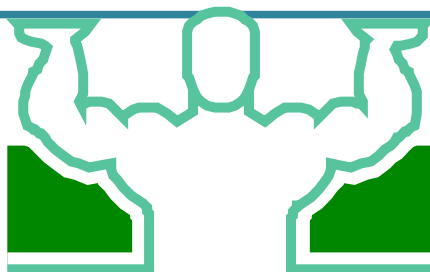




THE WORLD CUP
WPC - SENIORS OPEN CLASS
POWERLIFTING & BENCH - PRESS
devoted to the memory of Heydar Aliyev
- the national leader of Azerbaijan Republic
6-9 May 2010 Baku, Azerbaijan

BULLETIN 1



Capsella



Organising Committee:

Azerbaijan Powerlifting Federation
G, Oruj-Aliyev st., apr.15 Baku, AZ1033
Fax +99 412 422 11 11; Tel (Mob.) +99 450 213 23 23
www.powerlifting.az
aladdinapf@yahoo.com; adam-eva@inbox.ru



Welcome Words



I welcome all the guests and participants of the “World Cup” Powerlifting and bench press devoted to the memory of the national leader of the Azerbaijan Republic Heydar Aliyev, who devoted his life to the people of Azerbaijan.

I also welcome and thank Mr. Mike Sweeney, the president of World Powerlifting Congress that unites about 50 countries of the world, for honoring us with his presents on September 2009 at the Republic championship and for his current visit to our Republic to the “World Cup” Powerlifting and bench press.

Since the early days of its establishment, the Azerbaijan Powerlifting federation and its members appreciated the attention and support from the President of the Republic Mr. Heydar Aliyev. Frequent powerlifting competitions as well as referee and coach workshops held Azerbaijan provided our coaches and athletes with an excellent opportunity to exchange experience, be attested and enhance qualification since our acceptance into the World Powerlifting Congress in 1996. These and many other opportunities facilitated development of world class athletes and coaches in our country in a very short period of time. It is rewarding to witness that our athletes, have found ongoing support and understanding of their challenges from the current President of the Republic, Mr. Ilham Aliyev. I'm pleased to note that after becoming the President of Azerbaijan, Mr. Ilham Aliyev has continued his father's tradition related to development of sport in Azerbaijan. In short period of time, a large numbers of modern sport complexes furnished with top-notch and sophisticated equipment were constructed in addition to many more projects underway thought the country. Thanks to sincere care of Mr. Ilham Aliyev, our sportsmen systematically participate in the World and European Championships, as well as in other international competitions, where they regularly win top prizes, defending the honor and glory of Azerbaijan in the international arena.

I once again greet all participants of the competition and welcome you to Azerbaijan, its capital - Baku city and wish you the best of luck and success in the “World Cup”.

Aladdin Aliyev
The president of the Powerlifting Federation of Azerbaijan



Welcome to Baku



It is with honor and great pleasure that we invite you to the World Cup WPC - Powerlifting & Bench - Press in Baku, Azerbaijan's capital, which will take place from May 6-9, 2010.

These Championship will be an opportunity to show once again the beauty of this sport which brings athletes together from all over the Europe, and connects courtiers both off and on the tatami. It will also be an opportunity for the people of Baku to show what good hosts they can be, and for spectators to show once again their support and enthusiasm.

A Brief History of Baku

City Of Winds: Baku Azerbaijan's capital was founded 1,500 years ago. There are a few theories about the origin of the name, the most widely known being that Baku comes from bad kube, meaning "city of winds".
OK!!!!



Sprung on the coasts of the silvery Khazar (the Caspian), Baku as one of the holy centers of Zoroastrianism, after the discovery of oil, within a very short historical period changed into a very important commercial city. Its advantageous geographical location and abundance of valuable raw materials as oil, salt, maroon, saffron and others helped its rapid growth. With the development of feudalism a lot of small feuds appeared in the territories near Baku. There were built small but strong family towers - donjons in the center of their lands and they formed together a single system of warning in the case of dangers. Baku still remained as the biggest populated locality on the entire western coast of the Caspian Sea. The earliest description of Baku of that period was made by the native geographer of the Middle Ages Abd or-Rashid al-Bakuvi. In his work written 1403 named "Kitabi Talhis as-Asor, Va'aja'ib al-malik alkahhar" he writes: ".. the city has two extraordinarily fortified strong stone castles. One of them, the biggest, is near the sea, and the waves waste its walls. This is the castle, which the Tartars (Mongols) could not capture. The other castle is higher than the first one. Its top is destroyed by balusters. A special feature of this city is the constant wind which is blowing day and night. Sometimes it is so strong that it is impossible for a man to go against the wind, horses and sheep in winter are often swept into the sea because they can not hold themselves on land. Here are deposits of tar and oil, oil is extracted daily for more than two hundred camel pack-loads. Near them, there is another oil spring, which is ceaselessly pouring out oil day and night, this oil is as white as jasmine oil, its rental estimates thousand dirharns. Near the oil-wells there is soil of yellow color, which burns like a candle. People break off pieces of it and take it back to the town for heating their houses and baths".



