



International Blind Sports Association (IBSA)
Turkish Blind Sports Federation (GESFED)

Official Invitation

The International Blind Sports Association and the Turkish Blind Sports Federation
invite all lifters to attend the:

5th IBSA Men/Women's World Bench Press
8th IBSA Men/Women's Powerlifting Championships
For Blind and Visually Impaired Athletes
Kahramanaras, Turkey / October 16 – 23, 2010

Contest Director:
Championship Sec: Mr. Kerem Uysal
Technical Secretary: Robert Keller / rhk@verizon.net / Tel: +1.954.790.2249 / Fax: +1.954.301.3344
Scoring Manager: Sergio Centeno / centeno@choicecable.net / Tel: +1.787.607.9895
Contest Format: Standard IBSA/IPF weight classes and age groups [Open, Junior and Master]
Technical Rules: IPF Technical Rules and International Referees will be used at this championship.

Awards: Medals for 1st, 2nd and 3rd place for each weight class in the Open category. Junior and Master age groups will be divided into groups or weight classes based on the number of final entries. The placing in the Junior/Master groups will be determined by the Wilks Formula. Outstanding lifter awards will be given to the best overall athlete in the Open, Junior and Master categories according to the Wilks Formula. Trophies will be awarded to the top three teams in the Open categories and participation diplomas/certificates will be awarded to all lifters, coaches, and referees that take part in the championship.

Organizer: Turkish Blind Sports Federation / www.gesf.org.tr/
City: Kahramanaras, Turkey
Dates of Event: October 16 – 23, 2010
Hotel: Ramada Hotel – Kahramanaras / www.ramadakahramanaras.com
Competition Venue: Ramada Hotel – Turkaez Conference Center
Hotel Rates: Single Occupancy = € 140.00 Euros / Double Occupancy = € 100.00 Euros
Hotel bookings: All team members are responsible for their hotel expenses. The organizer of this event is not responsible for hotel accommodations. **Please make your reservations by September 01, 2010 in order to receive the discounted rate.**
Meal Package: The Turkish Blind Sports Federation has organized a special meal package for all the athletes, coaches, administrators, officials, and guests. The package includes three [3] complete buffet meals per day. There will no cost for the meals.
Airport: Three Airports: 1) Kahramanaras Airport 2) Gaziantep Airport 3) Adana Airport
Transport: Transport from the Airport to the hotel will be provided at no cost to the athletes, administrators, coaches, officials and guests. Please be sure to send your arrival and departure information with the nomination form.
Scales: The competition scale will be available at the contest venue 24hrs, beginning Oct 16, 2010.
National Flag: Each nation must provide its national flag - Approximate size 1.5 m x 1.0 m.
National Anthem: Each nation must also provide its national anthem on an audiocassette tape or CD.
Participation Fee: **€ 25.00 Euros per athlete Capitation Fee**
Drug-Waiver Form: Each lifter will be required to present official identification [Passport] as well as an IBSA Anti-Doping Release Form at the weigh-in. The Anti-doping release forms will be distributed at the technical meeting.
Spectator Fee: No Charge
IBSA PL Congress: October 19, 2010 @ 1000 hrs / Ramada Hotel --
Technical Meeting: October 19, 2010 @ 1300 hrs / Ramada Hotel --
Opening Ceremony: October 20, 2010 @ 1300 hrs / Ramada Hotel -- Turkaez Conference Center
Farewell Banquet: October 19, 2010 @ 1900 hrs / Ramada Hotel --
Website: www.gesf.org.tr/ or <http://www.ibsa.es/eng>



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Provisional Timetable of Events

| Date | Event Title | Start time |
|------------------|---|-------------------|
| October 16, 2010 | Arrival of Athletes/Officials [Recommended] | 0900 hrs |
| October 17, 2010 | IBSA / GESFED Powerlifting Coaching Seminar | 0900 hrs |
| October 18, 2010 | Athlete/Officials Accreditation | 0900 hrs |
| October 18, 2010 | Classification for Athletes | 1300 hrs |
| October 19, 2010 | Classification for Athletes | 0900 hrs |
| October 19, 2010 | IBSA Powerlifting Congress | 1000 hrs |
| October 19, 2010 | Recess/Lunch for delegates | 1200 hrs |
| October 19, 2010 | Technical Meeting / Referee Assignments | 1300 hrs |
| October 19, 2010 | Coffee Break | 1400 hrs |
| October 19, 2010 | Early Equipment Check – All Athletes | 1500 hrs |
| October 19, 2010 | Media Press Conference | 1800 hrs |
| October 20, 2010 | Opening Ceremony | 1000 hrs |
| October 20, 2010 | Weigh-in: All Women Classes | 1100 hrs |
| October 20, 2010 | Lifting: All Women Classes | 1300 hrs |
| October 20, 2010 | Victory Ceremony/Drug-testing Protocol | 1600 hrs |
| October 20, 2010 | Media Press Conference | 1700 hrs |
| October 21, 2010 | Weigh-in: Men 56kg – 67.5kg Classes | 0800 hrs |
| October 21, 2010 | Lifting: Men 56kg – 67.5kg Classes | 1000 hrs |
| October 21, 2010 | Weigh-in: Men 75kg & 82.5kg Classes | 1200 hrs |
| October 21, 2010 | Lifting: Men 75kg & 82.5kg Classes | 1400 hrs |
| October 21, 2010 | Victory Ceremony/Drug-testing Protocol | 1700 hrs |
| October 21, 2010 | Media Press Conference | 1800 hrs |
| October 22, 2010 | Weigh-in: All Men 90kg & 100kg | 0700 hrs |
| October 22, 2010 | Lifting: All Men 90kg & 100kg | 0900 hrs |
| October 22, 2010 | Weigh-in: Men 110kg – 125+kg | 1100 hrs |
| October 22, 2010 | Lifting: Men 100kg – 125+kg | 1300 hrs |
| October 22, 2010 | Victory Ceremony/Drug-testing Protocol | 1600 hrs |
| October 22, 2010 | Closing Ceremony | 1600 hrs |
| October 22, 2010 | Media Press Conference | 1700 hrs |
| October 22, 2010 | Championship Banquet / Ramada Hotel | 1900 hrs |
| October 23, 2010 | Sightseeing Tours | 0900 hrs |
| October 23, 2010 | Departure of all Delegations | 0900 hrs |

