



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

The European Powerlifting Federation  
and  
the Italian Powerlifting Federation  
invite  
the EPF member nations to participate in the

### XI Western European Open Powerlifting Championships Equipped and Classic 2019

6<sup>th</sup> – 8<sup>th</sup> September 2019 in PALAFIPL - San Zenone al Lambro - Milano, Italy

The following EPF member nations are invited to take part in the 11<sup>th</sup> Western European Championship: Austria, Belgium, Spain, Denmark, Estonia, Finland, France, Germany, Great Britain, Greece, Iceland, Italy, Luxembourg, Netherlands, Norway, Sweden and Switzerland.

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:** Luciano Bertoletti Tel.+39 3456151318, e-mail: [segreteria@powerliftingitalia-fiopl.it](mailto:segreteria@powerliftingitalia-fiopl.it)

**Technical Secretary:** Sandro Rossi Tel. +39 3450788543, e-mail: [fiopl@libero.it](mailto:fiopl@libero.it)

**Accommodation:** Michele Savioli Tel. +39 02 919771, e-mail: [H8723-gm@accor.com](mailto:H8723-gm@accor.com)

#### EPF Championship

**Secretary:** Bjorn Astad, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org) phone: 47 91817979, Norway

**Host City :** San Zenone al Lambro - Milano, Italy

**Date:** 6<sup>th</sup> – 8<sup>th</sup> September 2019

**Venue:** PALAFIPL, address: Via Mamoli, San Zenone al Lambro (MI)  
webaddress: [www.powerliftingitalia-fiopl.it/chi-siamo-palafiopl.asp](http://www.powerliftingitalia-fiopl.it/chi-siamo-palafiopl.asp)

**Technical Meeting:** Wednesday 5<sup>th</sup> September at 20.00 hours at Hotel IBIS STYLES MILANO MELEGNANO

**Hotel:** Hotel IBIS STYLES MILANO MELEGNANO –  
address: Via Don Dossetti,2 (Loc. Francolino) Carpiano (MI) - Tel. +39 02 919771  
Webaddress: <https://www.accorhotels.com/it/hotel-8723-ibis-styles-milano-melegnano/index.shtml>

**Hotel Rates:** **Single room: € 80,00** per person / night, including breakfast  
**Double room: € 45,00** per person / night, including breakfast  
**Triple room: € 45,00** per person / night, including breakfast

**Hotel Bookings:** To make a reservation please send your hotel reservation filling in the **Accommodation form**, directly to the hotel manager:  
- Michele Savioli, e-mail: [H8723-gm@accor.com](mailto:H8723-gm@accor.com)  
and  
- Sandro Rossi, e-mail: [fiopl@libero.it](mailto:fiopl@libero.it)

#### Note 1:

All rooms must be booked at the latest with the deadline of the final nomination – **15 August 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 invoice, directly at the hotel - **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.

If you need the invoice please send the request to: Michele Savioli, e-mail: [H8723-gm@accor.com](mailto:H8723-gm@accor.com)

**Note 2:**

**15 August 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/Transportation:**

- Airport:** **Milano-Linate**  
Transport from Milano-Linate to Hotel will be done by taxi (about 30 minutes and cost per taxi approx. 50 euro)
- Shuttle Service:** From hotel to venue is free.
- 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 **IPF formula** 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 (short training) or in the Gym Center SP40 located very close to the hotel – ask to the reception (long training, cost 10 euro)
- Flag and anthem:** The organizer will provide flags & anthems
- Closing Banquet:** **Saturday, 8<sup>th</sup> September** at **20:00** hours at Hotel IBIS STYLES **MILANO MELEGNANO**  
Price € **35,00** per person, payable at your arrival at the hotel or in your requested invoice.  
**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](http://www.europowerlifting.org)) under "SERVICES" >> "INVOICES". Every member federation may go to the EPF web-site and download their invoices.

**Opening Ceremony:** Friday, 6<sup>th</sup> September at 13:00 hour at the venue. One representative (either one lifter or one official) from each participating country shall take part at the Ceremony.

**Nominations:** Team nomination forms must be in the hands of the:

- Meet Director **Luciano Bertoletti**, e-mail: [segreteria@powerliftingitalia-fiopl.it](mailto:segreteria@powerliftingitalia-fiopl.it),
- Technical Secretary **Sandro Rossi** e-mail: [fiopl@libero.it](mailto:fiopl@libero.it),
- directly to Goodlift nomination online program on internet,
- the EPF Championships Secretary **Bjorn Astad**, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org) phone: 47 91817979, Norway

**not later than:**

**Preliminary nomination:** 7<sup>th</sup> July 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:** 15<sup>th</sup> August 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.

**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.

**22<sup>nd</sup> August 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:

Meet Director **Luciano Bertoletti**, e-mail: [segreteria@powerliftingitalia-fiopl.it](mailto:segreteria@powerliftingitalia-fiopl.it),

and a copy

to the EPF Championships Secretary **Bjorn Astad**, e-mail: [bjorn@europowerlifting.org](mailto: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 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 Friday 6<sup>th</sup> September 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:** **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 of the 11<sup>th</sup> Western European Championships 2019

Weigh in time	Gender	Classes	Start competition
<b>Wec Classic</b>			
<b>Friday 06<sup>th</sup> September 2019</b>			
08:00 to 09:30	Women	- 47.0 to - 57.0 kg	10:00
<b>13:00 Opening Ceremony</b>			
12:00 to 13:30	Men	- 59.0 to - 83.0 kg	14:00
15:30 to 17:00	Women	- 63.0 to +84.0 kg	17:30
<b>Saturday 07<sup>th</sup> September 2019</b>			
08:00 to 09:30	Men	- 93.0 to +120.0 kg	10:00
<b>Wec Equipped</b>			
12:00 to 13:30	Women	- 47.0 to - 57.0 kg	14:00
15:00 to 16:30	Men	- 59.0 to - 83.0 kg	17:00
<b>Sunday 8<sup>th</sup> September 2019</b>			
08:00 to 09:30	Women	- 63.0 to +84.0 kg	10:00
11:30 to 13:00	Men	- 93.0 to +120.0+ kg	13:30

Arnulf Wahlstrøm  
EPF President

Luciano Bertolotti  
Meet Director

Bjorn Astad  
EPF Championships Secretary