The World Cup WPC - Powerlifting & Bench - Press 6-9 May 2010 Baku, Azerbaijan



The town, a territory of about 22 ha located on the hills, was surrounded by the city walls. According to a number of archeological, historical, graphical, architectural and other data, we can assume that the most ancient, "assimilated" part of the Baku castle was its coastal part. It is not surprising that the earliest memorials have been preserved in that part. These memorials include the minaret of the mosque Mohammed ibn Abu Bakr, known as "Sinik-gala"(1078) and "Giz Galasi" ("Maiden Tower") the lower part of which was probably built in VI-VII centuries B.C.

The highest rise of Baku in the epoch of feudalism was at the time when, as a result of a destructive earthquake in Shirvan the capital of the state was moved from Shemakhi to Baku. Exactly in the following hundred years the planning of the castle starts to take shape. And the Shirvanshahs Palace, unique in beauty and grace, was founded on the highest place in the castle. The Palace includes nine buildings serving various purposes. Virtuosity of its creators, who "knitted" the finest laces of stone ornaments on portals of "Divan-khane" and the family burial-vault of Shirvanshahs, created an organically integral unit for their design and then combined these structures into one indivisible whole, demonstrating the skills and artistic taste of the medieval craftsmen of Azerbaijan.



Mausoleum of Shirvanshahs in old Baku.



The Maiden Tower, XI-XII centuries, in old Baku.

With the growth of significance of Baku as a commercial city, the caravan-sarays built around the Maiden Tower, were a kind of medieval hotels, which as a rule, belonged to some merchant guilds of different cities, each bearing the name of its owner. There were merchants living and trading in Baku, they came not only from nearby towns, but also from the farthest towns of the Caucasus, Iran, Central Asia, Russia and other countries. For example, the merchants from Panjab, Hujarat and Rajputana lived in the caravan-saraya "Multani". "Butchery" was a place for the concentration of merchants from the Central Asia which was situated near it. As a whole, development of such places is an evidence of a considerable growth of cultural, commercial and political contacts of the state of Shirvan, which also included Baku, with the neighboring and distant countries in XV-XVI centuries. It is enough, as we think, to give just one fact, as a proof of it that in 1572 Baku was visited by the agents of the English trade company, who displayed interest in the Baku oil. F. Deckert, a members of that mission informed that "... there is a strange phenomenon near a city called Baku.

There is an extraordinary amount of oil coming out into the surface of the earth and people from distant corners of all Persia come to get In XVII-XVIII centuries, as a result of considerable changes in socio-political and economical life of the country, due to the colonization of the western and southwestern coast of the Caspian Sea, the central part of the Baku castle lost its importance as a place for location of the residence of the Head of the State, and the center, as a place of business and commerce moved from the Shirvanshahs" Palace towards the city's main commercial line, which connected the so-called "Shemakhi Gate" with the coastal part of the city, then changed its direction near the Maiden Tower and went towards the "Salyan Gate".



The World Cup WPC - Powerlifting & Bench - Press 6-9 May 2010 Baku, Azerbaijan



The same line connected two bazaars: the Yukhari (Upper) Bazaar with its rows of jewelry and other goods, with the Ashagi (Lower) Bazaar with its groceries and workshops of small craftsmen. This street was distinguished not only for its length, it almost enclosed all the Baku castle, but also for its considerable width in comparison with the main streets of cities in the Middle Ages. This line, in essence, was the main composition of the city, its pivot. Other streets, the minor ones, coming through city blocks from all directions, were considerably narrower. Moreover, they were crooked, sometimes ending in blind-alleys. All these made the castle like a large labyrinth created in the course of many centuries. The Russian traveller I. Berezin, who visited Baku in the middle of the XIX century described the of Baku as follows: "... they are so narrow and entangled, that after a month in Baku I did not know, where a street began and where it ended". Though we do not object against the above-said, still we must note that this chaotic style of building had its advantages in defending the city from invaders, as well as for softening the gusts of the Baku winds. These winds were piercing through everything.

