



EUROPEAN POWERLIFTING FEDERATION

Invitation

The European Powerlifting Federation

and

La Manga Club resort & Spanish Powerlifting Federation

invite

the EPF member nations to participate in the

European Open, Masters Junior Equipped Bench Press Championships 2017 in La Manga Club resort, Spain

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: **Ralph Farquharson**
Tel. +34 650041559, e-mail: ralph@europowerlifting.org

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

Host City : La Manga Club Resort, Murcia, Spain

Date: 11th – 15th October 2017

Venue: Pabellón Polideportivo de Portman.
Address: Ctra del Puerto, 30364 Portman, La Unión

Technical Meeting: Tuesday 10th October at 20.00 hours in meeting room 62 at Las Lomas Athletes Village

All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the European championship or has not informed the EPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone) a fine of 250 Euro will be imposed to the concerned national federation (see EPF By-laws 105.6).

Hotels: Las Lomas Athletes Village & Spa, La Manga Club Resort
Address: Calle Capa de Ponce, s/n 30389 Cartagena (Murcia)

Hotel Rates:

4 days Package: Masters and Juniors 10th to 14th October 2017

Double room sharing €90 per person/day including breakfast and evening meal, Total for 4 days 360 EUR

Single room supplement extra €35 per person/day including breakfast and evening meal

Rates include 10% VAT

Hotel Rates:**3 Days Package:** Open 13th to 16th October 2017

Double room sharing €90 per person/day including breakfast and evening meal, total for 3 days 270 EUR

Single room supplement €35 per person/day including breakfast and evening meal

Rates include 10% VAT

Please note all accommodation is based on half board package for this championship, the package will include breakfast, evening meal and closing Gala banquet

Note 1:

All rooms must be booked at the latest with the deadline of the final nomination – **19 September 2017**. After the deadline the organizer cannot guarantee accommodations.

All athletes, coaches, referees and officials from each federation must stay in the official hotel. **If not, they have to pay an administration fee of €100 or they will not be allowed to participate in the championships**

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.

They must not pay the Participation and doping fees to this bank account!!!

At all European Championships the accommodation fees shall be payable by bank transfer or credit card as follows:

1. credit card (+ 5% bank fee)
2. cash according to the current exchange rate
3. Bank transfer to the following bank account:

Bank Account Owner: La Manga Club Resort

Bank Name:: GRUPO BANCO MARE NOSTRUM. SPAIN

IBAN: ES10 0487 0090 7720 0700 0984 **Swift Code:** GBMNESMMXXX

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

4. Bank transfer against the invoice - **on the basis of requirements of participants only against the invoice**. Payment must be received at the bank account mentioned on the invoice at the latest **14 days** prior to the beginning of the Championship.

The organizer will send invoices for accommodation, transport and Banquets to all entered Federations 21 days before the Technical meeting.

Note 2:

19th September 2017 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets – **21 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. **If requested visa is not obtained, the hotel must be notified latest 7 days prior to the technical meeting to cancel the reservation.**

For referees is **26 September 2017 (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.

However, federations may allocate duties between their own referees latest at the technical meeting upon agreement by the appointed technical committee member. Any changes, withdrawal or no show up by a referee regarding the allocated duty after the technical meeting, may impose a warning or €100 in fine dependant of the reason and decided by the jury in cooperation with the appointed technical committee member.

Important warning for referees!!!

At the EPF General Assembly 2015 a new rule was adopted in the Constitution 13.10.1.

The rule states: "Any lifter or referee properly entered for a competition that without acceptable reasons does not attend, may be subject to suspension up to 6 month for the first offence and up to 12 month for second offence and a maximum fine of 250 Euro."

Arrivals/ Departures Transport: The organizer will provide transport between Alicante and Manga Club Resort

Transport from Alicante airport to La Manga Club resort, the Organizer will provide 53 and 29 seater bus with 4 different pickup times for Masters/Juniors and 3 different pickup times for Open, We kindly ask all **athletes, coaches, referees and official** to book their flights to arrive at Alicante airport within the pickup times. Please note the distance from Alicante airport to La Manga Club Resort is approximately 160Km each way. Preliminary pickup times as follows: **Please note no pickup will be available outside these pickup times**

Arriving 10th October 2017 – Masters and Juniors

Pickup time one: 11.00 hours

Pickup time two: 14.00 hours

Pickup time three: 17.00 hours

Pickup times four 20.00 hours

Price will be €40 per person/one way

Arriving 13th October 2017 – Open

Pickup time one: 12.00 hours

Pickup time two: 15.00 hours

Pickup time three: 18.00 hours

Price will be €40 per person/one way

Price of transport must be paid to La Manga Club resort by Bank Transfer or credit card. Teams will not be accredited unless the reserved transportation has been paid.

