



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

### The European Powerlifting Federation and the Swedish Powerlifting Federation Invite the EPF member nations to participate in the European Classic Open, Junior & Sub-Junior Powerlifting Championships 3<sup>rd</sup> to 12<sup>th</sup> December 2021 in Västerås, Sweden

The EPF member nations are invited to take part in the European Classic Open, Junior & Sub-Junior Powerlifting Championships 3<sup>rd</sup> to 12<sup>th</sup> December 2021 in Västerås, Sweden.

**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 IPF-Member nations, **not** by individuals.

**Meet Director:** Robert Ericsson, [robert.ericsson@styrkelyft.se](mailto:robert.ericsson@styrkelyft.se) +46 104507171, Sweden

**Technical Secretary:** Anett Langva, [anett.langva@styrkelyft.se](mailto:anett.langva@styrkelyft.se) +46 104507173, Sweden

**Correspondence, visa:** Alexander Grenehed, [kansli@styrkelyft.se](mailto:kansli@styrkelyft.se)

**Accommodation:** Thomas Högberg, [thomas.hogberg@styrkelyft.se](mailto:thomas.hogberg@styrkelyft.se)

**Transport** Thomas Högberg, [thomas.hogberg@styrkelyft.se](mailto:thomas.hogberg@styrkelyft.se) **You must use mask on transfer and shuttle bus.**

**For asking about the banquet:** Alexander Grenehed, [kansli@styrkelyft.se](mailto:kansli@styrkelyft.se)

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

**Host City:** Västerås, Sweden (110 km from Arlanda airport)

**Date:** 3<sup>rd</sup> to 12<sup>th</sup> December 2021

**Venue:** Mälarenergi Arena, Västerås Sweden (Vasagatan 83, Västerås) **Obs! No sauna at the Arena**

**Technical Meeting:** Thursday 2<sup>ed</sup> December at 20:00 at the Hotel Plaza, (Kopperbergsvägen 10, Västerås)

*All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is absent 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) a fine of 250 Euro will be imposed to the concerned national federation (EPF By-laws 105.6). The confirmation of absence from Technical Meeting must be sent between the date of the final nomination and the start of the Technical Meeting. The confirmation must include changes in the list of referees and changes in the final nomination.*

## Official hotels:

### Hotel Plaza (Best Western Plus) <https://plazavasteras.se/>

For room booking contact the hotel: E-mail [info@plazavasteras.se](mailto:info@plazavasteras.se) Phone +46 21 101010

Enter code: **ECPC21** or **European Powerlifting championship**

Single room: 950 sek (Approx. 95 EUR) per room/night, including breakfast

Double room: 1150 sek (Approx 115 EUR) per room/night, including breakfast Extra bed: 300 sek (Approx 30 EUR) per bed/night, including breakfast. **There is a sauna in the hotel**

The accommodation fees can be paid as follows: Card payment in advance

### Clarion Collection Hotel Etage

<https://www.nordicchoic-hotels.se/hotell/sverige/vasteras/clarion-collection-hotel-etage/rumstyper/#rumstyper>

Enter code: **ECPC21**

Single room: 1205 sek (Approx 120 EUR) per room/night, including breakfast, dinner buffet 18:00-20:00

Double room: 1425 sek (Approx 140 EUR) per room/night, including breakfast, dinner buffet 18:00-20:00 Including breakfast. **There is a sauna in the hotel**

The accommodation fees can be paid as follows: Card payment in advance

### Comfort Hotel Västerås

<https://www.nordicchoic-hotels.se/hotell/sverige/vasteras/comfort-hotel-vasteras/hotellrum/#hotellrum> Enter code: **ECPC21**

Single room: 995 sek (Approx. 100 EUR) per room/night, including breakfast

Single room "Moderate" 1 x 140 cm bed: 995 sek (Approx. 100 EUR) per room/night, including breakfast Double room 2 x 90 cm bed: 1195 sek (Approx. 120 EUR) per room/night, including breakfast.

