



# EUROPEAN POWERLIFTING FEDERATION

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## Invitation

**The European Powerlifting Federation**

and

**the Finnish Powerlifting Federation**

invite

the EPF member nations to participate in the

**European Equipped Open, Junior and Masters**

**Bench Press Championships 2019 in**

**Tampere, Finland**

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:** **Matti Rajaniemi, Ylöjärventie 14, 33420 Tampere, Finland.**

Tel.: +358 40 838 1632 e-mail: [matti.rajaniemi@svnl.fi](mailto:matti.rajaniemi@svnl.fi)

**Technical Secretary** **Margetta Salminen**, email: [margetta.salminen@svnl.fi](mailto:margetta.salminen@svnl.fi)

**Visa requests:** **Timo Lillbacka** e-mail: [sihteeri@svnl.fi](mailto:sihteeri@svnl.fi)

**Accommodation and transport:** **Matti Rajaniemi**, [matti.rajaniemi@svnl.fi](mailto:matti.rajaniemi@svnl.fi)

**EPF Championship**

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

**Host city:** **Tampere, Finland**

**Date:** **16th (Wed) – 19th (Sat) October 2019**

**Venue:** **Tesoman Palloiluhalli**, Address: Tesoman Valtatie 46, FI-33100 TAMPERE

**Technical meeting:** Tuesday, October 15th, 2019 at 20:00 hours at the **Ratina Stadium** (Transport from every competition hotel provided for free)

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).

**Competition Hotels:**

**1. Hotel Lapland Tampere**, Address: Yliopistonkatu 44, Tampere, Finland

Single room: 110 € per room/night, including breakfast

Double room: 120 € per room/night, including breakfast

## 2. Sokos Hotel ILves, Address: Hatanpään valtatie 1, Tampere, Finland

Single room:	138 € per room/night, including breakfast
Double room:	148 € per room/night, including breakfast
Double room with an extra bed:	168 € per room/night, including breakfast

## 3. Sokos Hotel Torni , Address: Ratapihankatu 43, Tampere, Finland

Single room:	148 € per room/night, including breakfast
Double room:	158 € per room/night, including breakfast
Double room with an extra bed:	178 € per room/night, including breakfast

### **Note 1:**

All rooms must be booked **via the championship organizer** at the latest with the deadline of the final nomination – **24 September, 2019**. After the deadline the organizer cannot guarantee accommodations.

At all European Championships **the accommodation fees** shall be payable with cash or credit card as follows:

1. credit card
2. cash (EUR according to the current exchange rate)

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. Every reservation must be verified with a valid credit card number when making the reservations from the organizer, otherwise accommodation can not be verified.**

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay their rooms at the arrival **straight to the hotel** when checking in, **cash or credit card is accepted**. Accreditation must be made at the Championship Office in Hotel Lapland Tampere. Championship office will not accept any hotel payments.

### **Note 2:**

**24 September 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 must pay the reserved hotel rooms and the banquet fees for all lifters and officials specified at the final nomination form. **If requested visa is not obtained, the hotel must be notified latest 7 days prior to the technical meeting to cancel the reservation.**

## **Airports - Arrivals/Transportation**

### **Airport: Tampere-Pirkkala**

#### **Transport from airport to all competition hotels:**

When arriving 1 person:	45 € per person/one way
When arriving 2 people:	40 € per person/one way
When arriving 3 people:	35 € per person/one way
When arriving 4 people:	30 € per person/one way
When arriving 5 people:	25 € per person/one way
When arriving more than 5 people:	20 € per person/one way

Price of transport must be paid at arrival at the championships office. Any national team will not be accredited until the reserved transportation has been paid.

Please send therefore your detailed travel itinerary (date, time, flight number) to Meet Director, so that the transfer can be provided and planned. Every person using transport must be named beforehand. If you order the transport, you must pay for it even if you later decide not to use it.

**Shuttle Service:** Schedule for free transport from all hotels to venue will be present at all hotels and will be given to all teams at the Technical meeting.

**Scales:** Scales available at venue and at the Hotel Lapland

**Awards:** In each weight category the first three lifters will receive medals. All lifters shall receive a commemorative medal. 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.**

**Training:** Training facilities available at training area at the venue before and after the days competition.

**Flag and anthem:** Organizer will take care of flags and anthems

**Opening ceremony:** Wednesday, 16th of October 10:30 at the Venue. One representative (either one lifter or one official) from each participating country shall take part at the Ceremony.

