



EUROPEAN POWERLIFTING FEDERATION

Invitation

The European Powerlifting Federation

and

the Luxembourg Powerlifting Federation

invite

the EPF member nations to participate in the

European Masters Bench Press Championships 2016

in Hamm, Luxembourg

Please note: all information is posted only for information purposes. All team selections, all official entries for the Championships and all hotel bookings must be done by EPF-Member nations, NOT by individuals.

Meet Director: **Gaston Parage**, 1, rue Pasteur L-4642 Differdange, Luxembourg
Tel.: + 352 621165214, Fax: +352582696, e-mail: gparage@vo.lu

EPF Championship Secretary: **Jiri Hofirek**, Malickeho 980, 410 02 Lovosice, Czech Republic.
Tel +420 739 405689, e-mail: epfsecretary@gmail.com

Host City : Hamm, Luxembourg

Date: 13th – 15th October 2016

Venue: “Centre Sportif à Hamm” sports center

Technical Meeting: Wednesday 12th October at 20.00 hours at Hotel Ibis

Hotel: Hotel Ibis & Etape route de Trèves L-2632 Findel Luxembourg in front of the Airport

Hotel Rates: Prices for night per room – Hotel Ibis
Single room Hotel Ibis 98 €, including breakfast Hotel Ibis budget 70 €
Double room Hotel Ibis 108 €, including breakfast Hotel Ibis budget 80 €
Triple room Hotel Ibis 128 €, including breakfast Hotel Ibis budget 95 €

The breakfast for Ibis Budget will be also at the Hotel Ibis

For room booking please contact Gaston Parage, E-mail: gparage@vo.lu

I am doing the reservations but the payment will be done directly to the Hotels

Note 1:

All rooms must be booked at the latest with the deadline of the final nomination – **21st September 2016**.

All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during the championship. If not, they have to pay an administration fee of 100 Euros or they will not be allowed to participate in the championship.

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms by bank transfer or at the arrival at the Championship office.

Accommodation fees can also be paid by bank transfer to the bank account:

Hotel IBIS

Bank address: Caisse d'Epargne de l'Etat Luxembourg, Place de Metz L-2954 Luxembourg.

Account holder Hotel Ibis

SWIFT code BIC: BCEELULLXXX **Account number:** IBAN: LU39 0019 1106 1569 4000

Payment must be received at the above mentioned bank account at the latest 14 days prior to the beginning of the Championship.

Note 2:

28th September 2016 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms **or change in the number of ordered banquet tickets – 14 days prior to the Technical Meeting.**

If not cancelled in time, federations have to pay the reserved hotel rooms (if the hotel require such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified at the final nomination form.

For referees is **28th September 2016 (14 days prior to the Technical Meeting)** the latest day for changes of categories for which referee has been allocated in the final nomination which his national Federation sent to Championships Secretary.

The referee's nomination is stated on EPF website on Referees/ Jury duty section. If referees do not indicate changes to the Championships Secretary during that time, referees are obliged to be available for the original categories by the final nomination.

Arrivals/Transportation:

Transport will be provided from Luxembourg airport **for free**. Please let us know the exact date, hour, flight number of your arrival. This will allow us to provide a perfect pick-up.

Shuttle Service: from hotel to venue is free.

Scales: Scales available at venue and at Hotel.

Training: **Organizer offer the possibility to the athletes to train on one separate training platform the whole day.**

Flag and anthem: Each country must bring its flags and anthems to the Technical Meeting

Photos: Identification not necessary.

Opening ceremony: Thursday, 13th October at 10:00 hours at the venue. **One** representatives (**either lifter or official**) from each participating country shall take part at the ceremony.

Medals: **Also Men 70 years (i.e. Master IV) of age, to receive medals for placing 1st, 2nd and 3rd in their weight classes, and Women both 60 years (i.e. Master III) and 70 years (i.e. Master IV) of age, to receive medals for placing 1st, 2nd and 3rd in their weight classes in each age category. Only award for Nation competition by Team points isn't available for these age categories now.**

Closing banquet: Saturday 18th October at 20.00 hours at Restaurant Piccolo Mondo 216, rue de Hamm L-1713 Luxembourg. Price EUR 30 per person.
The number of banquet tickets must be ordered at the Nomination form.

Participation fee: 60 € for each lifter must be paid by bank transfer to the EPF bank account before the Technical meeting.

Anti-Doping fee: 50 € for each lifter must be paid by bank transfer to the EPF bank account before the Technical meeting.

EPF Invoices: EPF treasurer will send EPF invoices for both Antidoping and the Participation fees to all entered Federations 7 days before the Technical meeting.

Nominations: Team nomination forms must be in the hands of the Meet director and the EPF Championship secretary not later than:

Preliminary: **13th August 2016 complete filled in preliminary form must be sent. No final nomination will be accepted if a complete filled in preliminary nomination form was not sent in time.**

Final: **21st September 2016 - later entries sent on next days will not be accepted. Sending of the final nomination is obligatory!!!**

Final nomination must be sent not later than 21 days before the date of the Championships, and must be made only from lifters nominated in Preliminary nomination of the Championship. This is inclusive of reserve or alternate lifters. According to this, no reserve lifters can be included in the final nomination.

The weight category of each lifter in the final selection (final nomination) is mandatory. After the final nomination no changes in the weight category in which the lifter is nominated will be allowed.

Confirmation of the referees participation.

It is obligatory for every Federation to confirm the participation of their nominated Referees in the Final nomination or cancel the referees who will not participate in the Championships.

All lifters are expected to present passports and other required documents at the weigh-in.

Correspondence: E-mails or fax messages regarding the championships must be sent to:
Gaston Parage, 1, rue Pasteur L-4642 Differdange, Luxembourg
Tel.: + 352 621165214, Fax: +352582696, e-mail: gparage@vo.lu
and a copy to the EPF Championships Secretary epfsecretary@gmail.com .

Health insurance: All delegate members must have a valid health insurance. The Organizer and the EPF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, delayed flights, etc.

Preliminary timetable

European Masters Bench Press Championships 2016

Opening ceremony: Thursday, 13th October at 10:00 hours at venue

Provisional Timetable EWMMBP 2016				Expected			
Opening Ceremony Thu at 10:00							
Day	Weigh-in time	Classes		Number of lifters	Group(s)	Start	End
Thu, oct 13th	11:00-12:30	Women MA 234	-47kg - +84 kg			13:00	
	13:30-15:00	Men MA2	-59kg - -105 kg			15:30	
	16:30-18:00	Men MA 3 4	-59kg --+120 kg			18:30	
Fri. oct 14th	11:00 -12:30	Men MA2	-120kg--+120kg			13:00	
	13:30-15:00	Women MA1	-47kg+84 kg			15:30	
	16:30-18:00	Men MA1	--59kg- -105 kg			18:30	
Sat. oct 15th	10:00-11:30	Men MA1	-120kg--+120kg			12:00	

Victory ceremonies will be held immediately after each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

Important Note:

Changes may be made to the schedule of events after the Final nomination depending on the number of lifters finally entered at this Final nomination. Changes of the timetable are possible by the amount of nominations after the Final nomination and at the Technical Meeting. It can be happen that we must also change weight classes to different days. So it is important for your athletes that they do not book their arrivals/departures very closely to the competition days.

Arnulf Wahlstrøm
EPF President

Alain Hammang
FLHLP President

Gaston Parage
Meet Director

Jiri Hofirek
EPF Championship secretary