



EUROPEAN POWERLIFTING FEDERATION

Invitation

The European Powerlifting Federation

and

the Luxembourg Powerlifting Federation

invite

the EPF member nations to participate in the

European Open, Masters Junior Equipped Bench Press Championships 2018

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
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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: 9 – 13 October 2018

Venue: “Centre Sportif à Hamm” sports center

Technical Meeting: Monday 8 October at 20.00 hours at Hotel Ibis

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: 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 105 €, including breakfast Hotel Ibis budget 74,5 €
Double room Hotel Ibis 115 €, including breakfast Hotel Ibis budget 82 €
Triple room Hotel Ibis 135 €, including breakfast Hotel Ibis budget 89.5 €

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 – **17 September 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:

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:

17 September 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 24 September 2018, it means 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 under Upcoming Events. If referees do not indicate changes to the Championships Secretary within 14 days prior 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, 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 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 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.

Awards: In each weight category the first three lifters will receive medals. All participations will receive 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.

Awards for Nation competition by Team points isn't available for Masters Championships.

Scales: Scales available at venue and at Hotel.

Training: Training facilities available at training area at the venue

Flag and anthem:

Closing Banquet: **Saturday, 13 October at 20:00** hours. Price **€ 35,00** per person, paid the organiser.
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.

Opening Ceremony: Tuesday, 9 October at 11:30 hour at the venue. One representatives (either one lifter or one official) from each participating country shall take part at the Ceremony.

Nominations: The team nomination forms must be send:
–directly to Goodlift Powerlifting online program on nternet
–**to the EPF Championships secretary** –the Technical Secretary not later than:

Preliminary nomination: 9 August 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: 17 September 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 and a copy

to the 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.

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 Open, Masters, Junior Equipped Bench Press Championships 2018

Opening ceremony: Tuesday, 9 October at 11:30 hours at venue

| Day | Weight-in time | Classes | Start | Lifters after Final nom | Supposed end of category |
|--|----------------|--------------------------------------|---------------|-------------------------|--------------------------|
| MASTERS & JUNIORS CHAMPIONSHIPS | | | | | |
| | | OPENING CEREMONY | 11: 30 | | |
| | 1000-1130 | Women Ma 2,3,4 | 1200 | | 1330 |
| Tuesday 09.10.2018 | 1230-1400 | Women Ma1 47,0 to 84,0+ kg | 1430 | | 1600 |
| | 1500-1630 | Jun Women 43,0 to 63,0 kg | 1700 | | 1900 |
| | 1200-1330 | Jun Women 72,0 to 84,0+ kg | 1400 | | 1500 |
| Wednesday 10.10.2018 | 1400-1530 | Jun Men 59,0 to 83,0 kg | 1600 | | 1700 |
| | 1600-1730 | Jun Men 93,0 & 120,0+ kg | 1800 | | 1930 |
| | 0900-1030 | Ma 3, 4 men 59,0 & 120,0+ kg | 1100 | | 1300 |
| Thursday 11.10.2018 | 1130-1300 | Ma2 men 59,0 & 120,0+ kg | 1330 | | 1530 |
| | 1400-1530 | Ma1 men 59,0 & 120,0+ kg | 1600 | | 1800 |
| | | BANQUET MASTERS & JUNIORS | 20:00 | | |

| OPEN CHAMPIONSHIPS | | | | | |
|--------------------------------------|-----------|------------------------------------|--------------|--|------|
| | 1200-1330 | Women open 47,0 & 63 kg | 1400 | | 1530 |
| Friday 12.10.2018 | 1400-1530 | Women open 72,0 to 84,0+ kg | 1600 | | 1730 |
| | 1600-1730 | Men open 59 - 93,0 kg | 1800 | | 2000 |
| Saturday 13.10.2018 | 1100-1230 | Men open 105,0 kg & 120+ kg | 1300 | | 1500 |
| | | BANQUET OPEN | 20:00 | | |

Arnulf Wahlstrøm
EPF President

Frank Klein
FLHLP President

Gaston Parage
Meet Director

Jiri Hofirek
EPF Championships Secretary