The accommodation fees can be paid as follows: Card payment in advance

### Good Morning Västerås

<https://book.ligula.se/se/good-morning-vasteras/accommodation/list>

Enter code: **ECPC21**

Single room: 740 sek (Approx. 75 EUR) per room/night, including breakfast

Double room (1 x 140 cm bed): 840 sek (Approx. 85 EUR) per room/night, including breakfast

Triple room: (The third bed is not a full size, its a folding bed.) 1040 sek (Approx. 110 EUR) per room/night, including breakfast.

The accommodation fees can be paid as follows: Card payment in advance

#### Note 1 :

All rooms must be booked by the national federation directly to the hotel you are staying at. Note! Advance payment by card applies and **paid for 3<sup>th</sup> November the latest ( 30 days prior to the date of the Championship)**. If the reservation of accommodation for the championship are cancelled before this date the prepaid payments will be refunded. Participants are free to book their own hotel accommodation at other hotels after the deadline, but then they must pay an administration fee of 100 € for each person (athletes, coaches, referees and officials) to the organiser to receive proper documentation to take part in the championship. The organiser will not be responsible for any hotel bills of the participating nations.

#### Note 2:

**Friday 12<sup>th</sup> November 2021 (21 days prior to the date of the Championship)** is the latest date for any removal of nominated lifters. If not cancelled in time, federations have to pay the participation fee and the doping fee for all lifters specified in the final nomination form.

**For referees Friday 19<sup>th</sup> November 2021 (14 days prior to the date of the Championship)** is the latest day for changes of categories for which referee has been allocated in the final nomination. All corrections must be made latest 14 days prior to the date of the technical meeting. 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.

Any nation, participating in European Championships with more 3 lifters, must include at least one international referee. If more than 14 lifters from one nation take part, at least 2 referees must be included. Failure to meet this specification imposes a fine of 500€ for each missing referee.

All nominated referees attending a championship, must be available for at least two days (EPF BL 105.13). It is the responsibility of each Federation to 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 referees nominated at the time of the final nomination will be awarded referee duties by the EPF Technical Committee Chairman (TC Chairman) 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 TC Chairman for corrections.

**Arrivals/Departures by plane:** Transport from Arlanda airport in Stockholm to hotel 25 EUR per person/one way  
You must use mask on transfer and shuttle bus.

**Please send your detailed travel itinerary to:** Thomas Högberg, [thomas.hogberg@styrkelyft.se](mailto:thomas.hogberg@styrkelyft.se) +46 766956156

Copy to: [Robert.ericsson@styrkelyft.se](mailto:Robert.ericsson@styrkelyft.se) Use the transport form.

Transport must be paid in advance on account of the organizer against the invoice in SEK. **Payment must be received at the bank account mentioned on the invoice at the latest 30 days prior to the date of the Championship.** If you order the transport, you must pay for it even if you later decide not to use it.

**Shuttle:** From the hotel to the venue. **You must use mask on transfer and shuttle bus.**

**Scales:** Scales are available at the venue and at the hotels.

**Training:** Training equipment (two training platform with approved powerlifting equipment) available at Västerås Arena (beside the competition venue). This equipment can be used only by accredited lifters.

**Flag and anthem:** Will be provided by the organiser.

**Closing Banquet 1:** **8<sup>th</sup> December**, 20:00 at the Venue for **Junior and Subjunior**.  
Note that you can only book through this link and that it is only payment by card or invoice in advance. 350 SEK/person (approx 35 Euro)  
<https://events.magnetevents.com/Event/closing-banquet---european-classic-junior--subjunior-powerlifting-championships---42822/>

**Closing Banquet 2:** **12<sup>th</sup> December**, 20:00 at the Venue for **Open** categories  
Note that you can only book through this link and that it is only payment by card or invoice in advance. (350 SEK/person (approx 35 Euro)  
<https://events.magnetevents.com/Event/closing-banquet---europeanclassicopen-powerlifting-championships---42789/>