The natural and climatic conditions of the Absheron Peninsula played an important role in the formation of the urban structure of Baku in the Middle Ages. The curvilinear planning of streets not only assisted in stopping the gusts of the ice-cold North wind of Baku in winter, but also created coolness in day time, owing to the shadow falling from walls of houses in streets. There were small inner yards spontaneously surrounded by houses in the castle and there grew nothing in these yards except one or two fig or mulberry trees or rose bushes. In the same yards, as a rule, there were water wells there to provide the inhabitants with water through complicated but at the same time a perfect system of "kahrizes" - the medieval underground water supplies, pierced in thick continental rocky soil. For the common use of water there were "ovdans" built in some places of Ichery Sheher. They were semi-underground installations for filling water. It should be added that since the XV century there was a perfect, composed of separate ceramic elements, underground sewer system, connected to all houses located here, in the Baku castle. The majority of houses in the city were one or two - storied with flat floors and plane roofs covered with tar and small cupolas draining the smoke. Silhouettes of these houses, arising like shelves over slopes of the hilly relief of the castle, were interrupted by massive minarets and smooth twists of cupolas of mosques and baths in some places. This combination of different architectural configuration was the most distinguished feature of the feudal Baku.



Detail of the facade of the historical Ismailiyya building.



State Museum of Art in Baku.



The World Cup WPC - Powerlifting & Bench - Press
6-9 May 2010 Baku, Azerbaijan



VISITOR information

Baku: The capital of the Republic of Azerbaijan. It is a large scientific-technical, cultural and industrial center. Ancient foundations, a large area and population all make Baku one of the oldest and largest cities in the East. Baku was first mentioned in VI century BC. Many historical sources mention the city due to the oil reserves. Baku was also one of the trade centers of the region, to which came Slavonic, Khazar, Chinese, Syrian, Iranian merchants.

Language: Azerbaijani language is the state official language of Azerbaijan, Russian and Turkish languages are also used.

Religion: Mainly Muslim-Shiites – 93,4%, Georgian, Russian and Armenian minorities professed various forms of orthodoxy.

Location: Europe. Located in the southern part of Absheron peninsular, on the shores of the Caspian Sea. Position data – 40°23' northern latitude and 49°52' east longitude.

Climate: Transitional from temperate to subtropical, in the South - subtropical. Average temperatures of July from +5°C in the highlands up to +27°C in lowlands, respectively -10°C and +3°C in January.

Population: 2 070 000 persons (as of 1 January 2003).

Total area: 2 200 km².

Time differences: Baku (GMT +4) differs from Greenwich
DST: + 5 hours GMT
LWT: + 4 hours GMT

Holidays and days off: Azerbaijanis celebrate a majority of Muslim holidays, the most significant of which are the sacred holiday Ramadan and Gurban Holiday. Among official dates: Day of Mourning for the deceased during events of 1990 (January 20), Lunar New Year Novruz Bayrami (March 21-22), Day of Republic (May 28), National Salvation Day of Azerbaijani people (June 15), Day of State Independence (October 18), National Revival Day (November 17), Day of Solidarity of World Azerbaijanis (December 31).

Demography: National structure of Baku. Azerbaijanis: 82,7%, Russians: 5,6%, Armenians: 5,5%, Lezghis: 2,8%, other: (Avars, Ukrainians, Tatar, Jews, Talish, Turks, Georgians, Kurds, Udins): 3,4%.

Stores: In the central part of Baku stores operate from 9.00 a.m. until late at night, on the periphery, usually up to 19.00-20.00 p.m.

National cuisine and drinks: Azerbaijanis, like other Muslims do not eat pork. The basis of meat dishes - lamb. Beef, poultry and fish are used much less. The most common dishes of Azerbaijanis - piti soup, kyufta-bozbash (broth with large meat and rice balls with peas and potatoes), dovga (yogurt soup with herbs). All soups for consistency should be thick. Main courses - pilaf of rice (served with seasonings from the meat, fish, vegetables, fruits), dolma (course like stuffed cabbage roll), tomatoes, sweet peppers, apples stuffed with lamb, Lula-kebab, shish kebab, tava kebab, kurze (course like meat dumplings). To prepare the second course the following spices and herbs are used: bitter and sweet peppers, basil, cinnamon, cloves, fennel, parsley, coriander, turmeric, barberry, mint, cumin, etc. Dessert - apples, pears, quinces, oranges, lemons, plums, cherry plums, apricots, peaches.