**Closing banquet:** **Juniors:** Thursday the 17th of October at 20:00 at **Itsudemo Restaurant in Tampere**. . Price 30 € per person paid to the organizer at the championship office.  
**The number of banquet tickets must be ordered at the Nomination form.**

**Closing banquet:** **Open and Masters:** Saturday the 19th of October at 20:00 at **Sokos Hotel Iives**. Price 35 € per person paid to the organizer at the championship office.  
**The number of banquet tickets must be ordered at the Nomination form.**

**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 web-site and download their invoices. This was informed in the letter from our treasurer sent you 11.01.2019.

**Nominations:** Nominations are done by each federation by the IPF electronic nomination system. Team nomination forms must be sent to the:

- Meet Director Matti Rajaniemi -e-mail [matti.rajaniemi@svnl.fi](mailto:matti.rajaniemi@svnl.fi)
- EPF Championship secretary Jiri Hofirek -email [epfsecretary@gmail.com](mailto:epfsecretary@gmail.com)
- Technical Secretary Margetta Salminen -email [margetta.salminen@svnl.fi](mailto:margetta.salminen@svnl.fi)

not later than:

**Preliminary:** **August 16th, 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:** **September 24th, 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.

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 Matti Rajaniemi [matti.rajaniemi@svnl.fi](mailto:matti.rajaniemi@svnl.fi) and a copy to the

EPF Championship secretary: **Bjorn Astad**, e-mail: [bjorn@europowerlifting.org](mailto: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."*

**Web site:** More information available at the special web site of the Championship:  
<http://ecbp2019.svnl.fi/>

**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. Every athlete should be present at the ceremonies.

**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, being a member of IPF more than 5 years, participating with more than 3 lifters in EPF championships or EPF cups, should include international referee(s) among its team officials available for refereeing or being a member of the jury at least two days. The host federation can nominate six referees. A federation participating with more than 3 lifters, as stated in the preliminary nomination, is obliged to nominate at least one referee and a nation with more than 14 lifters, as stated in the preliminary nomination, is obliged to nominate at least two referees. In combined championships/cups (men and women) the 3 lifters and the 14 lifters include the total number of lifters from one nation. If a referee(s) from that nation is not present or, if present, is not available to act in the capacity of either referee or member for jury at least two days during the championship/cup, the lifters are allowed to take part, but a fine of Euro 500 has to be paid by the nation for each missing referee. The EPF treasurer must receive such payment before lifters from that nation are allowed to take part in any further EPF championships or cups.

### **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.

**1 October** - 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!**  
(EPF BL 105.13.2)

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

**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 Open, Masters and Junior Bench Press Championships 2019**  
**Opening ceremony: Wednesday, 16th of October at 12:30 hours at venue**

**Tuesday October 15th, 2019 at 20:00 Technical Meeting for all age categories**

Day	Age Category	Classes	Weigh-in	Start	Est. Lifters	Groups	End time
Wednesday 16th of October	<b>Opening ceremony October 16th at 10:30 at the Venue</b>						
	Women M1-M4	47-84+	09:00-10:30	11:00	50	4	13:30
	Men M3-M4	59-120+	13:00-14:30	15:00	40	4	18:00
Thursday 17th of October	Junior Women	43-84+	09:00-10:30	11:00	25	2	13:00
	Junior Men	53-120+	11:30-13:00	13:30	25	2	15:30
	Men M2	59-120+	14:00-15:30	16:00	30	3	18:30
<b>Banquet for Juniors October 17th at 20:00</b>							
Friday 18th of October	Men M1	59-120+	09:00-10:30	11:00	40	3	14:00
	Women Open	47-84+	13:00-14:30	15:00	40	3	18:00
Saturday 19th of October	Men Open	59-93	09:00-10:30	11:00	35	3	13:30
	Men Open	105-120+	12:00-13:30	14:00	35	3	16:30
	<b>Banquet for Open and Masters October 19th at 20:00</b>						

Arnulf Wahlstrøm  
EPF President

Matti Rajaniemi  
Meet director

Bjorn Astad  
EPF Championships Secretary