



EUROPEAN POWERLIFTING FEDERATION

Invitation

**The European Powerlifting Federation and
the Slovak Fitness, Bodybuilding and Powerlifting Association**

invite the following EPF member nations to participate in the

**24th Equipped & Classic Danube Powerlifting Cup 2022
in Zlatníky, Slovakia**

Austria, Bulgaria, Croatia, Germany, Hungary, Romania, Serbia, Slovakia, Ukraine

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 EPF-Member nations, NOT by individuals.

- Meet director:** **Boris Mlsna**, Phone: +421 903 555 518
e-mail: boris.mlsna@gmail.com
- Accommodation, transport:** **Stanislav Januška**, Phone: +421902858026
e-mail: slovakia.powerlifting@gmail.com
- Danube Cup Director:** **Pavol Muller**, A. Hlinku 39/19, 92101 Piestany, Slovakia
e-mail: mullerp.bp@gmail.com Phone: +421 903322326
- EPF Championship secretary:** **Bjorn Astad**, e-mail: bjorn@europowerlifting.org phone: 47 91817979, Norway
- Host city:** Žilina, Slovakia
- Date:** Saturday 24. September, 2022
- Venue:** Kultúrny dom, Zlatníky 42, 956 37 Zlatníky, Slovakia.

Technical meeting: Friday, September 23, 2022 at Penzión Dahlia 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 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

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>

Hotels:

Penzión Dahlia, Address: Zlatníky 26, 956 37 Zlatníky, Slovakia

Single Room: 50 EUR per night including breakfast

Double Room: 60 EUR per night including breakfast

Room for 6 people: 90 EUR per night including breakfast

Prices include VAT and all town charges. Payment after arrival at hotel's can be done by card (VISA, Master Card) or in cash.

All athletes/nations are responsible for payment of their hotel expenses.

Arrivals/Transportation:

from Bratislava to Topoľčany at 6:33, 8:33, 10:33, 14:33, 18:33 by train: cca. 5 EUR

from Topoľčany to Zlatníky at 9:00, 11:00, 15:00, 17:00, 21:00 by minibus provided by organizer: 5 EUR

Please send your detailed travel itinerary to Meet Director with copy to Accommodation - Transport Official so that the transfer can be provided.

Note 1:

All rooms must be booked at the latest– **31st August 2022**. After the deadline the organizer cannot guarantee accommodations. All athletes, coaches, referees and officials from each federation must stay in the official hotel for all days in their attendance of the championship. Failure to comply will have the effect that they will not receive accreditation and will be excluded from the championship.

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay **directly their rooms** by bank transfer or at the arrival at the Hotel.

Note 2:

3 September 2022 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms – **21 days prior to the Technical Meeting**.

If not cancelled in time, federations have to pay the reserved hotel rooms.

If requested visa is not obtained, the hotel must be notified latest 21 days prior to the technical meeting to cancel the reservation.

Referees: Any nation participating in Championships with more than 3 lifters must include at least one international referee.

For referees **10 September 2022 (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 which his national Federation sent to Championships Secretary.

The referee's final nomination is stated at the EPF website (Referees/Jury under Upcoming Events). If referees do not indicate changes to the Championships Secretary during that time, referees are obliged to be available for the original categories by the final nomination.

However, federations may allocate duties between their own referees latest at the technical meeting upon agreement by the appointed technical committee member. Any changes, withdrawal or no show up by a referee regarding the allocated duty after the technical meeting, may impose a warning or €100 in fine dependent of the reason and decided by the jury in cooperation with the appointed technical committee member.

Confirmation of the referees participation.

It is the responsibility of each Federation to validly confirm in the final nomination in which categories their referees will be available, or cancel the referees who will not participate in the Championships.

Important warning for referees (105.13)

If a referee(s) from that nation is not present or, if present, is not available to act in the capacity of either referee or member of jury at least two days during the championship/cup, the lifters are allowed to take part, but a fine of Euro 1000 has to be paid by the nation for each missing referee.

