




Meet Director
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GPC EUROPEAN CHAMPIONSHIPS 2024 POWERLIFTING, SQUAT, BENCHPRESS, EADLIFT & BICEPS CURL

15th – 19th May 2024

Host City: Trutnov, Czech Republic

Location: Městský úřad (Municipal office building), Slovanské náměstí 165,
541 01 TRUTNOV, Czech Republic
GPS: 50°33'42.105"N, 15°54'57.773"E



Meet Director: Libor Hurdálek
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 tel.: +420 606 439 150

Organisers: Global Powerlifting Committee (GPC), GPC Czech Powerlifting (FČST)
 Main organisers: Martin Hurdálek, Pavel Hurdálek

Dates: **15/05/24 to 19/05/24**

Closing Date: **5th April 2024.** Team List & Entry Fees must be submitted by this date by the national federations otherwise late entry fees will apply. Each nation must set their own closing dates for lifters to submit their entry for inclusion on the team list.
Registration after the Closing Date will only be possible with the agreement and approval of the organizer!!!

Lifting Schedule:

GPC European Championships 2024 – Trutnov, Czech Republic			
Lifting Schedule			
Day	Date	Discipline	Category
Wednesday	15/05/2024	Powerlifting RAW	All Women
		Powerlifting RAW	Men Masters
Thursday	16/05/2024	Powerlifting RAW	Men Teens
		Powerlifting RAW	Men Juniors
		Powerlifting EQ	All lifters
Friday	17/05/2024	Powerlifting RAW	Men Open
		Squat RAW	All lifters
		Squat EQ	All lifters
Saturday	18/05/2024	Benchpress RAW	All lifters
		Benchpress EQ	All lifters
		Benchpress F8	All lifters
Sunday	19/05/2024	Deadlift RAW	All lifters
		Deadlift EQ	All lifters
		Biceps Curl	All lifters

The weigh-in

Day	Morning	Evening
Tuesday 14/05/24	10:30 am – 11:30 am	4:30 pm – 6:00 pm
Wednesday 15/05/24 – Saturday 18/05/24	09:00 am – 10:30 am	4:30 pm – 6:00 pm

Each session can be extended if required to accommodate the number of athletes weighing in who are there by the close of the official weigh-in time.	Lifters requiring special weigh-in arrangements due to travel connection times must contact the organiser in advance to organise same
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- **Daily commencement times will be posted after the closing date.**
- **The group schedule will be published after the weighing deadline.**
- **All weigh-ins take place the day before lifting, There will be no weigh-ins on the day of lifting.**

Rules:

These Championships will be conducted using the 2024 GPC Rules. The Rulebook is available to download from the GPC Google.

Categories:

All GPC Weight & Age Categories – Male & Female - Raw and Equipped
(See Rulebook 2024)

The age will be determined by the lifter's age by first day of the championships (rulebook 2024)

Teenage: 13-15; 16-17; 18-19 years

Junior: 20-23 years

Open (Senior): 24-39 years;

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

Paralympic: Lifters competing in this category must be able to use the standard lifting equipment as the GPC does not have specialised 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 division. Lifters with a disability who can complete the lifts as per the GPC rules can opt to lift in the Paralympic category or standard category. Lifters who have prosthetic limb(s) which are worn on the platform must weigh in wearing the prosthetic limb(s)

Disciplines:

EQUIPPED

Powerlifting,
Benchpress & F8 Benchpress
Deadlift
Squat

RAW

Powerlifting
Benchpress
Deadlift
Squat

Supplementary discipline

Biceps Curl RAW

Entry Fees:

First Event: €85 – Open & Masters/ €65 – Teens & Juniors

Additional Events: €35 per event

Late Entry Fees (paid after closing date but before weigh-in) **plus €30 per event.**

Paid at venue (at weighing): plus €50 per event

As per the GPC Rules, all lifters must pay their entry fees to their national federation. The national federation is responsible for submitting the team list and team payment by the closing date to avoid the late penalty fees. All entry fees must be paid in the currency of the organising nation which is Euro for this event.

Change of events from those submitted on team list:

(a) Once the competitors list has been issued after the entry closing date, lifters wishing to enter additional events will be charged both the entry fee and the late entry fee per additional event.

(b) If a lifter wishes to change his/her original event after the competitors list has been issued, the original entry fee for the entered event will be forfeited and the lifter charged both the entry fee and the late entry fee for the new event (this fee may be waived at the discretion of the championships organizer in the case of injury or other exceptional circumstances).

Bank Details:

SWIFT/BIC: FIOBCZPPXXX
Bank name: Fio Banka, a.s.
Bank address: V Celnici 1028/10, 117 21 Praha 1
IBAN: CZ39 2010 0000 0029 0113 5139
Account Name: Federace ceskeho siloveho trojboje
Address: Dlouha 58 (street), 541 02 Trutnov (City), Czech Republic

To Enter:

Team List to be emailed to **Meet Director Libor Hurdálek**: l.hurdalek@volny.cz and **GPC Secretary Jennifer Joy Milirion**: worldgpcsecretary@gmail.com by 05/04/24
Entry fees must be submitted to the Meet Organiser by 05/04/24.

Team List:

All lifters must submit their entry forms and entry fees (with the exception of Individual GPC Members from Non-Affiliated Countries) to their National Federation to be included on that Country's team list. This team list has to be emailed to both l.hurdalek@volny.cz and worldgpcsecretary@gmail.com the entry fee paid by the National Federation in Euro to the organiser by **05/04/24**.

Eligibility:

All lifters must be members of the GPC and representing a European country to compete. Each nation sets their own entry requirements. Lifters must enter through their national federation.

