



EUROPEAN POWERLIFTING FEDERATION

Invitation

The European Powerlifting Federation

and

the Luxembourg Powerlifting Federation

invite

the EPF member nations to participate in the

European Open, Masters, Junior and Sub Junior Classic Bench Press

Championships 2019

in Hamm, Luxembourg

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: **Gaston Parage**, 1, rue Pasteur L-4642 Differdange, Luxembourg,
Tel.: +352 621165214, Webpage: <https://epfclassicbp2019.lu/> e-mail: gparage@vo.lu

EPF Championship

Secretary: **Bjorn Astad**, e-mail: bjorn@europowerlifting.org phone: 47 91817979, Norway

Host City : Hamm, Luxembourg

Date: Wednesday 7 – Saturday 10 August 2019

Venue: “Centre Sportif à Hamm” sports center

Technical Meeting: Tuesday 6 August at 20.00 hours at Hotel Ibis

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: Hotel Ibis & Etape route de Trèves L-2632 Findel Luxembourg in front of the Airport

Hotel Rates: Prices for night per room – Hotel Ibis

Single room Hotel Ibis 90 €, including breakfast **Hotel Etap 77 €** including breakfast at the Ibis Hotel

Double room Hotel Ibis 100 €, including breakfast **Hotel Ibis budget 87 €** including breakfast at the Ibis Hotel

Triple room Hotel Ibis 120 €, including breakfast **Hotel Ibis budget 97 €** including breakfast at the Ibis Hotel

The breakfast for Ibis Budget will be also at the Hotel Ibis

For room booking please contact Gaston Parage, E-mail: gparage@vo.lu

He is doing the reservations but the payment will be done directly to the Hotels

Note 1:

All rooms must be booked at the latest with the deadline of the final nomination – **16 July 2019**. After the deadline the organizer cannot guarantee accommodations. 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.

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

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.
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 IBIS

Bank address: Caisse d'Epargne de l'Etat Luxembourg, Place de Metz L-2954 Luxembourg. Account holder Hotel Ibis

SWIFT code BIC: BCEELULLXXX

Account number: IBAN: LU39 0019 1106 1569 4000

Payment must be received at the above mentioned bank account at the latest 14 days prior to the beginning of the Championship.

Note 2:

16 July 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:

Transport will be provided from Luxembourg airport **for free**. Please let us know the exact date, hour, 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 participations will receive diploma.

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.

Awards for Nation competition by Team points isn't available for Masters Championships.

Scales: Scales available at venue and at Hotel.

Training: Training facilities available at training area at the venue

Flag and anthem: Will be provided by the organizer.

Closing Banquet: **Thursday 8 August at 20:00 hours for Masters and Saturday, 10 August at 20:00 hours for Open.** Price **€ 35,00** per person, paid to the organiser.

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.

Opening Ceremony: Wednesday, 7 August at 11:30 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
–directly Meet Director
–to the EPF Championships secretary
not later than:

Preliminary nomination: 8 June 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: 16 July 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. 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.

23 July - 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 and a copy

to the EPF Championships Secretary **Bjorn Astad**, e-mail: bjorn@europowerlifting.org
phone: 47 91817979, Norway

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."

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				
European Classic Open, Junior, Subjunior and Masters Bench Press Championships 2019,				
Hamm, Luxembourg				
Technical Meeting for all age categories on Tuesday 6 August 2019 at 20:00				
Day	Age category	Classes	Weigh-in	Start
Wednesday 7.8.2019	Women M2-M4	47-84+ kg	08:00-09:30	10:00
	Opening Ceremony starts on Wednesday 7th of August at 12:30			
	Men M4	59-120+ kg	11:00-12:30	13:00
	Men M3	59-120+ kg	12:30-14:00	14:30
	Men M2	59-83 kg	14:30-16:00	16:30
	Men M2	93-120+ kg	16:30-18:00	18:30
Thursday 8.8.2019	Women M1	47-84+ kg	08:00-09:30	10:00
	Men M1	59-83 kg	10:00-11:30	12:00
	Men M1	93-120+ kg	12:00-13:30	14:00
	Women & Men Sub-Junior	All categories	14:00-15:30	16:00
Banquet for Masters on Thursday 8th August at 20:00				
Friday 9.8.2019	Women Junior	43-84+ kg	08:00-09:30	10:00
	Men Junior	53-83 kg	10:30-12:00	12:30
	Men Junior	93-120+ kg	12:30-14:00	14:30
	Women Open	47-63 kg	14:30-16:00	16:30
	Men Open	59-74 kg	16:30-18:00	18:30
Saturday 10.8.2019	Men Open	83 & 93 kg	08:00-09:30	10:00
	Women Open	72&84+ kg	10:00-11:30	12:00
	Men Open	105 - 120+kg	12:00-13:30	14:00
Banquet for Open and Junior categories on Saturday 10th August at 20:00				

Arnulf Wahlstrøm
EPF President

Gaston Parage
Meet Director

Bjorn Astad
EPF Championships Secretary