<b>Participation Fee:</b>	90 € for each lifter must be paid by bank transfer to the EPF bank account latest one day before the Technical Meeting. Invoice will be sent by the EPF Treasurer. Lifter competing in both Classic and Equipped, shall pay entry fee for both championships.
<b>Anti-Doping Fee:</b>	50 € for each lifter must be paid by bank transfer to the EPF bank account latest one day before the Technical Meeting. Invoice will be sent by the EPF Treasurer.
<b>EPF Invoices:</b>	The invoice will be sent to the federations <u>by the EPF Treasurer</u> latest 14 days prior to the day of the Technical Meeting (EPF BL 103.3.2.). Federations must pay participation and anti-doping fees for the number of lifters declared at the <b>final</b> nomination. All invoices are published at the EPF web ( <a href="http://www.europowerlifting.org">www.europowerlifting.org</a> ) under "SERVICES" >> "INVOICES". Every member federation may go to the EPF website and download their invoices. Payment must be at the EPF account latest one day prior to the Technical meeting.
<b>Nominations:</b>	Team nomination are done by each federation by the IPF electronic nomination system. Team nomination forms must be sent to: Meet Director Robert Ericsson e-mail: <a href="mailto:robert.ericsson@styrkelyft.se">robert.ericsson@styrkelyft.se</a> and EPF Championship Secretary Bjørn Astad, e-mail: <a href="mailto:bjorn@europowerlifting.org">bjorn@europowerlifting.org</a> .
<b>Preliminary:</b>	<b>Monday 4<sup>th</sup> October 2021</b> (No later than 60 days before the date of the Championship. Complete filled in preliminary form must be sent. No final nomination will be accepted if complete form was not sent).
<b>Final:</b>	<b>Friday 12<sup>th</sup> November 2021</b> (no later than 21 days before the date of the Championship. Later entries will not be accepted). All lifters are expected to present passports (identification) and consent form at the weigh-in.
<b>Technical Meeting:</b>	<b>Thursday 2<sup>ed</sup> December</b> at 20:00 at Hotel Plaza, (Kopparbergsvägen 10, Västerås)
<b>Opening Ceremony:</b>	<b>Friday 3<sup>rd</sup> December</b> at 15:00 hours at the Venue. One representative from each participating country must take part at the Ceremony.
<b>Victory Ceremonies:</b>	Will be held immediately after each lifting session. It is mandatory that each athlete wears their Team Warm-up/Track Suit for the award presentation.
<b>Medals:</b>	Men and Women are going to receive medals for placing 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> in their weight classes.  Three best lifters by <b>IPFGL formula</b> of each age category, will be rewarded at the banquet.
<b>Referees exam:</b>	If referee's examination is arranged, the written examinations will be done on <b>Friday morning 3<sup>rd</sup> December</b> , 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. Organiser will prepare a room for written examination.
<b>Important Note:</b>	<b>The timetable may be changed after the final nomination. Some categories may be</b>

moved one day earlier or later than specified in the preliminary timetable.  
Due to the Covid pandemic and fewer participants, the number of days in the competition may be reduced.

Sweden is largely cash-free, therefore card payment is recommended. The organizer only accepts card payments.

You can find the Swedish Public Health Agency's national restrictions for Covid-19 here. <https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/>

Link to the embassy of Sweden:  
<https://www.swedenabroad.se/en/>

**Sweden removes all Covid restrictions on 29 September, which means that spectators are welcome at the arena.**

See the special championships home page. <https://www.ecpc2021.com/>  
There you will find, among other things, information about various events and sights in Västerås during the competition days and much more. The page is updated as time goes on.

