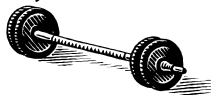




Sanctioned by the International Powerlifting Federation

The
New Zealand Powerlifting Federation
invites IPF member nations
to participate
in

**The
9th Women's and Men's Masters World
Benchpress Championships 2009
in
Taupo, New Zealand**



15 -18 April 2009

Please note: The following details are for information purposes only. Team selection and official entries for the Championships must be made by IPF-Member nations (NOT by individuals). It is also suggested that hotel bookings be made by IPF-Member nations rather than by individuals.

Meet Director: Ted Anderson
Email: tanderson@taupo.govt.nz; Phone +64-7-3760826; Fax +64-7-3772985

Technical Secretary: Steve Lousich, IPF Category I
Email: sml@xtra.co.nz; Phone +64-9-5775447; Fax +64-9-5775447

IPF Championship Secretary: Gaston Parage
1, rue Pasteur, L-4642 Differdange, Luxembourg
Mobile phone: +352-621165214, Fax: +352-582696, E-Mail: gparage@vo.lu

Host City : Taupo, New Zealand
<http://www.nzpowerlifting.co.nz> , www.benchpresstaupo.com

Competition Venue: Great Lake Centre, Taupo

Official Opening: Tuesday 14th April 2009
12.00 (Midday) at the Great Lake Centre
Includes an Official Maori welcome

Technical Meeting: Tuesday 14th April, 2009
19.00 hours at the Great Lake Centre



ACCOMMODATION

Taupo's accommodation options range from backpacker hostels to luxurious lodges. The region provides a variety of international standard hotels, self contained motels, holiday parks, baches, apartments, lodges, timeshares, guest and hosted accommodation.

Prices range from \$20NZD (for a dormitory bed with shared amenities in a backpacker lodge) to several hundred dollars at the exclusive, world renowned Huka Lodge.

Please see below, a list of **preferred accommodation** providers:

SUNCOURT HOTEL AND CONFERENCE CENTRE

Tariff: (NZ)\$76.00 per person per night.
(Based upon on minimum of 2 guests in a Studio unit and 3 guests in a One or Two Bedroom unit)

Includes: A full cooked breakfast daily.

Transport: Taxis and Shuttle buses are available to/from Taupo Airport. See below for a list of transport options and costs.
Suncourt Hotel is approximately 10 minutes walk from the competition venue and town centre (1.2kms).
A free shuttle service will be available to/from Suncourt to/from the championship venue for the duration of the competition.

For further information and to book, go to www.suncourt.co.nz

LAKE TAUPO MOTOR INN

Tariff: From (NZ)\$135.00 per person per night – Single occupancy
From (NZ)\$145.00 per double per night
(NZ)\$250.00 for up to 4 people sharing per night

Includes: A full cooked breakfast daily.
Free airport transfers subject to availability. Please check at the time of booking.

Transport: Lake Taupo Motor Inn is approximately 10 minutes walk from the competition venue and town centre (850 metres).
A free shuttle service will be available to/from Lake Taupo Motor Inn to/from the championship venue for the duration of the competition.

For further information and to book, go to www.laketaupomotorinn.co.nz

CATELLI'S MOTEL & CONFERENCE CENTRE

Tariff: (NZ)\$70.00 per person per night Twin Share.
(NZ)\$140 per person per night – Single occupancy

Includes: A full cooked breakfast.



Transport: Taxis and Shuttle buses are available at Taupo Airport. (See below for a list of transport options and costs). Catelli's is approximately 15 minutes walk from the competition venue and town centre (1.5kms).
A free shuttle service will be available to/from Catelli's Motel to/from the championship venue for the duration of the competition.

For further information go to www.catellis.co.nz

To book go to www.seekom.com/accommodation/Property.php?op=catellis&pid=2932&datein=2009-04-15&dateout=2009-04-18&ru=wmbpc&src=Agent

PRINCE MOTOR LODGE

Tariff: From (NZ)\$155.00 per double per night (Studio Units)
From (NZ)\$165.00 per double per night (One Bedroom Units). Add \$15 per extra person

Includes: A full cooked breakfast daily.

Transport: Taxis and Shuttle buses are available to/from Taupo Airport. (See below for a list of transport options and costs).
Prince Motor Lodge is approximately 5 minutes walk from the competition venue and town centre (800 metres).
A free shuttle service will be available to/from Princes Motor Lodge to/from the championship venue for the duration of the competition.

For further information and to book, go to www.princemotorlodge.co.nz

BAYVIEW WAIRAKEI RESORT

Tariff: From (NZ)\$142.50 per person per night – Single occupancy
From (NZ)\$82.50 per person per night – Twin share

Includes: A full cooked breakfast daily.
Free airport transfers.

Transport: Bayview Wairakei Resort is a 15 minute drive from Taupo's Town Centre (7.5kms).
There is no complimentary shuttle service between Wairakei Resort and the competition venue. Taxi/Shuttle bus will be required. See below for list of transport options and costs.

