



EUROPEAN POWERLIFTING FEDERATION

Invitation

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

European Open, Sub Junior, Junior & Master Classic & Equipped Bench Press Championships 2022 from 2 – 7th August In Győr, Hungary

The EPF member nations are invited to take part in the European Open, Sub Junior, Junior & Master Classic & Equipped Bench Press Championships 2022 from 2th – 7th August in Győr, Hungary.

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: Istvan Botka, e-mail: botka.istvan@premiumzrt.hu

Technical Secretary: Istvan Botka, e-mail: botka.istvan@premiumzrt.hu

Correspondence, visa: Felicián Mohai, email: office@premiumzrt.hu

Accommodation: Felicián Mohai, email: office@premiumzrt.hu

Transport, banquet: Felicián Mohai, email: office@premiumzrt.hu

Banquet: Felicián Mohai, email: office@premiumzrt.hu

Championship Secretary: Bjørn Astad, e-mail: bjorn@europowerlifting.org phone: +47 91817979, Norway

Host City: Győr, Hungary

Date: 2nd – 7th August 2022

Venue: Olimpik Sportstadium (9026 Győr Egyetem square 1.)

Technical Meeting: Monday 1st August at 20:00

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 or phone) 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.

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 Hotels:

1. Hotel

Hotel Rates: Prices for night per room per person

1. Rába Hotel***

single room: 110€/night including breakfast

double room: 120€/night including breakfast

2. Hotel Ibis***

single room: 108€/night including breakfast

double room: 118€/night including breakfast

3. Hotel Révész****

single room: 120€/night including breakfast

double room: 129€/night including breakfast

Dinner:

23€/per person per night (only with preordering)

Payment:

The accommodation and arrivals/transportation and closing banquet fees shall be payable as follows:

1. Credit card (VISA, Master Card)

2. Bank transfer.

Arrivals/Transportation:

Arrivals/Departures by plane –airport: Győr-Per Airport

Transport from airport to hotel

When arriving 1 person: 80 EUR per person/one way

When arriving 2 people: 70 EUR per person/one way

When arriving 3 people: 60 EUR per person/one way

When arriving 4 people: 50 EUR per person/one way

When arriving 5 or more people: 40 EUR per person/one way

If you order the transport, you must pay for it even if you later decide not to use it.

Shuttle Service:

Free bus shuttle service during the championship between the hotels and the venue

Closing Banquet 1:

Thursday 4th August at 20:00

Price **35 EUR** per person paid to the organizer.

Payment in advance for banquet tickets is recommended.

Tickets order send to: Felicián Mohai, email: office@premiumzrt.hu

The number of banquet tickets must be ordered at the Nomination form.

Closing Banquet 2:

Sunday 7th August at 20:00

Price **35 EUR** per person paid to the organizer.

Payment in advance for banquet tickets is recommended.

Tickets order send to: Felicián Mohai, email: office@premiumzrt.hu

Tickets for the Banquet can be paid at the venue of accreditation.

The number of banquet tickets must be ordered at the Nomination form.

Note 1 :

All rooms must be booked by the national federation via the championship organiser and **paid for 11th July 2022 the latest (21 days before the date of the championship)**. 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:

11th July 2022 (21 days before 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 18th July 2022 (14 days before 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 before 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 contact the TC Chairman for corrections.

Arrivals/Departures/Transportation:

Please send your detailed travel itinerary to: Felicián Mohai, email: office@premiumzrt.hu
Use the accommodation-transport 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 21 days (11th July) before 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 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 organiser.

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:
 Meet Director: Istvan Botka e-mail: botka.istvan@premiumzrt.hu and Lorand Berke Hungarian Powerlifting Federation president, e-mail: info@hunpower.hu
 EPF Championship Secretary Bjørn Astad, e-mail: bjorn@europowerlifting.org.

Preliminary: **Thursday 2nd June 2022** (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: **Monday 11th July 2022** (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 1st August** at 20:00

Opening Ceremony: **Tuesday 2^{ed} August** at 14:00 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 1st, 2nd and 3rd in their weight classes.

Three best lifters of each age category, will be rewarded during victory ceremony. Awards for Nation competition by Team points isn't available for Masters Championships.

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.**

Provisional time Table:

European Classic & Equipped Master, Open, Junior and Sub-Junior Benchpress Championships 2022

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
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Timetable Classic Bench Press

	08:00-09:30	Men M3-M4	10:00		
Tuesday 2. August	09:30-11:00	Men M2 all	11:30		
		Opening ceremony	14:00		14:30
	12:30-14:00	Women M2-M4 (all)	14:30		
	14:30-16:00	Women M1 all	16:30		
	16:30-18:00	Men M1 59 kg to 83 kg	18:30		20:00

Wednesday 3. August	08:00-09:30	Men M1 93 kg to +120 kg	10:00		
	10:00-11:30	Women Sub Junior all	12:00		
	10:00-11:30	Women Junior all	12:00		
	13:00-14:30	Men Sub Junior all	15:00		
	15:00-16:30	Men Junior all	17:00		

Thursday 4. August	08:00-09:30	Women Open all	10:00		
	10:00-11:30	Men Open 59 kg to 93 kg	12:00		
	13:00-14:30	Men Open 105 kg to +120 kg	15:00		17:30

Banquet			20:00		
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Timetable Equipped Bench Press					
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Friday 5. August	08:00-09:30	Men M3-M4	10:00		
	11:00-12:30	Men M2	13:00		
	13:00-14:30	Women M2-M4	15:00		
	15:00-16:30	Women M1	17:00		18:30

Saturday 6. August	08:00-09:30	Men Junior all (sub-junior and junior)	10:00		
	10:30-12:00	Women Junior all (sub-junior and junior)	14:00		
	13:00-14:30	Men M1 all	16:00		

Sunday 7. August	08:00-09:30	Women open all	10:00		
	11:30-13:00	Men Open 59 to 93	13:30		
	13:00-14:30	Men Open 105 to +120	15:00		17:00

Banquet			20:00		
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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 before the date of 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

István Botka
Meet Director

Bjorn Astad
EPF Championships Secretary