Please send your detailed travel itinerary to Meet Director with copy to Accommodation - Transport Official so that the transfer can be provided.

Teams competition:

Invited from each federation is **two** team for Men and **two** team for Women equipped and classic (maximum 4 lifters on each team). The best 3 lifters of each team by IPF points will count for the Cup awards. Winner in Equipped and in Classic teams will receive the Danube Cup. The members of the different teams per nation must be specified at the Technical Meeting.

Individual awards: In each weight category the first three lifters will receive medals for total. All participants will receive certification.

Scales: Scales available at venue and at the hotel

Flag and anthem: Will be provided by the organizer.

Opening ceremony: Saturday 24 September at 9:30 at venue. One representative (either lifter or official) from each participating country shall take part at the ceremony.

Closing banquet: Saturday 24. September 2022 at 20:00 at Penzión Dahlia".
Price **30€** per person paid to the organizer.
The number of banquet tickets must be ordered at the Nomination form.

Participation fee: **90 €** for each lifter must be paid by bank **transfer to the EPF bank account** before the Technical meeting.

Anti-Doping fee: **60 €** for each lifter must be paid by bank **transfer to the EPF bank account** before the Technical meeting.

EPF Invoices: The invoice must be sent to the nominated federations by the EPF Treasurer at the latest 14 days prior to the day of the Technical Meeting for each of the European Championships

All invoices are published at the EPF web (www.europowerlifting.org) under "SERVICES" >> "INVOICES". Every member federation may go to the EPF web-site and download their invoices.

Nominations: Team nomination forms must be in the hands of the:

1. Meet director: Boris Mlsna, Phone: +421 903 555 518, e-mail: boris.mlsna@gmail.com
2. EPF Championship secretary **Astad**, e-mail: bjorn@europowerlifting.org phone: 47 91817979, Norway not later than:

Correspondence: Please send e-mail regarding the championships to Stanislav Januška, e-mail: slovakia.powerlifting@gmail.com

Preliminary: 27 July 2022 complete filled in preliminary form must be sent. complete filled in preliminary form must be sent. No final nomination will be accepted if a complete filled in preliminary nomination form was not sent in time.

Final: 4 September 2022 - later entries sent on next days will not be accepted. Sending of the final nomination is obligatory!!!

Final nomination must be sent not later than 21 days before the date of the Championships, and must be made only from lifters nominated in Preliminary nomination of the Championship. This is inclusive of reserve lifters. A nominated reserve lifter may replace a preliminary nominated lifter from the same federation. If a reserve lifter do not replace any lifter, he/she must be withdrawn from the final nomination and will not take part in the championships.

The weight category of each lifter in the final selection (final nomination) is mandatory. After the final nomination no changes in the weight category in which the lifter is nominated will be allowed.

All lifters are expected to present passports and other required documents at the weigh-in.

Correspondence: E-mails regarding the championships must be sent to:
Meet director Boris Mlsna, Phone: +421 903 555 518, e-mail: boris.mlsna@gmail.com and
to Stanislav Januška, e-mail: slovakia.powerlifting@gmail.com

Indemnity and Insurance:

All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee or IPF/ 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 Championship.

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.”

PROVISIONAL TIMETABLE DANUBE CUP 2022

Opening ceremony: Saturday, September 24, 2022 at 9:30 hours at venue

Day and date	Weigh in time	Classes	Start	Lifters	End
Saturday 24, September 2022	08:00 to 09:30	All Women classic All Women equipped	10:00		13:00
	11:30 to 13:00	All Men classic All Men equipped	13:30		17:30
		Victory Ceremony	17:30		18:00
	20:00	Closing banquet	20:00		

Arnulf Wahlström
President EPF

Bjorn Astad
EPF Championships Secretary

Pavol Müller
Danube Cup Director

Dominik Olexa
Meet Director