Currency & Exchange: The National currency of Azerbaijan is the Azeri Manat (AZM). Foreign currency and travelers cheques can be exchanged for Azeri Manat in all banks. In addition, currency can be exchanged at all official exchange points, which can be found everywhere. It is necessary to keep receipts of all exchanges until departure from the country. Those who change currency with unauthorized individuals take the risk of becoming a victim of scams and fraud, and carry full responsibility for possible abuses.



The World Cup WPC - Powerlifting & Bench - Press 6-9 May 2010 Baku, Azerbaijan















Currently, the money of the following value is in the circulation: coins – 1, 3, 5, 10, 20 and 50 kopecks and banknotes with nominal value of 1, 5, 10, 20, 50, 100 manats. In Azerbaijan, the payment for any services performed in the national currency or credit cards.

Coins

All coins of the new manat



Banknotes

Banknotes of the Third Manat							
Image		Value	Dimensions	Main Colour	Description		
Obverse	Reverse				Theme	Obverse	Reverse
		1 manat	120 x 70 mm	Grey	Culture	Azerbaijani folk music instruments	Ornament of ancient Azerbaijani carpets
		5 manat	127 x 70 mm	Orange	Writing and literature	Ancient writers, poets, and books from Azerbaijan	Rock drawings of Qobustan , samples of Orkhon script and letters from the contemporary Azerbaijani alphabet
		10 manat	134 x 70 mm	Blue	History	Old Baku, the Palace of the Shirvanshahs and the Maiden Tower against a background of the Icheri Sheher wall	Ornaments of ancient Azerbaijani carpets
		20 manat	141 x 70 mm	Green	Karabakh	Signs of power (a sword, a helmet and a shield)	Symbol of peace (<i>harybulbul</i>)
		50 manat	148 x 70 mm	Yellow	History and future	Youth, stairs (as a symbol of progress), the sun (as a symbol of force and light) and chemical and mathematical symbols (as signs of science)	Ornaments of ancient Azerbaijani carpets
		100 manat	155 x 70 mm	Mauve	Economy and development	Architectural symbols from antiquity up to today, the manat currency symbol and symbols of economic growth	Ornaments of ancient Azerbaijani carpets

These images are to scale at 0.7 pixels per millimetre, a Wikipedia standart for world banknotes. For table standarts, see the [banknote specification table](#).

Credit cards: As a rule, you can pay by credit card in the hotels. Credit cards accepted for payment in many large supermarkets of the capital, in high-price hotels and restaurants.

However, it is recommended in advance to find out whether your credit card is acceptable. In the major business centers, big shops, subway stations are ATMs with which you can get cash.



The World Cup WPC - Powerlifting & Bench - Press
6-9 May 2010 Baku, Azerbaijan



Medical Services: The chemists are usually open straight through from 9:00 to 20:00. They take it in turns to closed, the addresses of the nearest duty chemists are displayed on the door. A few chemists remain open late and even all night.

In case of accident or illness call for ambulance free-of-charge from any phone: **103**

Central Clinical Hospital

76, Parlament ave.,

Baku, AZ 1073, Azerbaijan Republic

Contact numbers: Registration: 492-10-92

Doctor: 497-38-00; 492-41-31

Ambulance: 497-11-11; 492-31-31

Police:

Free-Of-charge from any phone: **102**

Baku Airport: Heydar Aliyev Bina International airport is the busiest in the Caucasus. The airport is approximately 25 kilometers east from downtown Baku (travel time: approx. 40 minutes), one kilometer off the Baku-Mardakan road. If you are coming from Baku you will see the access road on your left, in front of an open air market. The central building is the domestic and CIS terminal (use the left entrance for Nakhchivan flights). To the left side is located the international terminal, and in front of it, across the often chaotic parking lot, you'll find the airport hotel.

Avoid taxis offered by drivers in the customs area, they will cost much more than those just outside the airport building. Choose a licensed car with a TAXI sign. The trip from the airport to the center of the city costs about 15 manat (less than 10 Euro).

