



# EUROPEAN POWERLIFTING FEDERATION

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## Invitation

The European Powerlifting Federation  
and  
the Romanian Powerlifting Federation  
invite

the EPF member nations to participate in the  
**European Masters Equipped Powerlifting Championships 2019**  
**in Sibiu, Romania**

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.

**Organizers:** Romanian Powerlifting Federation  
**Meet Director:** Marius Raica - e-mail: [mariusraica@yahoo.de](mailto:mariusraica@yahoo.de)  
**Visa requests:** Ovidiu Panazan - e-mail: [romania.powerlifting@gmail.com](mailto:romania.powerlifting@gmail.com)  
**Accommodation, transport:** Victor - e-mail: [ractivsport@gmail.com](mailto:ractivsport@gmail.com)  
mobil: 0040 741 055131 or 0040 741 254048

**EPF Championship secretary:** Jiri Hofirek - e-mail: [epfsecretary@gmail.com](mailto:epfsecretary@gmail.com), mobil: +420 739 405 689  
Malickeho 980, 410 02 Lovosice, Czech Republic

**Host city:** Sibiu, Romania  
**Date:** 3rd – 7th July 2019  
**Venue:** Sala Sporturilor „Transilvania“, address: O. Goga-street 1, Sibiu, Romania  
**Technical meeting:** Tuesday 2nd July at hotel Ibis Sibiu City Centre at 20:00

*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. Hotel:** **Hotel Ibis Sibiu City Centre, 3\***  
Address: Calea Dumbravii 2-4,  
web address: <https://www.accorhotels.com/gb/hotel-6806-ibis-sibiu-centre/index.shtml>

### Room rates

Single room: 72 EUR per person/night, including breakfast  
Double room: 40 EUR per person/night, including breakfast

**2. Hotel:** **Hotel Parc Sibiu, 3\***  
Address: Scoala de inot-str. 1-3,  
web address: <http://www.parchotelsibiu.ro/ro/>

## Room rates

Single room:	72 EUR per person/night, including breakfast, limited availability
Double room:	40 EUR per person/night, including breakfast, limited availability
Triple room:	33 EUR per person/night, including breakfast, limited availability

## Shuttle Service

**The main hotel Ibis is 800m distance from the venue, a walking time of 8 min.**

**Hotel Parc is 150m distance from the venue.**

**No transport by the organizer will be provided.**

Prices include VAT and all town charges. Payment after arrival can be done by card (VISA, Master Card) or in cash. Payment in EUR will be calculated according to the current exchange rate.

All athletes/nations are responsible for payment of their hotel expenses.

## Notes:

### **Note 1:**

All rooms must be booked at the latest with the deadline of the final nomination – **11 June 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 hotel reception.

**Federation mustn't pay the doping and the participation fees on this bank account!!!**

At all European Championships **the accommodation fees** shall be payable as follows:

1. credit card
2. cash (EUR according to the current exchange rate)
3. Bank transfer against the organizer's 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. Meet director must be informed about this procedure.

**The organizer accepts only orders sent only through the Accommodation-Transport form.**

### **Note 2:**

**11th June 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.**

## Arrivals/Departures:

### **Arrivals/Departures by plane – Sibiu Airport:**

Transport from Sibiu airport to hotel in Sibiu (cca 4 km) will be done by Taxi, cost aprox. 8 EUR.

Transport from other airports in Romania will be a topic of discussion for the particular case.

Please send your detailed travel itinerary to address on Accommodation -Transport form at EPF website.

### **Use the transport-accommodation form.**

Particular transport must be paid in advance on account of the organizer against the invoice in €. **Payment must be received at the bank account mentioned on the invoice at the latest 14 days prior to the beginning of the Championship.**

If you order the transport, you must pay for it even if you later decide not to use it.