Please send therefore your detailed travel itinerary to: Ralph Farquharson

email: ralph@europowerlifting.org, so that transfer can be provided. **If you order transport, you must pay for it even if you later decide not to use it.**

Shuttle Service: From Los Lomas Athletes village to venue

Scales: Scales available at venue and at Los Lomas athletes Village.

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

Flags : La Manga Club resort

Anthem: European Powerlifting Federation

Identification: Wristband (Please note wristband will be different colour for Package one Masters and Juniors and package two Open)

Opening ceremony: Wednesday, 11 October at 13:00 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.
Awards for Nation competition by Team points isn't available for Masters Championships.

Closing banquet One: Masters and Juniors 13th October at 20.00 hours in Panorama banquet room at Las Lomas Athletes Village & Spa

Closing banquet two: Open 15 October at 20.00 hours in Panorama banquet room at Las Lomas Athletes Village & Spa

Please note they will be 2 closing banquet one for Masters and Juniors and one for Open

Participation fee: 90 € 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 Antidoping fees to all entered Federations 21 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: **11th August 2017 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: **19th September 2017 - 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:

To Meet Director **Ralph Farquharson** ralph@europowerlifting.org wth copy to EPF Championships Secretary **Jiri Hofirek** epfsecretary@gmail.com .

Health insurance: All delegate members must have a valid incident and 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.

Referees: **All nominated referees attending a championship, must be available for at least two days!!!** (see: IPF Technical Rules, chapter - Referees, page 31, paragraph 17).

Any nation participating in Championships with more than **3 lifters must include** at least one international referee.

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

Timetable: Important Note!!! Changes of the timetable are possible by the amount of nominations at the Final nomination. It may happen that weight classes are changed to different days. So it is important for the athletes not to book arrivals/departures days very close to the competition days.

Preliminary timetable

European Open, Masters, Junior Equipped Bench Press Championships 2017

Opening ceremony: Wednesday, 11 October at **13:00** hours at venue

Day	Weight-in time	Classes	Start	Lifters after Final nom	Supposed end of category
-----	----------------	---------	-------	-------------------------	--------------------------

		OPENING CEREMONY	1300		
	1200-1330	Women Ma 2,3,4	1400	12	1530
Wednesday 11.10.2017	1430-1600	Women Ma1 47,0 to 84,0+ kg	1630	12	1800
	1730-1900	Jun Women 43,0 to 63,0 kg	1930	7	2030

	1200-1330	Jun Women 72,0 to 84,0+ kg	1400	7	1500
Thursday 12.10.2017	1400-1530	Jun Men 59,0 to 83,0 kg	1600	7	1700
	1600-1730	Jun Men 93,0 & 120,0+ kg	1800	15	1930

	0900-1030	Ma 3, 4 men 59,0 & 120,0+ kg	1100	30	1300
Friday 13.10.2017	1130-1300	Ma2 men 59,0 & 120,0+ kg	1330	20	1500
	1330-1500	Ma1 men 59,0 & 120,0+ kg	1530	25	1730

BANQUET MASTERS & JUNIORS 2000

	1200-1330	Women open 47,0 & 63 kg	1400	11	1530
Saturday 14.10.2017	1400-1530	Women open 72,0 to 84,0+ kg	1600	15	1730
	1600-1730	Men open 59 - 93,0 kg	1800	20	2000

Sunday 15.10.2017	1100-1230	Men open 105,0 kg & 120+ kg	1300	21	1500
------------------------------	-----------	------------------------------------	------	-----------	------

BANQUET OPEN 2000

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 of the timetable are possible by the amount of nominations at the Final nomination. *On days when there are few referees available, some weight categories may be merged.*

Arnulf Wahlstrøm
EPF President

Ralph Farquharson
Meet Director

Jiri Hofirek
EPF Championship secretary