 lifters in each gym/club team - male or female - will be counted for.

The best team will win: **An IPF approved ER-Equipment Rack**

For further information - please contact:

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