If you don't have a lot of luggage, you have the alternative of taking Bus No. 16 to the city, which costs approximately 1 manat, the bus-stop is just outside the arrivals zone and leaves you at the AZAL office in Baku (on 28th May st).

“Azerbaijan Airlines” (AZAL)



84, Nizami st.

Baku, AZ 1095, Azerbaijan Republic

Tel.: +994 (12) 598 88 80

Fax: +994 (12) 437-40-87

e-mail: booking@azal.az

website: www.azal.az



The World Cup WPC - Powerlifting & Bench - Press
6-9 May 2010 Baku, Azerbaijan



VISA to Azerbaijan

Rules of entry: Visas for entry to Azerbaijan is not required to the citizens of Russia and most CIS countries. It is enough to have a foreign passport for entry into the country. To the rest of the citizens visa is issued on the basis of an invitation from a private individual or a travel agency in diplomatic missions and consulates of the Republic of Azerbaijan abroad: Austria, Belgium, Bulgaria, Great Britain, Northern Ireland, Czech Republic, Slovakia, France, Germany, Italy, Norway, Turkey, Spain, Sweden, Switzerland, Latvia, Lithuania, Estonia, Hungary, Poland, Romania, Greece, the Netherlands.

For more information, please visit the official website of the Ministry of Foreign Affairs of the Republic of Azerbaijan: www.mfa.gov.az.

The amount of state tax levied on foreign nationals and stateless persons for a visa corresponds to the amount to be collected from the citizens of the Republic of Azerbaijan when issuing the visa of this country. To open visa at the airport 1 photo 3 x 4 is required. Insurance is optional. Traveling in the country is not limited. In the case of stay in the country for more than 30 days, you must register at the police department at the place of residence.

In case visa problems occur for any team, please, contact the Azerbaijan Powerlifting Federation.

Organising Committee:

G, Oruj-Aliyev st., apr.15 Baku, AZ1033
Fax +99 412 422 11 11; Tel (Mob) +99 450 213 23 23
www.powerlifting.az
aladdinapf@yahoo.com; adam-eva@inbox.ru

Customs regulations: Foreign currencies must be declared on arrival (included to the declaration). Allowed: duty-free import of goods intended for personal use, up to 3 liters of alcoholic beverages, up to 600 grams of caviar and 3 cartons of cigarettes, drugs - as required. It is allowed to export from the country the personal items, handicrafts and goods purchased in the country.

The export of any antiquities (including precious stones, coins, manuscripts and other works of art) without the permission of the relevant bodies is prohibited. Prohibited: the transit of drugs, weapons and ammunition (except for hunting, for which permission is given), books and videos, offending the morals and public order of the country.

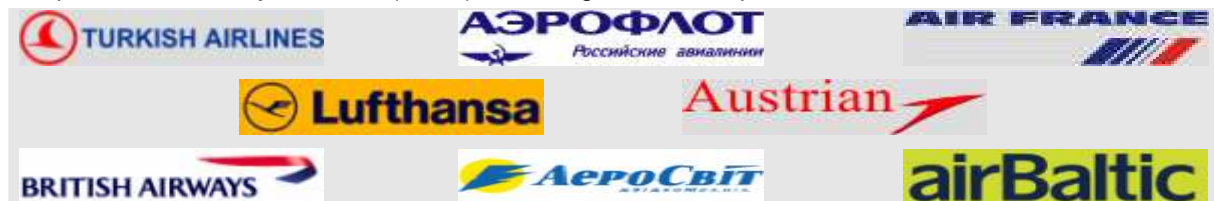


The World Cup WPC - Powerlifting & Bench - Press
6-9 May 2010 Baku, Azerbaijan



TRANSPORTATION

Azerbaijan, officially the Republic of Azerbaijan, is the largest and most populous country in the South Caucasus, located partially in Eastern Europe and partially in Western Asia. It is bounded by the Caspian Sea to the east, Iran to the south, Armenia to the west, Georgia to the northwest, and Russia to the north. The Azerbaijani exclave of Nakhchivan is bordered by Iran to the south and southwest, Turkey to the west, and Armenia to the north and east. The country's territory also encompasses several islands in the Caspian Sea. Azerbaijan Airlines (AZAL) and foreign airline companies such as:



so please, book your flight in advance.