Lifters from countries which are not members of the GPC, can apply for Individual Membership of the GPC Google:

<https://drive.google.com/drive/folders/11dsUaqHUKQAwIXJE8yO1bvne4oAG796X>

We remind you that the list of competitors can only be posted after the closing date.

Visas:

If you require a visa to compete in these championships, please complete the VISA Support Letter Form available under downloads on the GPC website

<http://worldgpc.com/index.php/downloads/category/27-others>

or on the GPC Google

https://drive.google.com/drive/folders/0B5cMCA2voX7uNnRmZDU0eEIFTTA?resourcekey=0-owxA6k_9YWkj6TmU4t1KMQ

and return to the World GPC Secretary. Please note you must be included on your national team's list of competitors and your entry fee paid prior to requesting a Visa

letter. Lifters must be members of the GPC affiliate in their country or if from a country which doesn't have a GPC affiliate, must join as individual GPC members and have entered the championship as an individual lifter before requesting a VISA Support Letter. Individual Membership forms are also available under downloads on the GPC Website.

Accommodation:

- **Hotel Patria:** website: <http://www.hotelpatria.cz>
- **Hotel Krakonoš:** website: www.hotel-krakonos.cz
- **Hotel u Kopeckých:** website: www.hotelypensiony.cz/hostinec-u-kopecnych
- **Penzion Pohoda:** website: www.penzionpohoda.com
- **Hotel Alfa:** website: www.alfa-hotel.cz
- **Penzion Atrium:** website: www.penziontrutnov.cz
- There are many apartments for rent in Trutnov and its surroundings. It takes 5-15 minutes to get to the championship site by car (sometimes even on foot). To search, just type in the search engine: **Apartmenty Trutnov**

Airport:

Prague (165 km), Pardubice (70 km), Wrocław – Poland (120 km)

Pardubice handles flights from only a few countries



Transfers:

Information and ordering transport at this address

casiatour@casia.cz ☎ +420 721 943 897

Transfer -			
Information & Booking	casiatour@casia.cz Phone: +420 721 943 897 (English and Czech – speaking)		
Prices (are for entire car)	Transfer prices – One way between Airport to Trutnov		
	<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Car for:</td> <td style="width: 50%;">Airport</td> </tr> </table>	Car for:	Airport
Car for:	Airport		

	Prague		Pardubice		Wroclaw	
	CZK	EUR	CZK	EUR	CZK	EUR
1 - 4 persons	3 200	133	1 960	80	3 100	129
5 - 7 persons	5 500	229	2 700	112	4 900	204
8 - 20 persons	7 250	300	4 100	170	6 600	275
Prices are for entire car. Price/person will be by number persons in the car.						
Transfer prices – One Way - Trutnov to Airport – are the same.						
Car for:	Airport					
	Prague		Pardubice		Wroclaw	
	CZK	EUR	CZK	EUR	CZK	EUR
1 - 4 persons	3 200	133	1 960	80	3 100	129
5 - 7 persons	5 500	229	2 700	112	4900	204
8 - 20 persons	7 250	300	4 100	170	6 600	275
Meeting sign	The Carrier will have a notice at arrivals with GPC EURO 2024 written on it.					
Notifications	Competitors may have to wait at the meeting point, for lifters to arrive from other destinations, for transfers depending of the time of their arrival. The Carrier will undertake this coordination.					

Availability of information:

All information about the GPC European Championship will gradually be uploaded to public information networks.

1. GPC website: <https://worldgpc.com/>
2. GPC Face Book: <https://www.facebook.com/groups/106265919454582>
3. GPC Google – Europeans 2024:
<https://drive.google.com/drive/folders/0B5cMCA2voX7uQ0NaT1BXWT12bzA?resourcekey=0-TnrHRs75EIxOCPcK0D8YHg>
4. GPC Google – Documents:
https://drive.google.com/drive/folders/0B5cMCA2voX7uNnRmZDU0eEIFTTA?resourcekey=0-owxA6k_9YWkj6TmU4t1KMQ

See you in Trutnov! We look forward to seeing you, friends!!

Additional information.

Public transport can also be used for transport from the airport in Prague. There are 2 variants. Here are the schematics.

Variant 1

Transport	Boarding station	Interchange station
Bus 119	Airport Václava Havla (PRG)	Nádraží Veleslavín
<i>Transfer to the Metro A</i>		
Metro A	Nádraží Veleslavín	Můstek
<i>Transfer to the Metro B</i>		
Metro B	Můstek	Černý most
<i>Transfer to the Bus</i>		
Bus to Trutnov	Černý most (standing 1)	Trutnov

- The bus 119 runs approximately every 5-10 minutes during the day. Metro as well.
- The bus to Trutnov is a direct connection and runs approximately every 45 - 90 minutes during the day.

Variant 2

Transport	Boarding station	Interchange station
Bus 100	Airport Václava Havla (PRG)	Zličín
<i>Transfer to the Metro B</i>		
Metro B	Zličín	Černý most
<i>Transfer to the Bus</i>		
Bus to Trutnov	Černý most (standing 1)	Trutnov

- The bus 100 runs approximately every 10-20 minutes during the day. Metro every 5-10 minutes.
- The bus to Trutnov is a direct connection and runs approximately every 45 - 90 minutes during the day.

Prices and transfers

- Tickets around Prague (bus 119, 110 including metro) cost CZK 40 (approx. EUR 1,8). The ticket is a transfer ticket and is valid for 90 minutes. Which is enough for the trip through Prague.
- A ticket from Prague to Trutnov costs around 270 CZK (approx. 11 EUR).
- The boarding point for buses 110 and 119 is right at the exit from the airport terminal.
- Buses 119 and 100 stop right next to the metro station.
- The boarding point for the bus to Trutnov is right next to the Metro and it is approx. 80 m from the metro station.