



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

EPF Championship Secretary: **Jiri Hofirek**, Malickeho 980, 410 02 Lovosice, Czech Republic.
Tel +420 739 405689, e-mail: 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
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: Hanne Ovrebo
Phone: +47 62359900
Email: hanne.ovrebo@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:

23 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 30 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 final nomination is stated at the EPF website (Referees/Jury under Upcoming Events). 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 dependent 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/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.

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.

Opening Ceremony: Friday, 14 September at 8:30 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: **15 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: **23 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 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 Friday 14h September mornig**, 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.**

Preliminary timetable of the 13th Western European Championships 2018

Opening Ceremony: Friday 14 September at 8:30 at Venue

| Day | Weigh-in | Classes | | Start | Number lifter | End | Grouping | Number lifter |
|---------------------|-------------------------|---------------|----------------|-------------|---------------|-------|---|---------------|
| Friday 14 September | Opening ceremony | | | 8:30 | | | | |
| | 07:00-08:30 | Women Classic | -52kg to -63kg | 09:00 | 21 | 13:00 | I. group 52 & 57 kg II. group 63 kg | 10 11 |
| | 12:00-13:30 | Men Classic | -59kg to -93kg | 14:00 | 24 | 18:30 | I. group 59 to 83 kg II. group 93 kg | 14 10 |
| | 17:00-18:30 | Women Classic | -72kg to +84kg | 19:00 | 17 | 22:30 | I. group 72 kg II. group 84 & 84+ kg | 8 9 |

| | | | | | | | | |
|-----------------------|-------------|--------------------------------|----------------------------------|-------|---------|-------|---|----------|
| Saturday 15 September | 08:00-09:30 | Men Classic | -105kg +120kg | 10:00 | 21 | 14:00 | I. group 105 kg II. group 120 & 120+ | 11 10 |
| | 13:00-14:30 | Women equipped Men equipped | -47kg to -57kg -74kg to -93kg | 15:00 | 9 11 | 19:00 | I. group 47 to 57 kg II. group 74 to 93 kg | 9 11 |

| | | | | | | | | |
|---------------------|--------------|----------------|----------------|-------|----|-------|--|--------|
| Sunday 16 September | 08:00- 09:30 | Women equipped | -63kg to 84+kg | 10:00 | 16 | 13:30 | I. group 63 & 72 kg II. group 84 & 84+ kg | 9 7 |
| | 12:30-14:00 | Men equipped | -105kg to 120+ | 14:30 | 9 | 17:30 | I group 105 - 120+ | 9 |

Arnulf Wahlstrøm
EPF President

Inger Blikra
President NPF

Carl Yngvar Christensen
Meet Director

Jiri Hofirek
EPF Championships Secretary