Important Reminders

Changes may occur to the timetable of events. All changes will take place at the technical meeting that will be held at the Ramada Hotel, on Tuesday, October 19, 2010.

It will be mandatory that each athlete will have a National Team Warm-up/Track Suit on at their award presentation.

The Bench Press and Powerlifting Competition will be held together. Each athlete will automatically be entered into the both competitions.

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|-----------------------------------|---|---------------------------------------|-------------------------------------|
| Nezam Dodel President, IBSA PL | Peter Thorne Vice-President, IBSA PL | Robert Keller TC Chairman, IBSA PL | Mesut Dedeoglu President, GESFED |
|-----------------------------------|---|---------------------------------------|-------------------------------------|



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Nominations – Women’s Masters Powerlifting

| Wt. Class | Name (complete) | Birthday | Squat | Bench | Deadlift | TOTAL | Titles |
|-----------|-----------------|----------|-------|-------|----------|-------|--------|
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Reserve lifters: [Maximum Two [2] per team]

| Wt. Class | Name (complete) | Birthday | Squat | Bench | Deadlift | TOTAL | Titles |
|-----------|-----------------|----------|-------|-------|----------|-------|--------|
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Nominations – Men’s Open Bench Press

| Class | Name | Birth Date | Best Bench | International Titles |
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Reserve Lifters – Mens Open

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Nominations – Women’s Open Bench Press

| Class | Name | Birth Date | Best Bench | International Titles |
|--------------|-------------|-------------------|-------------------|-----------------------------|
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Reserve Lifters – Women’s Open

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IBSA BODYWEIGHT CATEGORIES

Bodyweight categories for the Women’s Open, Junior & Masters are: 48, 52, 56, 60, 67.5, 75, 82.5, 90, & 90+ kg
Bodyweight categories for the Men’s Open, Junior & Masters are: 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, & 125+ kg

FEDERATION OFFICIALS/COACHES

(Maximum six [6] Referees & [3] Coaches per Country)

Additional coaches’ passes will be available for purchase from the contest director.

| Name [complete] | Federation Title |
|------------------------|-------------------------|
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Authorizing Federation Agent/Officer

Name: _____ Street: _____ Zipcode: _____
 City: _____ Country: _____ Tel./fax: _____
 Fax: _____ E-mail: _____



International Blind Sports Association (IBSA)
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2010 IBSA World Bench Press & Powerlifting Championships

Official Payment Invoice

| Country / Member Federation | | | |
|--|------------------------|---------------------------|---------------------|
| | Arrival | Departure | Arrival City |
| Travel Dates | | | |
| Total Number of Travelers | | | |
| | | | |
| Service | Number of Participants | Cost per Traveler | Total Amount |
| Ground Transport – Pickup | | No Charge | |
| Ground Transport – Drop off | | No Charge | |
| Buffet Meal Plan | | No Charge | |
| Athlete Participation Fee | | 25.00 [Euros] Per Athlete | |
| Official Competition T-Shirt | | TBA | |
| Official Competition T-Shirt | | TBA | |
| Spectator Passes for Event | | No Charge | |
| Banquet Ticket | | No Charge | |
| | | | |
| Service | Number Rooms | Amount per Room | Total Amount |
| Hotel – Single | | 140.00 Euros [per day] | |
| Hotel – Double Room | | 100.00 Euros [per day] | |
| Hotel – Triple Room | | | |
| Hotel – Quad Room | | | |
| | | | |
| Registration after Sept. 01, 2010 | | 10% Late Fee: | |
| | | Amount Enclosed: | |

Payment Methods – Hotel

Hotel Room payments may be made with cash, credit card, or wire transfer. Please contact the competition organizer to arrange payment.

Payment Methods – Participation Fee

Payments for the participation fee can be made by cash, or wire transfer. Please contact me directly as to how your federation desires to make payment for these fees.

All payments are required to be made by September 01, 2010. If you require additional time, please contact me directly so that arrangements can be made. Arrangements are made on a case by case basis.

Thank you very much,

Robert Keller
 Technical Secretary
 2010 IBSA World Bench Press & Powerlifting Championships