



Meet Director

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GPC Worlds CHAMPIONSHIPS 2024
POWERLIFTING, SQUAT, BENCHPRESS, DEADLIFT &
Biceps Curl
10th – 13th October 2024

Location: Rybníková 576/15, Trnava, postal code 917 01, Slovakia



Meet Director: Filip Stanko, Bučany 682, 919 28 Bučamy , + 421 917 632 304,
gpcworlds24@gmail.com

Organizer: Global Powerlifting Committee (GPC)
Slovak Powerlifting & WestSide Warriors

Dates: 10/10/24 to 13/10/24

GPC World Championships 2024 - Trnava - Slovakia			
Day	Date	Discipline	Category
Thursday	10.10.	Powerlifting RAW	All Women, Men Masters
		Powerlifting EQ	All lifters
Friday	11.10.	Powerlifting RAW	Men Teens, Juniors, Open
Saturday	12.10.	Squat RAW	All lifters
		Squat EQ	All lifters
		Deadlift RAW	All lifters
		Deadlift EQ	All lifters
Sunday	13.10.	Benchpress RAW	All lifters
		Benchpress EQ	All lifters
		Benchpress F8	All lifters
		Benchpress Soft EQ Unofficial category	All lifters
		Biceps Curl	All lifters

Lifting Schedule: Daily start times and exact schedule will be published after the closing date.

Weigh-In Schedule:

All weighings are made the day before lifting, starting on 09.10.2024. During the competition days, weighing takes place only for competitors who will start the next day!

Sunday 09.10. - Saturday 12.10.	8.00 - 10.00 and 16.00 - 18.00
If necessary, each weighing can be extended to accommodate the number of athletes waiting to weigh at the end of the official weighing time.	

Rules:

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

ATTENTION! The soft EQ category is an unofficial discipline in the GPC federation and it will be the trial 0th year of this category, therefore it will not be possible to make world records in this discipline! Competitors placed in their categories will receive a medal and a diploma. Competitors placed in absolute order will receive a cup! Categories (weight, age) will be according to the GPC rules. Rules, bench press instructions as well as permitted clothing during the attempt will be according to the GPC rules. Soft EQ will be placed on the competitor's arms so that the competitor's elbow is visible. The placement of soft EQ over the elbow joint will be prohibited! All types of soft EQ are allowed (single-ply and multi-ply)

Categories:

All GPC Weight & Age Categories – Male & Female - Raw and Equipped
See Rulebook: www.worldgpc.com

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 and above

Disabled: 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.

Disciplines:	EQUIPPED	RAW	Supplementary discipline	unofficial discipline
	Powerlifting, Benchpress&F8 shirts Deadlift Squat	Powerlifting Benchpress Deadlift Squat	Biceps curl raw	benchpress soft EQ (slingshot, catapult, monster, etc.)

Entry Fees:

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

Additional Events: €35 per event

Late Entry Fees (paid after closing date) plus €30 per event

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

As per rules brought in on 01/01/16, 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.

Closing Date: **8th september 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.

Bank Details:

Bank Name	Fio banka, a.s.
IBAN	SK19 8330 0000 0027 0087 7451
SWIFT	FIOZSKBAXXX
Account Name	WestSide Warriors

To Enter: Team Lists to be emailed to **Meet Director Filip Stanko:** gpcworlds24@gmail.com and **World GPC Secretary -** gpcworldsecretary@gmail.com by 08/09/24
Entry fees must be submitted to the Meet Organiser by 08/09/24.

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 mailed to gpcworlds24@gmail.com & gpcworldsecretary@gmail.com & the entry fee paid by the National Federation in Euro to the organiser by **08/09/22**.

Eligibility: All lifters must be members of the GPC. 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 (Form available on GPC website). <http://www.worldgpc.com/index.php/downloads>

Websites: All information will be included on:
www.gpcworlds24.com
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://www.worldgpc.com/index.php/downloads>) and return to the World GPC Secretary. 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 before requesting a VISA Support Letter. Individual Membership forms are also available under downloads on the GPC Website.

Accommodation: Selected hotels have provided an improved price offer for participants of the GPC World Championship 2024. It is necessary to make a reservation directly on the hotel's website.

1. Hotel Empire, www.hotelempire.sk, reservations can be made via mail empire@hotelempire.sk. 4-star hotel located 800m from the Hall. If you write in the order that you are a participant of the World Cup, you will receive a 10% discount
2. Hotel Spectrum, www.hotelspectrum.sk, reservations can be made via email recepacia@hotelspectrum.sk. 3-star hotel located 2 km from the hall. If you write in the order that you are a participant of the world championships, you will have discounted prices and they are as follows:

Comfort single room – €48 per room per night

Comfort double room – €58 per room per night

Comfort double room + extra bed - €79 per room per night

Premium single room – €56 per room per night

Premium double room – €68 per room per night

Premium double room + extra bed - €89 per room per night

Tourist tax – 2 € / person / night

Breakfast (buffet table) – 7 € / person

Transfers: Bratislava - 47 km transfer price 50€ (max 4 person), 100€ (van , max 8 person)
Wien - 112 km transfer price 100€(max 4 person), 140€(van, max 8 person)

It is possible to book a transfer from the Bratislava airport to Trnava. Email gpctransfer24@gmail.com



Júlia Popa, GPC Slovakia president



Peter Mihály, Slovak Powerlifting president