



ER Open 2017

ER Equipment and the Danish Powerlifting Federation invite members of the IPF to participate in the 16th annual International ER Open Equipped Bench Press Championships and the 3rd annual International ER Open RAW Bench Press Championships

Team competition:

There will be prizes for the three best club teams in a combined team competition, which will be decided on Wilks points. A team consists of up to 6 lifters, and lifters may be of both sexes.

In the team competition will equipped and RAW lifters compete under the same conditions. The prize for best team will be sponsored by ER Equipment, and is an IPF approved ER Equipment squat/bench press rack.

Prizes for second and third best team will be sponsored by Titan Denmark.

Date: 3th and 4th February 2017

Place: Kongsholmcentret, Liljens Kvt. 2, 2620 Albertslund, Denmark
The venue is located 28 km from CPH airport and 18 km from downtown Copenhagen.

Time plan: **Friday February 3th:** Men in weight classes: 105 kg, 120 kg and 120+ kg both equipped and RAW.

Saturday February 4th: Women all classes and remaining men, both equipped and RAW.

Nomination:

Nominations must be sent to Erik Rasmussen on mail address: mail@er-equipment.dk and must be received by the 13th of January.

Please note best lift within the latest 13 months, year of birth and whether the lifter will compete equipped or RAW.

Only nominations through your national federation will be accepted. All lifters are expected to present **passports** or other required documents at the weigh-in. All delegate members must have a valid health insurance. The organizer will not incur any expenses for a doctor or a stay in hospital. We recommend travel insurance for covering loss of luggage, delayed flights, etc.

Participation Fee:

300 DKK per lifter to be paid to Erik Rasmussen at arrival.

Hotel:

There is no official hotel, but below you find one that is situated close to the venue.
Wittrup Motel, Roskildevej 251, 2620 Albertslund, Denmark.
www.wittrupmotel.dk

Further information:

Contact, meet director, Erik Rasmussen tel. +45 20 89 41 68 or on mail:
mail@er-equipment.dk

