



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

**The European Powerlifting Federation and the Czech Powerlifting Federation Invite the EPF member nations to participate in the**

**European Open, Junior and Sub-junior Equipped Powerlifting Championships  
3<sup>rd</sup> – 8<sup>th</sup> May 2022 in Pilsen, Czechia**

The EPF member nations are invited to take part in the European Open, Junior and Sub-junior Equipped Powerlifting Championships, 3<sup>rd</sup> – 8<sup>th</sup> May 2021 in Pilsen, Czechia.

**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:** Miroslav Vacek, e-mail: [vacek@powerlifting.cz](mailto:vacek@powerlifting.cz)

**Technical Secretary:** Ivan Karpisek, e-mail: [ivan.karpisek@tiscali.cz](mailto:ivan.karpisek@tiscali.cz)

**Correspondence, visa:** Lenka Matejovska, e-mail: [cpf@powerlifting.cz](mailto:cpf@powerlifting.cz)

**Accommodation:** Vojtech Duraj, e-mail: [powerlifting@parkhotel-czech.eu](mailto:powerlifting@parkhotel-czech.eu)  
Mobile Phone: +420 608 111 702  
Phone: +420 378 772 977

**Transport, banquet:** Alyona Vassilkova, e-mail: [transport-banquet@seznam.cz](mailto:transport-banquet@seznam.cz)  
Mobile Phone: +420 774 896 694

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

**Host City:** Pilsen, Czechia

**Date:** 3<sup>rd</sup> – 8<sup>th</sup> May 2021

**Venue:** Parkhotel Congress Center Pilsen, U Borskeho Parku 31, 320 04 Pilsen, Czechia

**General Assembly:** Monday 2<sup>nd</sup> May at 18:00 hours at the Park hotel Congress Center Pilsen

**Technical Meeting:** Monday 2<sup>nd</sup> May after General Assembly at the Park hotel Congress Center Pilsen  
*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 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 to the EPF Championship Secretary with a copy to the EPF Treasurer. The confirmation must include changes in the list of referees and changes in the final nomination.*

EPF Championship Secretary: Mail [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org)

EPF Treasurer: Xavier de Puytorac: Mail [xavier@europowerlifting.org](mailto:xavier@europowerlifting.org)

## IPF Anti-Doping Program

The IPF encourages all its participants to complete education to understand the rules that apply to them and to know their rights and responsibilities under the IPF Anti-Doping Program. In addition to the information provided on the [IPF website](#), WADA's Anti-Doping e-Learning platform (ADeL) offers access to all topics related to clean sport and anti-doping. It offers courses for athletes, coaches, doctors, administrators and anyone interested in learning more about anti-doping and protecting the values of clean sport. Note that all Junior, Sub-Junior and open athletes competing at [IPF Championships](#) must successfully complete education through [ADeL](#) in order to be able to compete. ADeL: <https://adel.wada-ama.org/learn>

## Official hotels:

### Parkhotel Congress Center Pilsen

U Borskeho Parku 31, 320 04 Pilsen, Czechia, [www.parkhotel-czech.eu](http://www.parkhotel-czech.eu)

#### COMFORT ROOMS

Single room: 2.080 CZK (Approx. 83 EUR) per person/night, including breakfast  
Double room: 1.300 CZK (Approx. 52 EUR) per person/night, including breakfast  
Triple room: 1.050 CZK (Approx. 42 EUR) per person/night, including breakfast

#### STANDARD rooms (annex building) - on request (max occupancy 20 rooms)

Single room: 1.850 CZK (Approx. 74 EUR) per person/night, including breakfast  
Double room: 1.125 CZK (Approx. 45 EUR) per person/night, including breakfast  
Triple room: 933 CZK (Approx. 37 EUR) per person/night, including breakfast

After fully occupancy of the Hotel Parkhotel we can reserve following hotel:

### Hotel Golden Fish ( annex hotel – the same hotel area )

U Borskeho Parku 27, 320 04 Pilsen, Czechia, <https://gf-hotel.cz/>

#### COMFORT ROOMS

Single room: 2.080 CZK (Approx. 83 EUR) per person/night, including breakfast  
Double room: 1.300 CZK (Approx. 52 EUR) per person/night, including breakfast  
Triple room: 1.050 CZK (Approx. 42 EUR) per person/night, including breakfast

#### The accommodation fees can be paid as follows:

1. Bank transfer against the invoice in CZK. Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the beginning of the Championship.

#### Note 1:

All rooms must be booked by the national federation via the championship organiser and **paid for Tuesday 26<sup>th</sup> April 2022 the latest (7 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:

**Tuesday 12<sup>th</sup> April 2022 (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 Tuesday 19<sup>th</sup> April 2022 (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 – Vaclav Havel Airport Prague:**

Transport from Prague airport to hotel in Pilsen

When arriving 1 person: 1.500 CZK (Approx. 60 EUR) per person/one way

When arriving 2 people: 1.250 CZK (Approx. 50 EUR) per person/one way

When arriving 3 people: 1.000 CZK (Approx. 40 EUR) per person/one way

When arriving 4 or more people: 750 CZK (Approx. 30 EUR) per person/one way

### **Please send your detailed travel itinerary to:**

**Aliona Vassilkova** - e-mail: [transport-banquet@seznam.cz](mailto:transport-banquet@seznam.cz)

Use the transport-banquet form.

Transport must be paid in advance on account of the organiser against the invoice in EUR. **Payment must be received at the bank account mentioned on the invoice at the latest 7 days (26<sup>th</sup> April 2022) 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.