For further information and to book, go to www.wairakei.co.nz

A full list of available accommodation can be viewed at www.benchpresstaupo.com

Method of Payment: Major credit cards are accepted. Each individual will be responsible for their own accommodation, tax and incidental charges. (A deposit for accommodation may be required.)

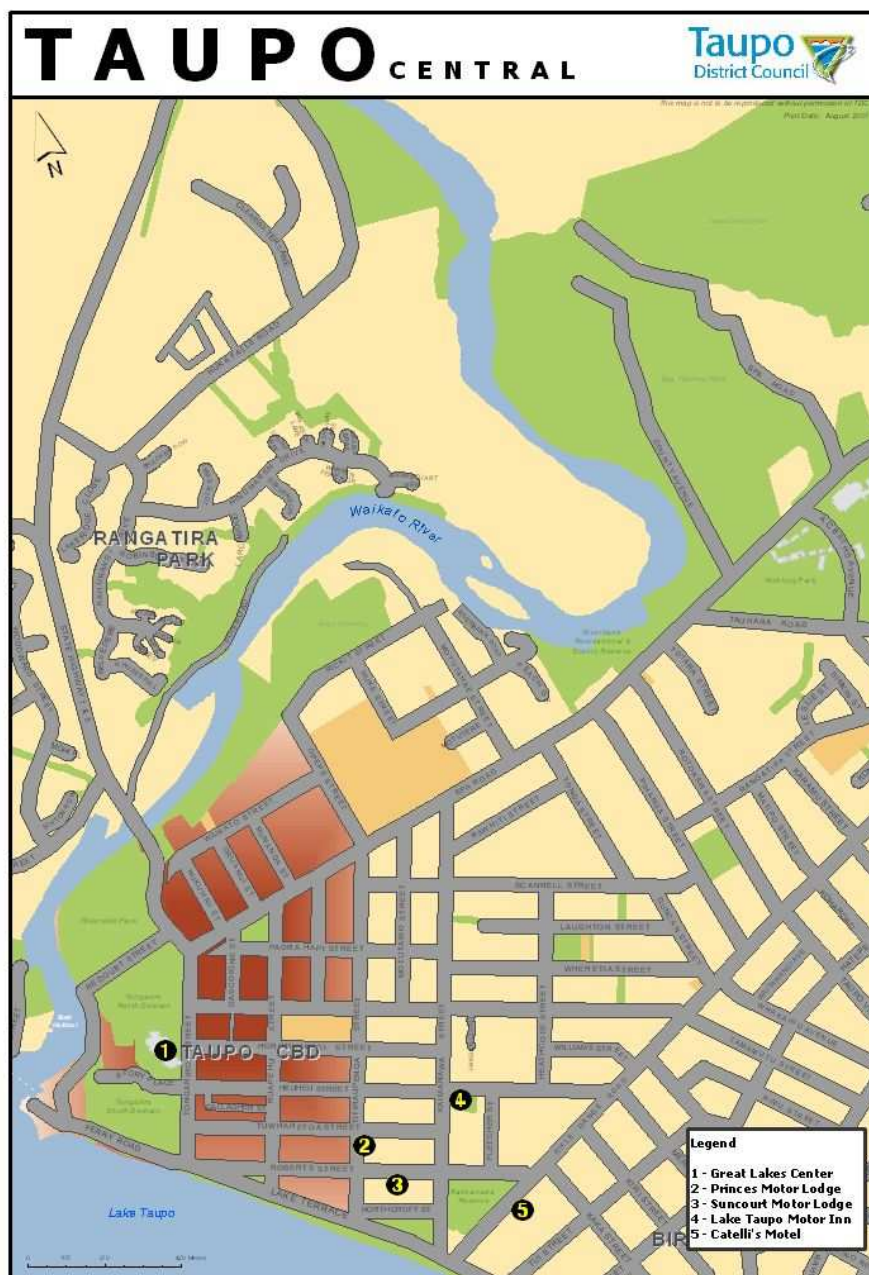
Accommodation fees may be paid as follows:

- 1) **By credit card**
- 2) **EFT (Electronic Funds Transfer).**
Contact hotel for Account Numbers.
- 3) **Cash (\$ NZD)**



Currency: Some establishments may accept foreign currency. However, most banks can change foreign currencies to NZ\$ for a small fee. All goods and services in NZ include GST (local tax). Virtually all credit cards are accepted.

The organiser will not be responsible for any hotel charges incurred by participating Nations. Each Team Manager will be responsible for payment of all accommodation and associated costs. All rooms must be booked at latest by the deadline for final nominations – 7th April 2009. After the deadline, the organiser cannot guarantee accommodation.





TRAVEL AND TRANSPORT

Getting To Taupo: By bus – Auckland to Taupo – Approximately 4 hours
By air – Auckland to Taupo – Approximately 30 minutes

At Taupo Airport: Some accommodation places will provide a complimentary pick-up service from the Airport. Please check at the time of booking.
Taxis and shuttle buses run regularly from Taupo Airport to Taupo township. Travel time – Approximately 10 minutes.
Cost: (NZ)\$10 - \$20 per person depending upon size of group.