Baku Airport:



General Inquiries 425-79-00
Passport Control 424-38-85, 424-31-79
Customs 598-02-10, 424-31-47
Airport Manager 424-37-14
Freight/Commercial Office 424-37-44, 24-37-82 Intourist
Lounge 424-37-07, 424-13-40
VIP Lounge 424-13-40, 424-38-07
Telephone booth 424-37-99
Veterinary services 424-31-33

Regular transfer upon arrival and departure from Heydar Aliyev Airport will be organized for the teams. The participating countries have to book this with entry in advance. For further details, please contact with Official Travel Agency

Official Travel Agency



INDEPENDENT BROADCASTING AND MEDIA "R&R TRAVEL AGENCY"

Azerbaijan, Baku, INDEX AZ 1073
1/15 Z. Khalilov str; 523 district
Fax: (+994 12) 510 23 98; Tel: (+994 12) 438 13 37
Mob. (+994 55) 202 01 01; (+994 50) 200 81 21
e-mail: rturizm@yahoo.com
web: www.rtourism.az

Without the booking any transfer is not possible and the participants will have to make their own arrangements. Transfer upon arrival to any departure from Heydar Aliyev Airport will be organized for the teams against payment of 10 Euro per person according to the information given in the Registration form.

Transportation to/from HOTELS - SPORT HALL

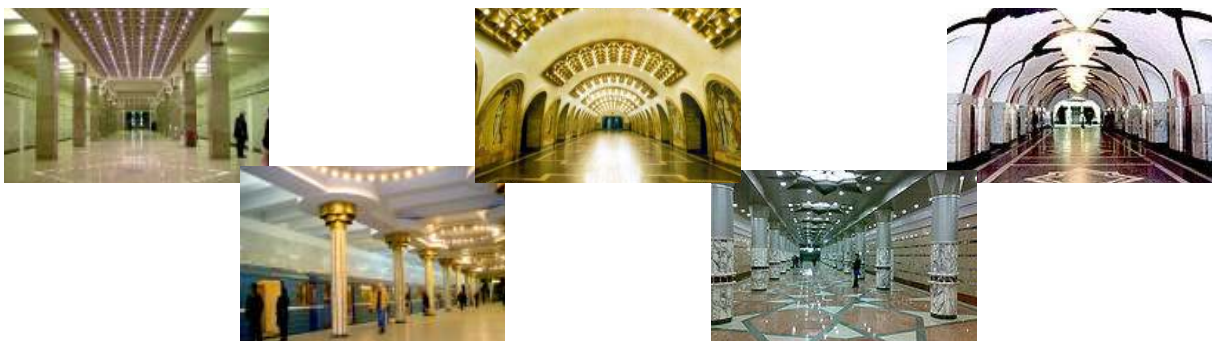
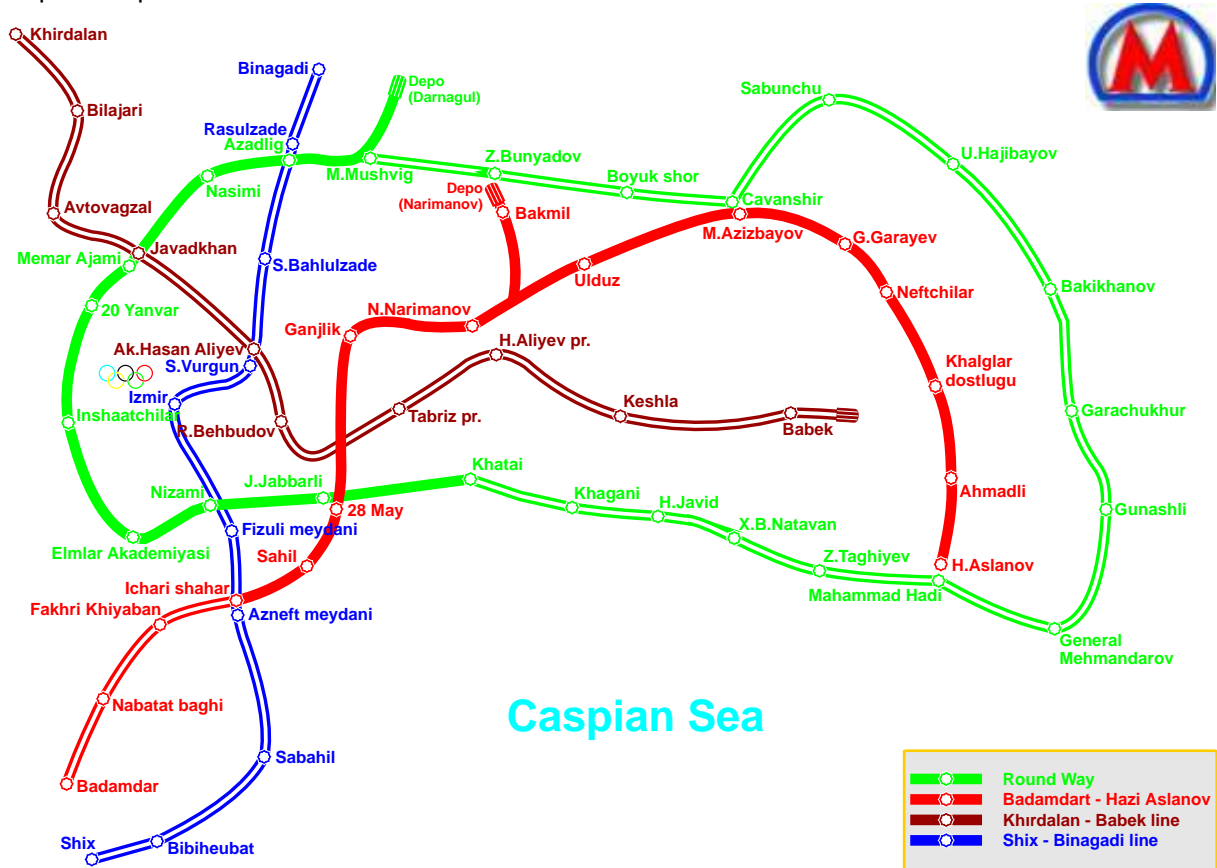
Shuttle between the official hotels and the sport hall (Heydar Aliyev Idman Konsert Sarayi) will be given according to EKF rules (this service will be free of charge). Information will be given in the official hotels lobbies and in the registration hall during registration. The shuttle bus will be provided from all officials each hours during the completions.

