



IDFPA NATIONAL POWERLIFTING CHAMPIONSHIPS 2013

- Location:** Ardee Parish Centre, Ardee, Co. Louth
- Date:** Saturday 23rd March 2013
- Promoters:** Nigel McArdle & Kenneth Taaffe
- Weigh-In:** Saturday 8.30am - 10.00 am
All lifters must weigh-in during the first hour of the weigh-in session as only re-weighs can take place during the last 30 minutes.
- Categories:** Equipped/Unequipped - All Age Groups
Since 01/01/08 all lifters are automatically entered in the Open so should enter just their actual age group (M1, Jnr, T2 etc)
- Entry Fee:** €50 for first event, €60 if entering both equipped & unequipped
- Open to:** IDFPA 2013 members and new lifters who join the IDFPA on the day.
- Qualification:** All lifters hoping to lift at the 2013 European Powerlifting Championships* and/or the World Powerlifting Championships must qualify at this event.
- * Lifters must be members of the IDFPA for 3 months prior to lifting internationally or setting international records. It is the lifters own responsibility to join on time to fulfil this criteria. Members who let their membership lapse for more than 3 months must also renew their membership 3 months prior to lifting internationally or setting international records. 2012 membership expired on 31/12/2012.*
- Closing Date:** Friday M 15th March, 2013
- Entry Fees:** Entry fees can be paid on the day of competition. However, lifters who enter but don't show up are still liable for the entry fee.
- To Enter:** Send entry form to Tom Coyle, Onomy, Castleblayney, Co. Monaghan
- Queries:** Tom Coyle 00353-(0)87-6383746 or tomacoyle@eircom.net

**IDFPA NATIONAL
POWERLIFTING CHAMPIONSHIPS 2012
ENTRY FORM**

<i>Name</i>		<i>Weight Class</i>	
<i>E-mail</i>		<i>Age Class</i>	
<i>Contact Number</i>		<i>Date of Birth</i>	
<i>T-Shirt Size</i> <i>S,M,L,XL</i> <i>XXL &</i> <i>XXXL</i>		<i>Male/Female</i>	