Team Managers: To ensure sufficient shuttles/taxis are available for pick-ups at Taupo Airport, please provide the organiser with correct arrival and departure schedules plus the number of team members travelling.

Taupo Taxis/Shuttles

Airport Shuttle	Phone: 0800 654 875
Taupo Shuttle	Phone: (07) 376 7638
Top Cabs	Phone: (07) 378 9250
Go Cabs	Phone: (07) 378 5886
Taupo Taxis	Phone: (07) 378 5100

Approximate Costs:	Bayview Wairakei Resort to Venue:	\$4 - \$28
	Suncourt Hotel to Venue:	\$4 - \$6
	Catellis to Venue:	\$4 - \$6

(NB: Costs are approximate and are subject to change)

COMPETITION INFORMATION

Scales: Scales will be available at the venue.

Training: Training facilities will be available at the venue.

Flag and anthem: Each nation must bring their nation's flag and anthem to the Technical Meeting.

Closing Banquet: Saturday, 18 April, 2009 at 19:00, Great Lake Centre, Taupo.
Tickets will be available for purchase at The Great Lake Centre. Cost: (NZ)\$50.
(We would appreciate a list of those attending the banquet to help with planning.)

Entry Fee: 30 EUR for each lifter declared must be wired to the IPF account upon receiving an invoice from the IPF Treasurer.

Anti-Doping Fee: 50 EUR for each lifter must be wired to the IPF account upon receiving an invoice from the IPF Treasurer.

Opening Ceremony: 14 April, 2009 at 12.00 (Midday), Lakeside Event Centre. (Outside venue weather permitting, otherwise inside venue.)



Health/Travel Insurance: All delegate members must have valid health insurance. The organisers and the IPF will not be responsible for any medical expenses incurred by competitors or supporters. We recommend travel insurance.

Nominations: Team nomination forms must be in the hands of the Technical Secretary and IPF Championship Secretary no later than:

Preliminary: 13 February, 2009. (Preliminary form must be sent. No final nominations can be accepted if the preliminary has not been received)

Final: 25 March, 2009 (Entries after this date will not be accepted)

If organisers receive no information concerning cancellations 7 days prior to the championships, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 105.5.2).

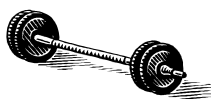
New rules:

- 1) Preliminary nomination must be sent not later than 60 days before the date of the Championships. Final nomination must be submitted not later than 21 days before the date of the Championships, and it must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nomination will be accepted).*
- 2) According Technical Rules Page 4 item 7 at the final nomination you must definite list the athletes, who takes part. At the Technical meeting you can only delete athletes from your final nomination or change the weight classes. Replacing of athletes through reserve lifters at the Technical meeting is not possible.*

Correspondence: Email & faxes messages (E-Mails are preferred) regarding the championships must be sent to: **The Technical Secretary, Steve Lousich**
A copy to: **The IPF Championship Secretary, Gaston Parage.**

Visas: Member Nations requiring an invitation to acquire a visa are asked to email **Ted Anderson** (tanderson@taupo.govt.nz) so that this can be provided. You must obtain the visa yourself but we will assist where possible.

Passports: All lifters are expected to produce passports and/or other documents at weigh-in.





**PROVISIONAL TIMETABLE
2009 IPF WORLD MASTERS MEN'S AND WOMEN'S
BENCHPRESS CHAMPIONSHIPS**

Opening Ceremony: Tuesday, 14 April, 2009, 12.00 Midday

Day	Weigh-in time	Classes		Start
Tuesday, 14.04.2009		Opening Ceremony		12:00
Wednesday, 15.04.2009	09:00 – 10:30	Men M1-M4	56.0 - 67.5 kg	11:00
	12:00 – 13:30	Women M1-3	48.0 - 56.0 kg	14:00
Thursday, 16.04.2009	09:00 – 10:30	Men M1-4	75.0 kg	11:00
	11:00 – 12:30	Women M1-3	60.0 & 67.5 kg	13:00
	13:00 – 14:30	Men M1-4	82.5 kg	15:00
Friday, 17.04.2009	08:30 – 10:00	Women M1-3	75.0 – 90+ kg	10:30
	11:30 – 13:00	Men M1-4	90.0 kg	13:30
	14:00 – 15:30	Men M1-4	100.0 kg	16:00
Saturday, 18.04.2009	09:00 – 10:30	Men M1-4	110.0 kg	11:00
	11:00 – 12:30	Men M1-M4	125.0 & 125+ kg	13:00
		Banquet		19.00

Victory Ceremonies: At the end of each lifting session.

Important Note: The Timetable of Events is subject to change. All changes will be confirmed at the Technical Meeting.

Detlev Albrings
IPF President

Steve Lousich.
NZPF President

Gaston Parage
IPF Championship Secretary