

Invitation

**The European Powerlifting Federation
and
the Lithuanian Powerlifting Federation
invite
the EPF member nations to participate in the
European Classic Open, Junior & Sub-Junior
Powerlifting Championships 2018
in Kaunas, Lithuania**

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:** Antanas Jodauga
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- Visa requests:** Vesta Stankevičienė
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- Transport:** Vesta Stankevičienė
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- Accommodation:** Vesta Stankevičienė
mail: hotel@trikove.lt phone : +370 621 49407
- EPF Championship Secretary:** **Jiri Hofirek**, Malického 980, 410 02 Lovosice, Czech Republic.
Tel +420 739 405689, e-mail: epfsecretary@gmail.com
- Host city:** Kaunas, Lithuania
- Date:** 24 November (Sat) – 2 December 2018 (Sun)
- Technical meeting:** Friday, 23rd November, 2018 at Europa Royale Kaunas Hotel at 20:00.
- Venue:** **Žalgiris arena**, Karaliaus Mindaugo pr. 50, LT-44334 Kaunas
<https://zalgirioarena.lt/en/>

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 1:** **Europa Royale Kaunas Hotel**
Miško g. 11, Kaunas 44321
- Hotel 2:** Hotel Name will be supplied later
- Hotel Rates:** Prices for night per room per person
Single room: 88 EUR per person/night, including breakfast
Double room: 55 EUR per person/night, including breakfast
Triple room: 44 EUR per person/night, including breakfast

Note 1:

All rooms must be booked at the latest with the deadline of the final nomination – **2 November 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
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.

Note 2:

2 November 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 9 November 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 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 Vilnius and Kaunas airports:

Transport from **Vilnius airport** to hotel in Kaunas

When arriving 1 person: 120 EUR per person/one way

When arriving 2 people: 60 EUR per person/one way

When arriving 3 people: 45 EUR per person/one way

When arriving 4 people: 40 EUR per person/one way

When arriving 5 or more people: 30 EUR per person/one way

Transport from **Kaunas airport** to hotel in Kaunas

When arriving 1 person: 55 EUR per person/one way

When arriving 2 people: 30 EUR per person/one way

When arriving 3 people: 22 EUR per person/one way

When arriving 4 people: 20 EUR per person/one way

When arriving 5 or more people: 15 EUR per person/one way

Please let us know the exact date, hour, and 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 the participating people will receive a diploma.

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: Saturday, 24 November at 14:15 hour at the venue. One representative (either one lifter or one official) from each country shall take part at the Ceremony.

Closing Banquet 1: **Wednesday, 28 November** at **20:00** hours for **Junior and Subjunior**. Price € 35 per person, paid to the organizer.

Closing Banquet 2: **Sunday, 2 December** at **20:00** hours for **Open categories**. Price € 35 per person, paid to 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.

All invoices are published at the EPF web (www.europowerlifting.org) under "SERVICES" >> "INVOICES". Every member federation may go to the EPF web-site and download their invoices. This was informed in the letter from our treasurer sent you 11.01.2018.

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: **24 September 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: **2 November 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 Antanas Jodauga, e-mail: antanas.jodauga@gmail.com

and a copy

to the EPF Championships Secretary Jiri Hofirek epfsecretary@gmail.com

Indemnity and Insurance:

All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee or IPF/ EPF accountable for and against any claims for personal injury, financial loss, death or property damage in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said European Championships.

All delegate members must have a valid incident and health insurance policy. The Organizer and the IPF/ EPF will not incur any expenses for a doctor or stay in hospital. We recommend a travel insurance for covering loss of luggage, delayed flight, sickness, accidents, thefts 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.

Referees exam: If referee's examination are arranged, the **written examinations will be done on Saturday 24th November morning**, all candidates will do this exam together. EPF Technical Committee will decide about the date and time for each candidate to make the practical examinations. Organizer will prepare a room for written examination.

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.**

High quality livestream At the championship, VIVATV will be going to be a high quality livestream.

During high quality Live Stream of this Championship will be short 10 seconds graphic of each lifter profile introduction as they enter the platform. With the Preliminary nomination fo the championships each lifter must provide their profile plus a head shot photo. This will be Obligatory to provide!!! The photos must be a passport 'style' photo taken against a plain background and sent as a Jpeg to:

Richard Haywood: epf@vivatv.es with copy to

Jiri Hofirek epfsecretary@gmail.com (only pictures with names).

No nomination will be accepted without the profile and photo!

Preliminary timetable

European Classic Open, Junior and Sub-Junior Powerlifting Championships 2018

Opening ceremony: Saturday, 24th November at 14:15 hours at venue

Technical Meeting: Friday, 23rd November, 2018 at 20:00

Day	Weight in	Categories	Start	Number of lifters	End	Total lifters
Saturday 24.11	07:00-08:30	Sub Women 43 to 52kg (I) 57 & 63kg(II+III)	09:00	14 16	14:00	
		Opening Ceremony	14:15		14:30	
	13:00-14:30	Sub Women 72 to 84+kg(I+II)	15:00	17	18:00	
	16:30-18:00	Sub Men 53 to 66kg (I+II) 74 kg (III)	18:30	17 13	23:30	77

Sunday 25.11	07:00-08:30	Sub Men 83kg (I) 93kg (II)	09:00	13 14	14:00	
	12:30-14:00	Sub Men 105 to 120+ (I)	14:30	15	17:30	
	16:00-17:30	Jun Women 43 to 52kg (I+II) 57kg (III)	18:00	17 15	23:00	74

Monday 26.11	08:00 – 09:30	Jun Men 53 to 66kg (I+II) 74kg (III)	10:00	16 14	15:00	
	14:00-15:30	Jun Women 63kg (I) 72kg (II)	16:00	14 15	21:00	59

Tuesday 27.11	08:00-09:30	Jun Men 83kg (I+II)	10:00	16	13:00	
	12:00-13:30	Jun Men 93kg 10.-18. (I) 1.-9. (II)	14:00	18	17:00	
	16:00-17:30	Jun Women 84kg (I) 84+kg (II)	18:00	10 8	21:00	52

Wednesdday 28.11	08:00- 09:30	Jun Men 105kg (I)	10:00	15	13:00	
	12:00- 13:30	Jun Men 120kg (I) 120+kg (II)	14:00	13 9	17:30	37
Banquet for Juniors and Sub-Juniors 20:00						

Thursday 29.11	08:00-09:30	Women 47kg (I) Open 52kg (II) 57kg (III)	10:00	6 12 13	15:30	
	14:00- 15:30	Men 59 & 66kg (I) Open 74kg (II)	16:00	13 13	21:00	57

Friday 30.11	08:00 – 09:30	Women 63kg 9.-16. (I) Open 1.-8. (II) 72kg (III)	10:00	8 8 14	14:30	
	13:30- 15:00	Men 83kg 10.-17. (I) Open 1.-9. (II) 93kg 10.-17. (III) 1.-9. (IV)	15:30	8 9 8 9	22:30	65

Saturday 01.12	08:00- 09:30	Men 105kg 12.-22. (I) Open 1.-11. (II)	10:00	11 11	14:30	22
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Sunday 02.12	07:00- 08:30	Women 84kg (I) Open 84kg+ (II)	10:00	11 10	13:00	
	11:30- 13:00	Men 120kg (I) Open 120+kg (II)	10:00	13 10	18:00	44
Banquet for Men and Open categories 20:00						

Arnulf Wahlstroem
IPF President

Antanas Jodauga
Meet Director

Jiri Hofirek
EPF Champs. Secretary