



EUROPEAN POWERLIFTING FEDERATION

Invitation

The European Powerlifting Federation and the Swedish Powerlifting Federation invite the EPF member nations to participate in the

European Master Equipped Powerlifting Championships 6th – 9th July 2022 in Eskilstuna, Sweden

The EPF member nations are invited to take part in the European Master Equipped Powerlifting Championships 6th – 9th July 2022 in Eskilstuna, 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: Peter Paunovic, peter.paunovic@yobber.se phone: +46 704199440

Technical Secretary: Ulf Eriksson: ulfivar@live.se

Correspondence, visa: Rosalie Brondén, rosalie.bronden@gmail.com

Accommodation: Rosalie Brondén, rosalie.bronden@gmail.com

Transport, banquet: Rosalie Brondén, rosalie.bronden@gmail.com

EPF Championship Secretary: Bjørn Astad, e-mail: bjorn@europowerlifting.org phone: +47 91 817 979, Norway

Host City: Eskilstuna, Sweden

Date: 6th – 9th July 2022

Venue: Stiga Sports Arena, Arenatorget 1, Eskilstuna

Technical Meeting: Tuesday 5th July at 18:00 Elite Stadshotellet Eskilstuna

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
EPF Treasurer: Xavier de Puytorac: Mail xavier@europowerlifting.org



IPF Anti-Doping Program - all athletes must successfully complete ADeL

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 athletes competing at [IPF Championships](#) **must** successfully complete education through [ADeL](#) in order to be able to compete. You must submit your completed certificate from ADeL with your nomination for your registration to be complete. Please note that the certificate file must be in PDF format only. This is the standard file format in which the certificate can be obtained from the WADA ADEL platform.

ADeL: <https://adel.wada-ama.org/learn>

Official hotel: Elite Stadshotellet Eskilstuna

HOTEL

Single room: 95 EUR per room/night, including breakfast

Double room: 119 EUR per room/night, including breakfast

Alternative Hotel

Nordic Choice Hotel Bolinder

HOTEL

Single room: 117 EUR per room/night, including breakfast

Double room: 137 EUR per room/night, including breakfast

Comfort Hotel Eskilstuna

HOTEL

Single room: 98 EUR per room/night, including breakfast

Double room: 117 EUR per room/night, including breakfast

Note 1 :

All rooms must be **booked** via the championship organiser and **paid** for **Tuesday 14th June the latest**. 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 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 14th June (21 days prior to the date of the Championship) 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 Tuesday 21st June (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 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 1000€ 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 or latest 14 days prior to the championship, contact the TC Chairman for corrections.

Arrivals/Departures/Transportation:

Airport to Hotel , there will free shuttle bus from Stocholm Arlanda Airport to hotel and from hotel to airport.

Please send your detailed travel itinerary to: Rosalie Brondén, rosalie.bronden@gmail.com

Use the accommodation-transport form.

- Shuttle:** Daily free shuttle will be organise from the hotels to the venue.
Timetable will be provided after final nominations.
- Scales:** Scales are available at the venue and at all official hotel.
- Training:** Training equipment available in the venue, and at ASK Eskilstuna which is located 150 meters from the venue. This equipment can be used only by entered lifters during the championship.
- Flag and anthem:** Will be provided by the organiser.
- Closing Banquet:** **Sunday 10th July** 20:00 at Elite Stadshotellet Eskilstuna
Price 35 EUR per person paid to the organiser.
Tickets for the banquet please order on the transport-banquet form.
Tickets order send to: Rosalie Brondén, rosalie.bronden@gmail.com
Tickets for the banquet 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 21 days (Tuesday 14th June) 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:** 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 doping fees for the number of lifters declared at the final nomination.

All invoices are published at the EPF web (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:
Peter Paunovic, peter.paunovic@yobber.se, and the EPF Championship Secretary Bjørn Astad, e-mail: bjorn@europowerlifting.org.
- Preliminary:** **Friday 6th May** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete form was not sent).



- Final:** **Tuesday 14th June (later entries will not be accepted)**
- All lifters are expected to present passports (identification) and consent form at the weigh-in.
- Technical Meeting:** **Tuesday 5th July at 20:00 hours at Elite Stadshotellet Eskilstuna**
- Opening Ceremony:** **Wednesday 6th July** at 14:00 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 1st, 2nd and 3rd in their weight classes.
- Three best lifters of each age category, will be rewarded at the banquet. Awards for Nation competition by Team points isn't available for Masters Championships.
- Referees exam:** If referee's examination are arranged, the written examinations will be done on Wednesday morning 6th July, 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. 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.**



Timetable after preliminary nomination European Master Equipped Powerlifting Championships 6th – 9th July 2022 in Eskilstuna, Sweden

Date: 9. May 2022

Day	Event	Start
Tuesday 5 th July 2022	Accreditation	12:00
	Technical Meeting	18:00

Day	Weight in	Categories	Lifters	Start	End
Wednesday 6 th July	09:00 - 10:30	Women M4+M3 (1+4) Men M4 (8)	13	11:00	13:30
	Opening Ceremony			14:00	
	12:30 - 14:00	Men M3 Group 1:84 (8) Group 2:74, 93, 105, 120, +120 (11)	19	14:30	18:30

32

Thursday 7 th July	08:00 - 09:30	Women M2 Group 1:47, 52, 57, 63 (13) Group 2: 69, 76, +84 (12)	25	10:00	14:30
	13:00 - 14:30	Men M2 Group 1: 66, 74, 93 (13) Group 2: 83 (8)	21	15:00	19:00

46

Friday 8 th July	08:00 - 09:30	Men M2 Group 1: 105 (7) Group 2: 120 and + 120 (12)	19	10:00	13:30
	12:00 - 13:30	Women M1 Group 1:47, 52, 57, 63, 76 (14) Group 2:69, 84, +84 (14)	28	14:00	19:00

47

Saturday 9 th July	08:00 - 09:30	Men M1 Group 1: 66, 74, 83 (12)	12	10:00	12:30
	11:30 - 13:00	Men M1 Group 2: 93, 105 (12) Group 1: 120 and +120 (10)	22	13:30	18:00
	Closing banquet		159	20:00	

34

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 or 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.”

Arnulf Wahlstrøm
EPF President

Peter Paunovic
Meet Director

Bjorn Astad
EPF Championships Secretary