



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

The European Powerlifting Federation and the Luxembourg Powerlifting Federation invite the EPF member nations to participate in the  
**XII Western European Open Powerlifting Championships  
Equipped and Classic 2021 3<sup>rd</sup> – 5<sup>th</sup> September 2021 in Hamm, Luxembourg**

The EPF member nations are invited to take part in the XII Western European Open Powerlifting Championships Equipped and Classic 2021 3<sup>rd</sup> – 5<sup>th</sup> September 2021 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 IPF-Member nations, NOT by individuals.

**Meet Director:** Gaston Parage, 1, rue Pasteur L-4642 Differdange, Luxembourg,  
Phone: +352 621165214, e-mail: [gparage@vo.lu](mailto:gparage@vo.lu)

**Technical Secretary:** Lau Werner ( at the place )

**Correspondence, visa:** Not necessary

**Accommodation:** Gaston Parage e-mail : [gparage@vo.lu](mailto:gparage@vo.lu) phone: 352621165214

**Transport, banquet:** Gaston Parage e-mail : [gparage@vo.lu](mailto:gparage@vo.lu) phone: 352621165214

**EPF Championship Secretary:** Bjørn Astad, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org) phone: +47 91 817 979, Norway

**Host City:** Hamm, Luxembourg

**Date:** 3<sup>rd</sup> – 5<sup>th</sup> September 2021

**Venue:** “Centre Sportif à Hamm” sports center Address : 157, rue de Hamm L-1713 Luxembourg-Hamm

**Technical Meeting:** Thursday 2<sup>nd</sup> September 2021 at 20:00 at Hotel Ibis

*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 hotel:**

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

<b>Single room (1 person):</b>	EUR per room/night, including breakfast Hotel Ibis 90 € Hotel Budget 65 €
<b>Twin room (2 person):</b>	EUR per room/night, including breakfast Hotel Ibis 100 € Hotel Budget 75 €
<b>Triple room (3 person):</b>	EUR per room/night, including breakfast Hotel Ibis 110 € Hotel Budget 85 €

**Note 1 : BEWARE. NEW AND IMPORTANT INFORMATION**

All rooms must be **booked** via the championship organizer and **paid** for **Thursday 12<sup>th</sup> August 2021 the latest (21 days prior to the Technical Meeting)**. Only rooms that are **paid** for within the deadline will be noted as official championship hotel rooms.

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 organizer to receive proper documentation to take part in the championship. The organizer will not be responsible for any hotel bills of the participating nations.

#### **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**

#### **Note 2:**

**Thursday 12<sup>th</sup> August (21 days prior to the Technical Meeting)** is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets. If not cancelled in time, federations have to pay the reserved hotel rooms (if the hotel require such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified in the final nomination form.

**For referees Thursday 19<sup>th</sup> August (14 days prior to the Technical Meeting)** 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 than 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/Transportation:**

**Airport to Hotel , there will be shuttle bus from airport and to Hotel ( in case you cannot find the person you can walking to the Hotel in front of the airport 5 minutes walking time )**

Please send your detailed travel itinerary to: **Gaston Parage e-mail : [gparage@vo.lu](mailto:gparage@vo.lu) phone 352621165214**

Use the accommodation-transport form.

**Shuttle:** Daily will be handover at the technical meeting and posted at the Hotel  
**Timetable will be provided after final nominations.**

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

**Training:** Training equipment available in the venue. This equipment can be used only by entered lifters during the championship.

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

**Closing Banquet:** **Sunday 5<sup>th</sup> September** 20:00 at Hotel Ibis  
Price 35 EUR per person paid to the organizer.  
Tickets for the banquet please order on the transport-banquet form.

Tickets order send to: e-mail:

Tickets for the banquet must be paid in advance on account of the organizer against the invoice in EUR. **Payment must be received at the bank account**

mentioned on the invoice at the latest 21 days prior to the beginning of the Championship.

- Participation Fee:** 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.
- 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. Invoice will be sent by the EPF Treasurer.
- EPF Invoices:** The invoice will be sent to the federations by the EPF Treasurer latest 14 days prior to the day of the Technical Meeting (EPF BL 103.3.2.) Federations must pay participation and doping fees for the number of lifters declared at the final nomination.
- 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. Payment must be at the EPF account latest one day prior to the Technical meeting.
- 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 **IPFGL 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.
- Nominations:** Team nomination forms must be in the hands of the:
- Meet Director : **Gaston Parage** [gparage@vo.lu](mailto:gparage@vo.lu)
  - Technical Secretary: Will be forward by the Meet Director
  - 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
- Preliminary:** **Sunday 4<sup>th</sup> July** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete form was not sent).
- Final:** **Thursday 13<sup>th</sup> August (later entries will not be accepted)**
- All lifters are expected to present passports (identification) and consent form at the weigh-in.
- Technical Meeting:** **Thursday 2<sup>nd</sup> September at 20:00 hours at the Hotel Ibis**
- Opening Ceremony:** **Friday 3<sup>rd</sup> September** at 13:00 hours at the Venue. All representatives from each participating country shall take part at the Ceremony.
- Victory Ceremonies:** 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.
- Medals:** 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. All participants will receive a diploma.
- Meet Website:** <https://filhlp.lu>
- Referees exam:** If referee's examination are arranged, the written examinations will be done on Friday morning 3<sup>rd</sup> September, 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. All candidates must provide their own PC.

**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.

Weigh in time	Gender	Classes	Start competition
<b>Wec Classic</b>			
<b>Friday 3<sup>rd</sup> September 2021</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 4<sup>th</sup> September 2021</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 5<sup>th</sup> September 2021</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
<b>Closing Banquet:</b>		<b>Sunday 5<sup>th</sup> September</b>	<b>20:00 Hotel Ibis</b>

**Important Items to Remember:**

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.

Changes may occur to the timetable of events. All changes will take place at the technical meeting.

If the organizer does not receive a confirmed cancellation of hotel rooms latest 21 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same applies to participation and anti-doping fees (IPF-By-Laws 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

Gaston Parage  
Meet Director

Bjorn Astad  
EPF Championships Secretary