



## Invitation

**The European Powerlifting Federation**

and

**the French Powerlifting Federation**

invite

**the EPF member nations to participate in the second**

**European Open, Masters, Junior and Sub Junior Classic Bench Press  
Championships 2018**

**in Merignac, France**

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:** **Xavier de Puytorac**, 2 rue des Places 33310 LORMONT France  
Tel.: + 33 6 85 12 97 81 e-mail: [xavier.depuytorac@ffforce.fr](mailto:xavier.depuytorac@ffforce.fr)

**Accommodation & transport :** **Claude Couturier**  
Tel.: + 33 6 62 29 53 85 e-mail: [claudealain52@gmail.com](mailto:claudealain52@gmail.com)

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

**Host City:** Méridnac, France

**Date:** 9 – 12 August 2018

**Venue:** **HOTEL MERCURE**, 1 Rue Charles Lindbergh 33700 Méridnac

**Technical Meeting:** Wednesday 8 August at 20.00 hour at Hotel MERCURE

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).

**Hotel:** **Name MERCURE** **Address 1 Rue Charles Lindbergh 33700 Méridnac**  
e-mail [h1508@accor.com](mailto:h1508@accor.com) Phone +33 5 33 52 30 16

**Hotel Rates:** **Prices for night per room**  
**Single room 119 €**, including breakfast  
**Double room 129 €**, including breakfast

**Hotel:** Name Ibis Styles                      **Address** 95 Av Président JF Kennedy 33700 Mérignac  
e-mail [h2079@accor.com](mailto:h2079@accor.com)      Phone +33 5 19 88 02 61

**Hotel Rates:**                      **Prices for night per room**  
**Single room** 84 €, including breakfast  
**Double room** 94 €, including breakfast

**Hotel:** Name Ibis Budget                      **Address** 2 Rue Charles Lindbergh 33700 Mérignac  
e-mail [h7508@accor.com](mailto:h7508@accor.com)      Phone +33 5 56 12 22 20

**Hotel Rates:**                      **Prices for night per room**  
**Single room** 68 €, including breakfast at Mercure Hotel  
**Double room** 84 €, including breakfast at Mercure Hotel

**Note 1:**

All rooms must be booked at the latest with the deadline of the final nomination – **19 July 2018**. After the deadline the organizer cannot guarantee accommodations.

All athletes, coaches, referees and officials from each federation must stay in the official hotel. If they do not stay in the official hotel during the championships, they will be obliged to pay an administration fee of €100 per person. Failure to comply will have the effect they will not receive accreditation and will be excluded from that 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.

**Federation mustn't pay the doping and the participation fees for this bank account!!!**

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

1. credit card (+ 5% bank fee)
2. cash (EUR according to the current exchange rate)
3. Bank transfer against the invoice - **on the basis of a requirements of participants only against the invoice** (EUR according to the current exchange rate). Payment must be received at the bank account mentioned on the invoice at the latest **14 days** prior to the beginning of the Championship.
4. **Accommodation fees** can also be paid by bank transfer to the bank account if the organizer writes number and other details of his bank account in the invitation:

**Bank address: CREDIT MUTUEL 220 cours de la Marne 33800 BORDEAUX**  
**Account holder: LIGUE DE FORCE NOUVELLE AQUITAINE**  
**SWIFT code BIC: CMBRF2BXXX**  
**Account number: IBAN: FR76 1558 9335 4807 3626 9464 048**

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

**Note 2:**

**19 July 2018** is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms – **21 days prior to the Technical Meeting**.

If not cancelled in time, federations have to pay the reserved hotel rooms.

**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 25 July 2018, (14 days prior to the Technical Meeting)** is 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 final nomination is stated at the EPF website (Referees/Jury under Upcoming Events. If referees do not indicate changes to the Championships Secretary within 14 days to the technical meeting, referees are obliged to be available as defined in 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, will be imposed a warning or 100 Euros in fine depending on 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 suspended up to 6 month for the first offence and up to 12 month for second offence and a maximum fine of 250 Euro. (IPF Const. 14.10)".**

### **Arrivals/Transportation:**

Transport will be provided from Mérignac airport **for €15 (go and return)**. 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. No shuttle. 150 m maximum distance.

**Awards:** In each weight category the first three lifters will receive medals. All the participating people will receive a diploma.

Also Men of age 70 years (i.e. Master IV), are going to receive medals for placing 1st, 2nd and 3rd in their weight classes, and Women of age both 60 years (i.e. Master III) and 70 years (i.e. Master IV), are going to receive medals for placing 1st, 2nd and 3rd in their weight classes.