- Scales:** Scales available at venue and at the main hotel.
- Training:** Training facilities available at the venue between 8 and 9 o'clock.  
This equipment can be used only by entered lifters during the championship.
- Medals:** 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.  
**Three best lifters of each age category, present at the banquet, will be rewarded.**  
**Awards for Nation competition by Team points isn't available for Masters Championships.**
- Flag and anthem:** Will be provided by the organizer
- Opening ceremony:** Wednesday, 3rd July 2019 at **16:00 hours** at Venue. One representative (either lifter or official) from each participating country shall take part at the ceremony.
- Closing banquet:** Sunday 7th July 2019 at 20:00 at Hotel Ibis Sibiu City Centre. Price **30 €** per person paid to the organizer.  
**The number of banquet tickets must be ordered at the Transport-accommodation form at the EPF website. Official name and address:**  
**Name official: Marius Raica, e-mail: ractivsport@gmail.com**  
Tickets for the banquet will be paid cash in EUR to the organizer at the accreditation.
- Participation fee:** **90 €** 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 €** 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](http://www.europowerlifting.org)) under "SERVICES" >> "INVOICES". Every member federation may go to the EPF website and download their invoices.
- Nominations:** Team nomination forms must be in the hands of the Meet Director - e-mail: [mariusraica@yahoo.de](mailto:mariusraica@yahoo.de)  
and the EPF Championship secretary - e-mail: [epfsecretary@gmail.com](mailto:epfsecretary@gmail.com)  
not later than:
- Preliminary:** **3rd May 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:** **11th June 2019** - later entries sent on next days will not be accepted.  
Sending of the final nomination is obligatory!

**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. A nominated reserve lifter may replace a preliminary nominated lifter from the same federation. If a reserve lifter do not replace any lifter, he/she must be withdrawn from the final nomination and will not take part in the championships.**

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.

#### **Photos for accreditation:**

The accreditation cards will be prepared in advance so that your team members do not lose time during accreditation procedure. It is mandatory for each team to send us the photos of all your national team members.

#### **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.

#### **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 website (Referees/Jury under Upcoming Events).

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.

**18<sup>th</sup> June 2019** (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.

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:

Marius Raica - e-mail: [mariusraica@yahoo.de](mailto:mariusraica@yahoo.de)

and a copy

to the EPF Championship secretary:

Jiri Hofirek - e-mail: [epfsecretary@gmail.com](mailto: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 Championship.*

*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. **If more than 14 lifters take part from one nation, at least 2 referees must be included.**

#### **Referees exam:**

If referee's examination are arranged, the **written examinations will be done on Wednesday 3rd July 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:** **The time table may be changed after the final nomination. Some categories may be moved one day earlier or later than specified in the preliminary Time Table.**

## Preliminary timetable

### MASTERS WOMEN, MEN

Day	Weighin time	categories	classes	lifters number on final nomination	start
Wednesday 03.07.2019	09:00 - 10:30	Women M2, 3, 4	-47 to +84 kg	25	11:00
	<b>Opening ceremony 16:00</b>				
	14:30 - 16:00	Men M4	-59 to +120 kg	13	16:30
Thursday 04.07.2019	09:00 - 10:30	Women M1	-47 to +84 kg	21	11:00
	14:00 - 15:30	Men M3	-59 to +120kg	22	16:00
Friday 05.07.2019	09:00 - 10:30	Men M2	-59 - 83 kg	16	11:00
	13:00 - 14:30	Men M2	-93 - 120+ kg	27	15:00
Saturday 06.07.2019	09:00 - 10:30	Men M1	-59 to -83 kg	13	11:00
	13:00 - 14:30	Men M1	-93 & -105 kg	15	15:00
Sunday 07.07.2019	09:00 - 10:30	Men M1	-120 & 120+ kg	17	11:00
	<b>Closing banquet 20:00 169 lifters</b>				

Arnulf Wahlstrøm  
EPF President

Marius Raica  
Meet Director

Jiri Hofirek  
EPF Championship Secretary