Taxi: S.A.COMPANY – Taxi service.

Company profile: rent-a-car, motor transportation, taxis.

BAKU Metro

Opened in 1967, the Baku metro has 2 lines, 20 stations and 30.5 km of track, all of which is underground. Expansion plans:



OPERATION

The Baku metro operates 6:00 - 1:00, with trains every 2.5 min during peak hours every 5 - 15 min during the rest of the day (90 sec headway possible).

FARES

Single fare - 0.05 ne manats (250 old manats) - since 2007, only paid with prepay cards.

THE HEADQUARTERS HOTEL



Hyatt Regency Baku and Park Hyatt Baku form part of the vast complex that includes the Hyatt Meeting & Conference Centre, apartments, villas, offices, shops and the three-storey Club Oasis Fitness and Recreation Centre. Ideally situated on Izmir Street, the Hyatt complex is just 10 minutes from the city centre, government offices, the exhibition complex and the Caspian Sea promenade. It is the ideal venue from which to conduct business in Azerbaijan.

1 Bakikhanov street, AZ 1065 Baku, Azerbaijan
tel: +994 12 496 12 34; fax: +994 12 496 12 35
www.baku.hyatt.com

The booking of rooms in the headquarters hotel is arranged in Azerbaijan Powerlifting Federation. Please, contact us if you want to book a room in this hotel.

Azerbaijan, Baku, INDEX AZ 1073

1/15 Z. Khalilov str; 523 district

Fax: (+994 12) 510 23 98; Tel: (+994 12) 438 13 37 Mob. (+994 55) 202 01 01; (+994 50) 200 81 21

e-mail: rtrturizm@yahoo.com; web: www.rrtourism.az

MEETING AND CONFERENCE CENTRE

Combined with the Hyatt Meeting & Conference Centre adjacent, Hyatt Regency Baku provides more than 1.500 square meters of meeting space. A ballroom with pre-function area, eight meeting rooms offer a host of flexible venues for a variety of different event types. During summer, events for up to 600 guests may be held around the pool. Outside catering is also available.

1. (Shamakhi room) Medical commission - anti-doping commission.
2. (Ballroom foyer) Accreditation.
3. (Baku room) Referee commission meeting.
4. (Guba ballroom) Press conference, coaches meeting.
5. (Lankaran room) Technical executive committee.



