



# WDFPF WORLD & EUROPEAN CHAMPIONSHIPS "SINGLE EVENT 2021"



VALLEDORIA, SARDINIA SEPTEMBER 17-19

Hosted by: **SARDFPA**

When:

**Friday, 17th of September: SQUAT - all categories Female – Male Uneq + Eq**

**Saturday 18th of September: BENCH PRESS - all categories Female – Male Uneq + Eq**

**Sunday 19th of September: DEADLIFT - all categories Female – Male Uneq + Eq**

**Because of the Covid this is a combined championship World and European.**

**Athletes MUST Choose in which championship they will lift**

**World OR European NOT IN Both**

Location: **PALAZZETTO dello SPORT**, Valledoria, via Asproni



## Venue Facilities:

The lifting area will hold 2 platforms on the field, each of the platform with his own warm-up area, with separate entrances and exits, as required by the anti-Covid distancing regulations.

Regarding the spectators the venue can hold up to 480 spectators, but however, we must comply with the required distancing regulations

There are 2 main changing rooms with lockers & bathroom, one for the women and one for the men. The referees have separate changing room. There is also an dedicated area for the drug-test and medical assistance, each day during the competition.

Catering service will be open for the entire duration of the event, each day as required.

Regarding for the costs agreed with hotels on site: shortly will give you precise informations.

Valledoria is a very nice and safe seaside locality, suitable for families. Its position on the northern coast of Sardinia places it, almost exactly, in the center, equidistant from Stintino and Santa Teresa di Gallura, as well as from the island of Asinara and the archipelago of La Maddalena; likewise the distance is almost equivalent between the two most important tourist cities in northern Sardinia: Olbia and Alghero.

Together with the territories of Castelsardo, Santa Maria Coghinas, Viddalba and Badesi, Valledoria constitutes a territorial area of unrepeatable variety of resources and natural, environmental, monumental, archaeological and thermal beauties; white and vast beaches, rocks of different natures and colors (opposite, on the eastern side, you can also admire the splendor of the characteristic 'rocks' of the Red Island). You will meet the charm of the sea, the imposing wild Monte Ruju and the elegance of Lake Casteldoria.

## Reaching Valledoria:

Main airport: Fertilia, Alghero and Olbia, Costa Smeralda

1. From Airport of Fertilia, Alghero by car, aprox. 76.8 km

<https://goo.gl/maps/ZFYHE4xcaCPY1HnK>

2. From Airport of Olbia Costa Smeralda by car, aprox 88.8 km

<https://goo.gl/maps/EwPsXpGFzFMzVmbthhttps://goo.gl/maps/RUz3fjLPG3tYF96r8>

3. Porto di Golf Aranci, Olbia, by car aprox. 97,47 km  
[https://www.tuttocitta.it/percorso/golfo-aranci\\_valledo](https://www.tuttocitta.it/percorso/golfo-aranci_valledo)

**Weigh In:** Weigh in areas allowing for quick and simple procedures

**Competition details:** 2 platforms with separate warm-up area; the precise warm-up station/platform to follow soon.

**Presentations and Trophies:** According to the WDFPF RULES.

WDFPF&SARDFPA inform all the athletes that it's our mission to organize a good event.

**Competition Entry Fees:** Entry fees are indicated below:

**First entry:** 75.00 euro

**Each Additional Entry:** 30.00 euro

**Entry deadline will be set at 15 August 2021**

Fees are to be paid in EURO only.

All National federations with Euro currency can transfer the entry fees by bank wire after the entry deadline at the account

Sardinia Drug-Free Powerlifting Association A.S.D.

Banco di Sardegna - Valledoria SS

IBAN: IT60K0101587661000070762759

BIC (Swift): BPMOIT22XXX

The fees must be paid before 22 August 2021

Nations with other currency than Euro may pay on day of arrival.

**Competition Schedule:** Available after entree deadline

**Entry form:** Attached

Valledoria informations, turistic guide, additional hotels and accomodation is to be provided shortly.







Spiaggia rosa di Budelli



La Maddalena

Soon more photos from Sardinia and directions for short tours.