



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 2019
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
mail: viza@trikove.lt phone : +370 621 49407
- Accommodation and transport:** Vesta Stankevičienė
mail: hotel@trikove.lt phone : +370 621 49407
- Technical secretary:** Silva Katutyte
Mail: silva.katutyte@gmail.com phone:+370 615 82192
- EPF Championship Secretary:** **Bjorn Astad**, e-mail: bjorn@europowerlifting.org phone: 47 91817979, Norway.
- Host city:** Kaunas, Lithuania
- Date:** 29 November (Fri) – 8 December 2019 (Sun)
- Technical meeting:** Thu, 28 November, 2019 at Europa Royale Kaunas Hotel at 20:00.
- Venue:** **VMU AA exhibition center**, Universiteto g. 10 B, Akademija, LT-53361 Kauno r.

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 Rates: Prices for night per room per person
Single room: 77 EUR per person/night, including breakfast
Double room: 44 EUR per person/night, including breakfast
Triple room: 35 EUR per person/night, including breakfast
- Hotel 2:** **Best Baltic Kaunas Hotel**
A. Mickevičiaus g. 28, Kaunas 44311
Hotel Rates: Prices for night per room per person
Single room: 77 EUR per person/night, including breakfast
Double room: 44 EUR per person/night, including breakfast
Triple room: 35 EUR per person/night, including breakfast
- Hotel 3:** **Kaunas Hotel**
Laisvės al. 79, Kaunas 44297
Hotel Rates: Prices for night per room per person
Single room: 77 EUR per person/night, including breakfast
Double room: 44 EUR per person/night, including breakfast
Triple room: 35 EUR per person/night, including breakfast

Hotel 4: **Magnus hotel**
Vytauto pr. 25, Kaunas 44352
Hotel Rates: Prices for night per room per person
Single room: 65 EUR per person/night, including breakfast
Double room: 35 EUR per person/night, including breakfast
Triple room: 30 EUR per person/night, including breakfast

Hotel 5: **Ibis hotel**
Vytauto pr. 28, Kaunas 44328
Hotel Rates: Prices for night per room per person
Single room: 65 EUR per person/night, including breakfast
Double room: 35 EUR per person/night, including breakfast
Triple room: 30 EUR per person/night, including breakfast

Note 1:

All rooms must be booked at the latest with the deadline of the final nomination – **7 November 2019**. After the deadline, the organizer cannot guarantee accommodations.

All room bookings must be done through the meet director of the championship, unless otherwise specified on the entry form.

All athletes, coaches, referees and officials from each federation **MUST STAY in the official hotel for all days in their attendance of the championship. Failure to comply will have the effect that they will not receive accreditation and will be excluded from 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.

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:

7 November 2019 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 14 November 2019, (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".

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.

Three best lifters of each age category, present at the banquet, 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: Friday, 29 November at 15:00 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, 4 December** at **20:00** hours for **Junior and Subjunior**. Price € 25 per person, paid to the organizer.

Closing Banquet 2: **Sunday, 8 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 each lifter must be paid by bank transfer to the EPF bank account **latest one day** before the Technical Meeting.

Anti-Doping Fee: € 50,00 for each lifter 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 11.01.2019.

Nominations: Team nomination forms must be in the hands of the Meet Director – Antanas Jodauga

e-mail: antanas.jodauga@gmail.com

and the copy

to the EPF Championship secretary Jiri Hofirek - e-mail: epfsecretary@gmail.com

not later than:

Preliminary nomination: **29 September 2019 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: **7 November 2019** – 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 the responsibility of each Federation to validly confirm in the final nomination in which categories their referees will be available, 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.

Important :

All referees nominated at the time of the final nomination will be awarded referee duties by the EPF Technical Secretary (TS) and the referee list will be published at the EPF web. All federations/referees must control this list and if they do not agree, they must immediately contact the TS for corrections.

All corrections must be made latest 14 days prior to the date of the technical meeting.

14 days prior to the technical meeting (if not otherwise specified by the TS) is the mandatory referee list published.

Any changes requested by the referees after this date will cause a fine of 100 Euro.

However, federations may allocate duties between their own referees latest at the technical meeting without any fine.

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 Bjorn Astad, bjorn@europowerlifting.org

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 29th November 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.***

FINAL TIMETABLE

European Classic Open, Junior and Sub-Junior Powerlifting Championships, Kaunas, Lithuania 2019
Opening ceremony: Friday 29 November 2019 at **15:00** hours at venue **08112019**

Day	Weigh in	Categories	Start	Number of lifters after final nomination	End after victory ceremony
Friday 29.11.2019	08:00-09:30	Sub Women 43,0 to 57	10:00	27	14:30
	-	Opening ceremony	1500		1530
	14:00-15:30	Sub Women 63,0 to 84,0+	16:00	21	20:00
Saturday 30.11.2019	08:00-09:30	Sub Men 53,0 to 74,0	10:00	34	15:30
	14:30-16:00	Sub Men 83,0 to 93,0	16:30	23	20:30
Sunday 1.12.2019	08:00-09:30	Sub Men 105.0 – 120.0+	10:00	9	12:30
	11:30-13:00	Jun Men 53,0 to 66,0	13:30	19	17:30
	16:00-17:30	Jun Women 43,0 to 52,0	18:00	13	20:30
Monday 2.12.2019	08:00-09:30	Jun Women 57,0 kg Jun Men 74,0 kg	10:00	12 13	14:30
	14:30-15:00	Jun Women 63 & 72,0 kg	15:30	33	20:30
Tuesday 3.12.2019	08:00-09:30	Jun Women 84 to 84,0+ kg	10:00	14	13:00
	12:00-13:30	Jun Men 83,0 kg	14:00	21	18:00
	16:30-18:00	Jun Men 93 kg	18:30	18	21:30
Wednesday 4.12.2019	08:00-09:30	Jun Men 105 kg	10:00	15	12:30
	11:30-13:00	Jun Men 120,0 to 120+ kg	13:30	15	17:00
Banquet for Juniors & Sub-Juniors			20:00	291 Juniors	
OPEN WOMEN & MEN					
Thursday 5.12.2019	08:00-09:30	Women 47,0 to 57,0	10:00	26	14:30
	13:30-15:00	Men 59,0 & 74,0 kg	15:30	27	20:00
Friday 6.12.2019	08:00-09:30	Women 63,0 & 72,0 kg	10:00	37	16:00
	15:00-16:30	Men 83,0 kg	17:00	21	21:00
Saturday 7.12.2019	07:00-08:30	Men 90,0 kg	09:00	18	12:30
	11:30-13:00	Men 105,0 kg	13:30	20	17:00
	16:00-17:30	Women 84,0 kg	18:00	16	21:30
Sunday 8.12.2019	08:00-09:30	Women 84,0 kg+	10:00	12	13:00
	12:00-13:30	Men 120,0 kg & 120+ kg	14:00	24	17:30
Banquet for Open categories			20:00	201 Open lifters 492 Lifters total	

Arnulf Wahlstrøm
EPF President

Antanas Jodauga
Meet director

Bjorn Astad
EPF Championships secretary