

Sports Association *METRO-FLEX* Wrocław

HES WROCLAW



ORGANIZATIONAL ANNOUNCEMENT
2nd OPEN POLISH CHAMPIONSHIPS
IN POWERLIFTING RAW,
BARBELL BENCH PRESS RAW
AND DEADLIFT RAW
ACCORDING TO WPC FEDERATION

Wrocław, 20-22/09/2019

I. PURPOSE

1. Popularize and publicize physical activity as a form of healthy lifestyle during free time.
2. Promote strength training – POWERLIFTING.
3. Promote city of Wrocław and region of Lower Silesia.
4. Promote and underline fair play rules during Championships.
5. Support and promote physical activity as necessary part of daily schedule and raise awareness in young people in terms of a healthy lifestyle.

II. CHAMPIONSHIP ORGANIZER

1. The *METRO-FLEX* Sports Association.

III. CO-ORGANIZER OF THE CHAMPIONSHIP

1. Producer of professional bodybuilding equipment - HES Wrocław

IV. TIME AND PLACE OF THE CHAMPIONSHIPS

„2nd Open Polish Championships in Powerlifting RAW, Barbell Bench Press RAW Deadlift RAW” will be held September 20-22, 2019, in the Multifunctional Sports Hall of the University of Physical Education in Wrocław at Avenue Ignacy Jan Paderewski 35.

V. ORGANIZING COMMITTEE

Team of the Organizing Committee

- Mr. Artur KICZUK
- Mr. Krzysztof CHOWANIAK
- Mrs. Sabina CHOWANIAK
- Mr. Piotr KOWALCZYK
- Mr. Łukasz SZCZĘSNY

Members

- Mr. Marcin LAŚKIEWICZ
- Mr. Krzysztof WACHOWIAK
- Mr. Mateusz PAWLIKOWSKI
- Mr. Szymon GRZEGOSZCZYK

Head of the Championship

- Mr. Artur KICZUK

Head of the Secretariat

- Mrs. Sabina CHOWANIAK

Secretariat service

- Mr. Mateusz BABIAK
- Mr. Jędrzej PAWLAK
- Mr. Mikołaj RYDECKI
- Mr. Krzysztof WACHOWIAK

Referee team

- Judges from INTERNATIONAL BENCH PRESS LEAGUE and World Powerlifting Congress Poland
- The Referee Commission is appointed by the Organizer as a team of 3 people

Verification and appeal committee

- Representative of the Ground Jury
- Representative of the *METRO-FLEX* Sports Association
- Representative of the WPC Polish Federation

VI. CONDITIONS OF PARTICIPATION

1. The competition may be attended by sport clubs and sport associations members. Competitors without any sport clubs and sport associations membership, without sport license and place of living have rights to start in Championships too.
2. The competitor is obligated to submit a written statement available in the competition office on the lack of health complications in order to participate in the Championship along with consent to the processing of personal data and publicizing of the image of the participant in promotional or advertising materials made available on the Internet, press, television and radio.
3. The right to participate in the Championships is awarded to contenders who pass through the entire registration process in accordance with all the points included in the application form available on the Facebook fan page of the Championships and the Championships website: www.stowarzyszeniemetroflex.pl and making a transfer within the starting fee of 200zł / 50€ for one discipline and 100zł / 25€ for every another one to the account number: **65 1750 0012 0000 0000 2045 2838**.
4. Only booked the entry fee up to 22/08/2019 on the given account ends the process of full registration of the contender!
5. In the title of the transfer please enter: MP start fee - name and surname – discipline, e.g.: **MP start fee – Jan NOWAK – Barbell Bench Press** or **MP start fee – Piotr KOWALSKI – Powerlifting & Deadlift**.
6. It is possible to pay the entry fee in the day of Championships – foreigners only!¹
7. The registration fee is not refundable. After prior arrangement with the organizer, it is possible to transfer the starting fee to another contender.
8. Detailed information about the Championships will be regularly updated and updated on the Facebook fan page of the Championship and the Championships website: www.stowarzyszeniemetroflex.pl.
9. The registration fee includes a starter pack and catering voucher.
10. During the Championships, the organizer does not provide food other than a catering voucher in the starter pack.
11. On the days of the Championships, the organizer at the request of the competitor, issues a proof of payment for the paid registration fee

¹ Starter pack without t-shirt.

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12. Additional meals and accommodation are to be established on your own based on availability of the hotels and restaurants in Wrocław.
13. The competition is conducted according to the rules of the WORLD POWERLIFTING CONGRESS Federation.
14. **Sportswear according to the CLASSIC RAW formula.**
15. According to the provisions of the Federation of WPC POLAND, it is possible to weigh in on the day before the start of the competition.

VII. SAFETY PRECAUTIONS

1. The participant is obligated to submit a written statement available in the competition office on the lack of health complications, to be able to participate in the Championships.
2. Participants of the competitions are required to comply with all organizational arrangements related to staying at the Multifunctional Sports Hall of the University of Physical Education in Wrocław.
3. Competitors are required to comply with the regulations of AWF sports facilities in Wrocław.
4. Regulations are displayed in places visible at the entrance to the facility.
5. All injuries, traumas, and instances of illness should be reported immediately to the medical squad of the Championships.
6. The organizer does not take responsibility for insurance of players and accompanying persons against accidents occurring during the Championships.
7. Detailed safety conditions regarding competition will be presented by the Main Referee during the technical briefing.

