



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

**The European Powerlifting Federation**

and

**the Norwegian Powerlifting Federation**

invite

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

**Western Equipped & Classic European Championships 2018  
in Hamar, Norway**

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:** **Carl Yngvar Christensen**, elvarheimgaten 10C, 2408 Elverum, Norway  
Tel +47 911 13 923, e-mail: [cychristensen@hotmail.com](mailto:cychristensen@hotmail.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 :** Hamar, Norway

**Date:** 14 - 16 September 2018

**Venue:** **Scandic Hamar. Vangsveien 121, 2318 Hamar**

**Technical Meeting:** Thursday 13 September at 20.00 hours at Hotel Scandic Hamar

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:** **Scandic Hamar. Vangsveien 121, 2318 Hamar**

**Hotel Rates:** **Prices for night per room**  
**Single room 1090 NOK**, including breakfast  
**Double room 1290 NOK**, including breakfast  
**Triple room 1490 NOK**, including breakfast

**Note 1:**

All rooms must be booked at the latest with the deadline of the final nomination – **23 August 2018**.

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 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.

**They 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 contact: Trine Nordstrand Larsen**  
**Phone: +47 62359900**  
**Email: [trinenordstrand.larsen@scandichotels.com](mailto:trinenordstrand.larsen@scandichotels.com)**  
**Booking code: BRU130917**

**Bank address: DNB, 1600 Sentrum, 0021 Oslo**  
**Account holder DNB Bank ASA**  
**SWIFT code BIC: DNBANOKK**  
**Account number: 1503 65 50799 IBAN: NO42 1503 6550 799**

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

**Note 2:**

**22 August 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 29 August 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 from airport: Train from airport to Hamar, 50 minutes, every 1-2 hour

**Shuttle Service:** 1 km walk from Hamar train station to hotel. Taxi available at station.

- Teams:** Invited from each federation are one team for Men and one team for Women (maximum 6 lifters on each team) **both for Equipped and Classic competitions** plus 2 Referees and 2 Officials. The best 4 lifters of each team by Wilks points will count for the Cup awards. Only organizing federation can nominate two teams Women and Men. At the Technical Meeting must be specified the members of A and B team.
- Awards:** In each weight category the first three lifters will receive medals. All participations will receive diploma.
- Scales:** Scales available at venue and at Hotel.
- Training:** Training facilities available at training area at the venue
- Flag and anthem:** Each country must bring its flags and anthems to the Technical Meeting
- Closing Banquet:** **Sunday, 16 September** at **20:00** hours in hotel  
Price **€ 35,00** per person, payable by:  
**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:** Friday, 14 September at 10:30 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 internet  
–**to the EPF Championships secretary** by e-mail  
–the Technical Secretary not later than:
- Preliminary nomination:** **14 July 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:** **22 August 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 Carl Yngvar Christensen [cychristensen@hotmail.com](mailto:cychristensen@hotmail.com)

and a copy

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

## Preliminary timetable of the 13<sup>th</sup> Western European Championships 2018

### Opening Ceremony: Friday 14 September at 10:30 at Venue

Day	Weigh-in	Classes		Start	Number lifter	End	
Friday 14 September	08:00-09:30	Women Classic	-47kg to -57kg	10:00	14	13:30	
	12:00-13:30	Men Classic	-59kg to -93kg	14:00	20	18:00	
	16:30-18:00	Women Classic	-63kg to +84kg	18:30	18	21:00	
Saturday 15 September	08:00-09:30	Men Classic	-105kg--+120kg	10:00	12	13:00	
	12:00-13:30	Women equipped	-47kg to -57kg	14:00	5	16:30	
	15:30-17:00	Men equipped	-59kg to -93kg	17:30	15	20:30	
Sunday 16 September	08:00- 09:30	Women equipped	-63kg to 84+kg	10:00	8	12:30	
	11:30-13:00	Men equipped	-105kg to+120	13:30	12	16:30	

**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.*

Arnulf Wahlstrøm  
EPF President

Inger Blikra  
President NPF

Carl Yngvar Christensen  
Meet Director

Jiri Hofirek  
EPF Championships Secretary