**Scales:** Scales are available at the venue and at the Parkhotel Congress Center.

**Training:** Training equipment (one training platform with approved powerlifting equipment) available at the hotel from Tuesday 3<sup>rd</sup> May to Saturday 7<sup>th</sup> May from 8:00 to 21:00. This equipment can be used only by accredited lifters.

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

**Closing Banquet junior and sub-junior:** **Thursday 5<sup>th</sup> May**, 20:00 at the Venue.  
Price 900 CZK (Approx. € 35) per person paid to the organizer  
Payment in advance for banquet tickets is recommended.

**Closing Banquet Open:** **Sunday 8<sup>th</sup> May**, 20:00 at the Venue.  
Price 900 CZK (Approx. € 35) per person paid to the organizer.  
Payment in advance for banquet tickets is recommended.

Tickets for the banquet please order on the transport-banquet form.

Tickets order send to:

**Alyona Vassilkova** - e-mail: [transport-banquet@seznam.cz](mailto:transport-banquet@seznam.cz)

Tickets for the banquet can be paid to the account of the organizer according the invoice in CZK. **Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the date 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. Lifter competing in both Classic and Equipped, shall pay entry fee for both championships.

**Anti-Doping Fee:** 60 € 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 anti-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.

- Nominations:** Team nomination are done by each federation by the IPF electronic nomination system. Team nomination forms must be sent to:  
Meet Director Miroslav Vacek, e-mail: [vacek@powerlifting.cz](mailto:vacek@powerlifting.cz) and  
EPF Championship Secretary Bjørn Astad, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org).
- Preliminary:** **Friday 4<sup>th</sup> March 2022** (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).
- Final:** **Tuesday 12<sup>th</sup> April 2022** (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.
- Technical Meeting:** **Monday 2<sup>nd</sup> May** after General Assembly at 20:00 hours (estimated time)
- Opening Ceremony:** **Tuesday 3<sup>rd</sup> May at 15:00 hours** at the Venue. One representative from each participating country must 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.  
  
Three best lifters by **IPFGL formula** of each age category and three best national teams of each age category, will be rewarded at the banquet.
- Referees exam:** If referee's examination is arranged, the written examinations will be done on **Tuesday morning 3<sup>rd</sup> May**, 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.
- Important Note:** **The timetable may be changed the day after the final nomination. Some categories may be moved one day earlier or later than specified in the preliminary timetable.**

**European Junior and Sub-junior Equipped Powerlifting Championships**  
**3<sup>rd</sup> – 5<sup>th</sup> May 2022 in Pilsen, Czechia**

**Timetable after final nomination**

Day	Event	Start
Monday 2 <sup>nd</sup> May 2022	Accreditation	12:00
	General Assembly	18:00
	Technical Meeting	20:00

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
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Tuesday 3 <sup>rd</sup> May	08:00-09:30	<b>Sub-junior women</b> Group 1: 43, 47, 52, 57 and 63 (12) Group 2: 69, 76, 84, +84 (10)	10:00	22	14:00
		<b>Opening ceremony</b>	<b>15:00</b>		
	13:30-15:00	<b>Men Sub-junior</b> Group 3: 59, 66, 74 and 83 (10) Group 4: 93, 105, 120 and +120 (8)	15:30	18	19:30

Wednesday 4 <sup>th</sup> May	08:00-09:30	<b>Men Junior</b> Group 1: 53, 59, 66 and 74 (10) Group 2: 83 (7)	10:00	17	13:30
	13:00-14:30	<b>Women Junior:</b> Group 3: 43, 52, 57 and 69 (12) Group 4: 63, 76, 84 and +84 (11)	15:00	23	19:00

Thursday 5 <sup>th</sup> May	10:00-11:30	<b>Men Junior</b> Group 1: 93 and 105 (10) Group 2: 120 and +120 (8)	12:00	18	16:00
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<b>Banquet for Sub-junior and Junior lifters</b>			<b>20:00</b>	<b>98</b>	
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# European Open Equipped Powerlifting Championships

6<sup>th</sup> – 8<sup>th</sup> May 2022 in Pilsen, Czechia

## Timetable after final nomination

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
Friday 6 <sup>th</sup> May	08:00-09:30	<b>Women Open</b> Group 1: 47 and 52 (8) Group 2: 57 (7)	10:00	15	13:00
	12:00-13:30	<b>Men Open</b> Group 3: 59, 66 (10) Group 4: 74 (6)	14:00	16	17:30
	16:00-17:30	<b>Men Open</b> Group 5: 83 B (8) Group 6: 83 A (7)	18:00	15	21:00
Saturday 7 <sup>th</sup> May	08:00-09:30	<b>Women Open</b> Group 1: 63 (6) Group 2: 69 (10)	10:00	16	13:30
	12:30-14:00	<b>Men Open</b> Group 3: 93 (10) Group 4: 105 (14)	14:30	24	18:30
Sunday 8 <sup>th</sup> May	08:00-09:30	<b>Women Open</b> Group 1: 76 (10) Group 2: 84 and +84 (8+6)	10:00	24	14:30
	13:00-14:30	<b>Men Open</b> Group 3: 120 (11) Group 4: +120 (9)	15:00	20	18:30
<b>Banquet for Open lifters</b>			<b>20:00</b>	<b>130</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 organiser 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-By-Laws 105.5.2).

All athletes, coaches, referees and officials from each federation must book their rooms by the organiser 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 organiser. 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 organising 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 Organiser 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

Miroslav Vacek  
Meet Director

Bjorn Astad  
EPF Championships Secretary