## Timetable

European Classic Open, Junior and Sub-Junior Powerlifting Championships, Västerås, Sweden 2021 Opening ceremony: Friday 3 December 2021 at 15:00 hours at venue

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
38					
Friday 3.12.2021	08:00-09:30	Sub Women 43,0, 47,0 and 52,0 (11) Sub Women 57,0 and 63,0 (10))	10:00	21	14:30
	-	<b>Opening ceremony</b>	<b>1500</b>		<b>1530</b>
	14:00-15:30	Sub Women 69,0 and 76,0 (9) Sub Women 84,0 and 84,0+ (8)	16:00	17	19:30
63					
Saturday 4.12.2021	08:00-09:30	Sub Men 59,0 and 66,0 (13) and Sub Men 74,0 (9)	10:00	22	14:00
	12:30-14:00	Sub Men 83,0 (10), Sub Men 93,0 (8) and <b>Special Olympics (6)</b>	14:30	18 6	18:30
	17:00-18:30	Sub Men 105,0 (8) and Sub Men 120,0 and 120,0+ (9)	19:00	17	22:30
43					
Sunday 5.12.2021	08:00-09:30	Junior Men 53,0 and 59,0 (9) Junior Men 66,0 (9)	10:00	18	13:30
	12:30-14:00	Junior Women 43,0 to 52,0	14:30	13	17:30
	16:00-17:30	Junior Men 74,0 kg	18:00	12	21:00

Monday 6.12.2021	08:00-09:30	Junior Women 57,0 kg (10) Junior Women 63,0 kg (14)	10:00	24	14:30
	13:00-14:30	Junior Women 69,0 kg (2 groups)	15:00	17	18:00
	16:30-18:00	Junior Women 76,0 kg	18:30	11	21:30

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Tuesday 7.12.2021	08:00-09:30	Junior Women 84,0 to 84,0+ kg	10:00	14	13:00
	11:30-13:00	Junior Men 83,0 kg (2 groups)	13:30	16	17:00
	15:30-17:00	Junior Men 93,0 kg (2 groups)	17:30	17	20:30

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Wednesday 8.12.2021	08:00-09:30	Junior Men 105,0 kg	10:00	13	13:00
	12:00-13:30	Junior Men 120,0 to 120+ kg	14:00	26	18:30

**Banquet for Juniors & Sub-Juniors****20:00****282 lifters****OPEN WOMEN & MEN**

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Thursday 9.12.2021	08:00-09:30	Women 47,0 kg (7) and Women 52,0 kg (8)	10:00	15	13:00
	11:30-13:00	Women 57,0 kg	13:30	13	16:30
	15:00-16:30	Women 63,0 kg	17:00	17	20:30

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Friday 10.12.2021	08:00-09:30	Men 59,0 and 66,0 (13) Men 74,0 B Group (6) and 83,0 B group (7)	10:00	26	14:00
	12:30-14:00	Men 74,0 A group (9) and 83,0 A group (9)	14:30	18	18:00
	16:30-18:00	Women 69,0	18:30	8	20:30

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Saturday 11.12.2021	08:00-09:30	Women 76,0 kg	10:00	13	13:00
	12:00-13:30	Men 93,0 kg (10) Men 105,0 kg (13)	14:00	23	18:30

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Sunday 12.12.2021	08:00-09:30	Women 84,0 & 84,0+ kg	10:00	13	13:00
	11:30-13:00	Men +120, kg (10) and 120,0 kg B group (3) Men 120, kg A group (13)	13:30	26	18:00

**Banquet for Open categories****20:00****172 lifters**

Preliminary nominations are done by each federation by the IPF Electronic Nomination System. In additions, preliminary nomination forms must be sent to the Meet director and the EPF Championship Secretary not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the

date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted). According to Technical Rules [Page 4, item 7] at the final nomination you must define which athletes will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination. No more change by weight class of any athlete is possible. The final nomination is valid for the competition.

**Important Note:**

The timetable may be changed after the final nomination. Some categories may be moved one day earlier or later than specified in the preliminary timetable

If the organizer does not receive a confirmed cancellation of hotel rooms by the given deadline all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-ByLaws 105.5.2).

All athletes, coaches, referees and officials from each federation must book their rooms by the organizer and must stay in the official hotel during the entire time in attendance of the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the entire time in attendance of the championship, they will be obliged to pay an administration fee of € 100 per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship (IPF By-laws 105.4.4).

**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee 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 World 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.”

Arnulf Wahlstrøm  
EPF President

Robert Ericsson  
Meet Director

Bjorn Astad  
EPF Championships Secretary