VIII. COMPETITION PROGRAM

20/09/2019 {FRIDAY} :

- arrival of teams (contenders)
- weigh-in **of men and women only Powerlifting** 10.00 – 11.30 and 17.00 - 19.00

21/09/2019 {SATURDAY} :

- arrival of teams (contenders)
- weight-in of contenders (Powerlifting) 07.30 – 09.30
- weight-in of women 07.30 – 08.00
- weight-in of contenders (Barbell Bench Press and Deadlift) 09.30– 10.30
- Opening ceremony of the Championships 10.00
- start of contenders in Powerlifting 10.30 (women start first)
- the decoration of contenders taking part in the first day of the Championships

22/09/2019 {SUNDAY} :

- arrival of teams (contenders)
- weight-in of contenders (Barbell Bench Press first and Deadlift) 06.00 – 07.30
- start of contenders 08.00

- players' decoration in weight categories, individual classifications and teams
- Ending ceremony of the Championships

IX. THE WAY OF COMPETITION

1. **Women** in weight categories to:

- 52.0kg
- 56.0kg
- 60.0kg
- 67.5kg
- 75.0kg
- 82.5kg
- 90.0kg
- 90.0+kg

2. **Men** in weight categories to:

- 60.0kg
- 67.5kg
- 75.0kg
- 82.5kg
- 90.0kg
- 100.0kg
- 110.0kg
- 125.0kg
- 140.0kg
- 140.0+kg

ATTENTION!!

In case, when in weigh category will be less than 4 contenders the Organizer can merge categories up.

3. **Age categories** women and men:

Women and men – category **OPEN ABSOLUTE** from 18th years old and older

4. **Teenagers:** 18 – 19 years old

5. **Junior:** 20 – 23 years old

6. **Senior:** 24 – 32 years old

7. **Submasters:** 33 – 39 years old

8. **Masters:**

- 40 – 44 years old
- 45 – 49 years old
- 50 – 54 years old
- 55 – 59 years old

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- 60 – 64 years old
- 65 – 69 years old
- 70 – 74 years old
- 75 – 79 years old
- 80+ years old

9. **OPEN female contender of uniformed services** in each discipline

10. **OPEN male contender of uniformed services** in each discipline

X. AWARDS

1. Material awards are dependent on sponsors, information will be updated on the Facebook fan page of the Championships
2. The first three places in weight categories of women will be awarded with a trophy or medal and diploma
3. The first three places in age categories of women will be awarded with a trophy or medal and diploma
4. The first three places in each discipline OPEN female of uniformed services will be awarded with a trophy or medal and diploma
5. The first three places in weight categories of men will be awarded with a trophy or medal and diploma
6. The first three places in age categories of men will be awarded with a trophy or medal and diploma
7. The first three places in each discipline OPEN male of uniformed services will be awarded with a trophy or medal and diploma

XI. COMMITTEES

1. The Referee Commission - represent the members of the WPC Poland Federation

XII. FUNDING\SPONSORS

1. Sponsors will be mentioned on the main Championships banner and the promotion handouts.
2. Material awards are dependent on sponsors.

XIII. FINAL PROVISIONS

- All disputes are settled by the Head Judge, representative of *METRO FLEX* and representative of WPC Poland after discharging payment of 200zł / 50€. In case of positive verdict for contender the payment will be refunded.
- The detailed program of the Championships will be determined after the entries have been made via the online form.
- The right to interpret the Regulations belongs to the Organizer of the Championships.
- All competitors are required to read and comply with the Regulations.
- Organizer is not responsible for items left unattended during the Championships.

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- Organizer is not responsible for any injuries and traumas incurred during sports competition.

XIV. APPLICATIONS

- Entries for the Championships are submitted only via online form on the Facebook fan page of the Championships and the Championships website: www.stowarzyszeniemetroflex.pl
- Application form is active only until 22/08/2019, after this date applications will no longer be accepted!
- Organizer reserves the right, in exceptional cases, to enroll the player after completing all registration formalities and paying him the entry fee on the day of the Championships without the possibility of receiving a starter package.

XV. CONTACT

- Artur KICZUK - +48 663 514 274
- Krzysztof CHOWANIAK - +48 796 113 787 (in registration matters)

PREPARED
The secretary of the Sports Association
"METRO-FLEX"

Sabina CHOWANIAK

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We kindly inform you that the "METRO-FLEX" Sports Association WROCLAW is the Administrator of your personal data.

The data administrator can be contacted by e-mail: stowarzyszeniemetroflex@o2.pl

Your personal data will be processed in order to:

- Place data in Championships participants' database;
- Prepare and print the registration lists and place lists during the Championships on the Facebook fan page and the website of the Championships;
- Prepare, print, and display the results of individual categories during the Championships;
- Place the results of individual categories on the Facebook social network – fanpage of the Championships and on the Championships website;
- Record medal winners' information.

The processing of your personal data is needed to participate in the Championships. Your data will be processed in the following scope: name and surname, year, country of residence, body weight, uniformed institution, category in which the competitor will compete.

Your personal data will be processed and stored for the duration of the Championship, only to the extent that it is necessary for the duration of the Championships. Personal data may be transferred to entities that process personal data at the request of the Administrator, which support the Administrator in the organization of the Championship.

The image and sound from the event will be recorded for the Administrator's informational needs. Participation in the Championships means that you consent to the publicizing of your own image in the materials related to the Championships.

At the same time, we would like to inform you that you have the right to access your personal data and the opportunity to request supplementing, updating or rectifying it when it is incomplete, out-of-date or untrue, and temporarily or permanently suspending processing or deletion.

Providing personal data is voluntary but refusal to provide it is tantamount to the lack of participation in the Championships. You also have the right to file a complaint with a supervisory committee dealing with the protection of personal data when you feel that the processing of your personal data violates the provisions of Regulation 2016/679.

*This document has been prepared for information purposes only
and no further action or contact with the Administrator is required from you.*