**The best master of each category, present at the banquet, will be rewarded.  
The best team of each category, present at the banquet with at least one representative of the sex concerned, will be rewarded.**

**Scales:** Scales available at venue and at Hotel.

**Training:** Training facilities available at training area at the venue.

**Flag and anthem:** The organizer takes care of it.

**Opening Ceremony:** Thursday, 9 August at 11:30 hour at the venue. One representative (either one lifter or one official) from each participating country shall take part at the Ceremony.

**Banquets** **Please note there will be 2 closing banquets:  
One for Masters / One for Juniors and Open.**

**Closing Banquet 1:** **Friday, 10 August** at 20:00 hours for **Masters**. Price € 35 per person, paid to the organizer.

**Closing Banquet 2:** **Sunday, 12 August** at 20:00 hours for **Open and Junior, Sub Junior categories**. Price € 35 per person, paid the organizer.

**The number of banquet tickets must be ordered at the Nomination form.**

**Participation Fee:** € 90,00 for **the number of lifters nominated at the preliminary nomination**, must be paid by bank transfer to the EPF bank account **latest one day** before the Technical Meeting.

**Anti-Doping Fee:** € 50,00 for the number of lifters nominated at the preliminary nomination, must be paid by bank transfer to the EPF bank account latest one day before the Technical Meeting.

**EPF Invoices:** The invoice must be sent to the nominated federations by the EPF Treasurer at the latest 14 days prior to the day of the Technical Meeting for each of the European Championships (EPF BYLAWS 103.3.2.) Federations must pay participation and doping fees from the number of lifters declared at the preliminary nomination. Nominated reserve lifters are not included.

**Nominations:** Team nomination forms must be in the hands of the Meet director  
–directly to Goodlift Powerlifting online program on internet  
–to the EPF Championships secretary not later than:

**Preliminary nomination:** 9 June 2018 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 nomination:** 19 July 2018 – later entries sent on next days will not be accepted.

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 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 regarding the championships must be sent to:

Meet Director Xavier de Puytorac, e-mail: [Xavier.depuytorac@ffforce.fr](mailto:Xavier.depuytorac@ffforce.fr)

and a copy

to the EPF Championships Secretary Jiri Hofirek [epfsecretary@gmail.com](mailto: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.

**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.*

**Preliminary timetable**

**European Classic Open, Masters, Junior and Sub Junior Bench Press Championships 2018  
Merignac, FRA**

**Opening ceremony: Thursday, 9 August at 11:30 hours at venue**

**Technical Meeting for all age categories on Wednesday 8 August, 2018 at 20:00**

Day	Age category	Classes	Weigh-in	Start	# of lifters	Groups	End
Thursday 9.8.2018	Women M2-M4	47-84+ kg	07:00-08:30	09:00	26	2	11:00
	<b>Opening Ceremony starts on Thursday 9th of August at 11:30</b>						
	Men M4	59-120+ kg	10:00-11:30	12:00	18	1	13:30
	Men M3	59-120+ kg	12:00-13:30	14:00	28	2	16:00
	Men M2	59-83 kg	14:30-16:00	16:30	19	1	18:00
	Men M2	93-120+ kg	16:30-18:00	18:30	24	2	20:30
Friday 10.8.2018	Women M1	47-84+ kg	08:00-09:30	10:00	16	1	11:30
	Men M1	59-83 kg	10:00-11:30	12:00	16	1	13:30
	Men M1	93-120+ kg	12:00-13:30	14:00	20	1	16:00
	Women Sub-Junior	43-84+ kg	14:30-16:00	16:30	14	1	18:00
	Men Sub-Junior	53-120+ kg	16:30-18:00	18:30	14	1	20:00
<b>Banquet for Masters on Friday 10th August at 20:00</b>							
Saturday 11.8.2018	Women Junior	43-84+ kg	08:00-09:30	10:00	25	2	12:00
	Men Junior	53-83 kg	10:30-12:00	12:30	18	1	14:00
	Men Junior	93-120+ kg	13:00-14:00	14:30	15	1	16:00
	Women Open	47-63 kg	15:30-17:00	17:30	20	1	19:00
	Men Open	59-74 kg	17:30-19:00	19:30	15	1	21:00
Sunday 12.8.2018	Men Open	83 & 93 kg	08:00-09:30	10:00	16	1	11:30
	Women Open	72-84+ kg	10:00-11:30	12:00	12	1	13:00
	Men Open	105 kg	11:30-13:00	13:30	10	1	14:00
	Men Open	120-120+ kg	12:30-14:00	14:30	20	1	16:00
<b>Presumption: 326 lifters</b>	<b>Banquet for Open, Junior &amp; Sub Junior categories on Sunday 12th August at 20:00</b>						

Arnulf Wahlstrøm  
EPF President

Xavier de Puytorac  
Meet director

Jiri Hofirek  
EPF Championships secretary