Auditorium





The World Cup WPC - Powerlifting & Bench - Press
6-9 May 2010 Baku, Azerbaijan



THE HOTELS

Breakfast included in PRICES				
Hotels	Rank	Single	Twin	Triple
		^	^	^
The Grand Hotel Europe	*****	120	120	150
Royal Park	****	140	170	200
Ambiance Hotel	****	110	130	
Business Place	****	90	110	130
Yegana Hotel	****		130	
Karat Inn	****	105	120	
Musado Hotel	***	100	130	150
Empire Hotel	***	100	130	
Diplomat Hotel	***	140	180	
Clear Hotel	***		100	
Elit	***		120	
Consul	***	130	160	
Araz	**		50	

Extra meal (lunch or the dinner) for per person for per meal price is 15[^].



EVENT'S PROGRAM

May 6 (Thursday)

Schedule:	Activity:	Place:
10:00 - 18:00	Registration of Delegations	Hotel "Europa"
15:00 - 16:30	Referee Commission Meeting	Hotel "Europa"
18:00 - 19:00	Technical Commission Meeting	Hotel "Europa"
19:00 - 20:00	Referees and Judges Meeting	Hotel "Europa"
17:30 - 18:30	Open Draw to all Coaches	Hotel "Europa"
15:00 - 20:30	Male -52kg, -56kg, -60kg, -67,5kg, -75kg, -82,5kg, -90kg, -100kg	
15:00 - 20:30	Female All weight categories	Hotel "Europa"

Participation fees:

Powerlifting - 60 EU; Bench-press - 40 EU; participating in both categories -100 EU

May 7 (Friday)

Weight in Male -52kg, -56kg, -60kg, -67,5kg, -75kg, -82,5kg, -90kg, -100kg
07:00 - 09:00 Female All weight categories CHAMPIONSHIP'S VENUE

10:00 -	Eliminations and Repechage (All Female categories)
15:00 -	Eliminations and Repechage Male (-52kg, -56kg, -60kg, -67,5kg)

May 8 (Saturday)

Weight in Male -75kg, -82,5kg, -90kg, -100kg, -110kg, -125kg, -140kg, +140kg
07:00 - 09:00 CHAMPIONSHIP'S VENUE

10:00 -	Eliminations and Repechage Male (-75kg, -82,5kg)
14:00 -	Eliminations and Repechage Male (-90kg, -100kg)

May 9 (Sunday)

Weight in Male -110kg, -125kg, -140kg, +140kg
07:00 - 09:00 Female All weight categories CHAMPIONSHIP'S VENUE

10:00 -	Eliminations and Repechage Male (110kg, 125kg, 140kg, +140kg)
18:00 -	Opening ceremony
20:00 -	Farewell banquet
23:00 -	Party at "Metkarting" Night Club

In Absolute category prizewinners will receive medals, certificates, cups and money awards. **1st place - 2 000 \$**, **2nd place - 1000 \$**, **3rd place - 500 \$**.
The other category prizewinners will receive medals and certificates.



TRAVEL AND TRANSFER FORM
The World Cup WPC - Powerlifting & Bench - Press

To be returned back till 20th of April 2010 at latest to:

R&R INDEPENDENT BROADCASTING AND MEDIA



“R&R TRAVEL GENCY”
Fax: (+994 12) 510 23 98
Tel : (+99412) 438 13 37
e-mail: office@rrtourism.az
web: www.rrtourism.az
Azerbaijan, Baku, INDEX AZ 1073
1/15 Z. Khalilov str; 523 district

CONTACTS

Mr.Ahmadov Rustam: rrtourism@yahoo.com;
Tel: + 994 55 202 01 01 Fax: + 994 12 510 23 98
Mr.Abbasli Tural: office@rrtourism.az;
Tel: + 994 50 624 01 86 Fax: + 994 12 510 23 98

Travel Informations:			
Arrival in Baku by:		Departure from Baku by:	
Plane	Train	Plane	Train
Number of persons:		Number of persons:	
Date:		Date:	
Hour:		Hour:	
Flight No:		Flight No:	
Transfer Baku Airport to Hotels		Transfer Hotels – Baku Airport	
YES	NO	YES	NO
Transfer Railway Station 9 Hotels		Transfer Hotels – Railway Station	
YES	NO	YES	NO

Please return this rooming list together with term of responsibility, accommodation and transfer form to the Azerbaijan Powerlifting Federation.

Date: _____

Name of Contact Person: _____

Signature: _____ Official Stamp: _____



The World Cup WPC - Powerlifting & Bench - Press
6-9 May 2010 Baku, Azerbaijan



CHAMPIONSHIP'S VENUE



www.bam.az

CITY Map



See You in Baku!