



EUROPEAN POWERLIFTING FEDERATION

Invitation

The European Powerlifting Federation and the Polish Powerlifting Federation Invite the EPF member nations to participate in the European Classic Open, Junior & Sub-Junior Powerlifting Championships 25th November to 4th December 2022 in Skierniewice, Poland

The EPF member nations are invited to take part in the European Classic Open, Junior & Sub-Junior Powerlifting Championships 25th November to 4th December 2022 in Skierniewice, Poland.

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: Monika Szyszczyńska, e-mail: m.szyszczyńska@osirskierniewice.pl tel.: +48 500-401-497

Technical Secretary: Włodzimierz Laskowski, e-mail: wlaskowski@pzkfits.pl

Correspondence, visa: Polski Związek Kultury Fitness i Trójboju Siłowego, ul. Jana Sobieskiego 45 lok. 402 e-mail: pzkfits@pzkfits.pl

Accommodation: Hotel Panorama w Mszczonowie ul. Tarczyńska 109 a, 96-320 Mszczonów, e-mail: m.szyszczyńska@osirskierniewice.pl tel.: +48 500-401-497

Transport: Monika Szyszczyńska, e-mail: m.szyszczyńska@osirskierniewice.pl tel.: +48 500-401-497

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

Host City: Skierniewice

Date: Friday 25th November to Sunday 4th December 2022

Venue: Ośrodek Sportu i Rekreacji w Skierniewicach, ul. Pomologiczna 10, 96-100 Skierniewice, tel: +48 46 833 28 95

Technical Meeting: Thursday 24th November at 20:00 at Hotel Panorama.

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 antidoping. 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:

Hotel PANORAMA w Mszczonowie, ul. Tarczyńska 109 a, 96-320 Mszczonów

Single room: **75 Euro** per room/night, including breakfast

Double room: **90 Euro** per room/night, including breakfast.

Triple room: **105 Euro per room/night, including breakfast**

Accommodation:

Please use the booking form and send to Monika Szyszczyńska, e-mail: m.szyszczyńska@osirskierniewice.pl and

Copy to: sportowewariacje-skierniewice@wp.pl

Note 1 :

All rooms must be booked by the national federation and **paid for Friday 4th November the latest (21 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:

Friday 4th November 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.

Note 3:

All nominated referees attending a championship, **must be available for at least two entire competition days** (EPF BL 105.13). It is the responsibility of each Federation to confirm referee in the final nomination in which days their referees will be available or cancel the referees who will not participate in the Championships.

For referees Friday 11th November 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 **1000€** for each missing referee.

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 airport:

Chopin Airport in Warsaw, Żwirki i Wigury, 00-001 Warsaw

Mazowiecki Port Lotniczy Warszawa-Modlin Sp. z o.o ul. gen. Wiktora Thommee 1a
05-102 Nowy Dwór Mazowiecki

Transfer/transport:

Transport Chopin: Competitors who need transport from the airport to the hotel pay an additional one-way fee: 1 person - 60 € one way, 2 people - 40 €, 3 and more - 20 €.

Transport Modlin: Competitors who need transport from the airport to the hotel pay an additional one-way fee: 1 person - 90 € one way, 2 people - 50 €, 3 and more - 30 €.

In the case of an airport other than the above-mentioned, the cost of transport will be individually agreed with the organizer.

Please use the booking form and send your detailed travel itinerary to:

m.szyszczynska@osirskierniewice.pl and Copy to: sportowewariacje-skierniewice@wp.pl

Transport must be paid in advance on account of the organizer against the invoice in EUR. Payment must be received at the bank account at the latest 21 days 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.

The fees for hotel, transport and banquet can be paid as follows:

Transfer for bank account: **PL69 1020 3352 0000 1102 0289 7833 Ośrodek Sportu i Rekreacji Sp. z o.o**

- Shuttle:** From hotel to venue. Timetable will be published at hotel Panoramas info board.
- Scales:** Scales are available at the venue and at the hotels.
- Training:** Training equipment available at Arena.
- Flag and anthem:** Will be provided by the organiser.
- Closing Banquet 1:** **Wednesday 30th November**, 20:00 at the Venue for **Junior and Subjunior**.
Sala konferencyjna Ośrodka Sportu i Rekreacji w Skierniewice, ul. Pomologiczna 8
Remember that you can make a reservation only via the application from and it is only a payment Transfer for bank account: **PL69 1020 3352 0000 1102 0289 7833 Ośrodek Sportu i Rekreacji Sp. z o.o** / 35 Euro – person
- Closing Banquet 2:** **Sunday 4th December**, 20:00 at the Venue for **Open** categories
Sala konferencyjna Ośrodka Sportu i Rekreacji w Skierniewice, ul. Pomologiczna 8
Remember that you can make a reservation only via the application from and it is only a payment Transfer for bank account: **PL69 1020 3352 0000 1102 0289 7833 Ośrodek Sportu i Rekreacji Sp. z o.o** / 35 Euro – person
- 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) 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 Monika Szyszczyńska, e-mail: m.szyszczyńska@osirskierniewice.pl and EPF Championship Secretary Bjørn Astad, e-mail: bjorn@europowerlifting.org.
- Preliminary:** **Monday 26th September 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:** **Friday 4th November 2022** (No later than 21 days before the date of the Championship).
- Technical Meeting:** **Thursday 24th November** at 20:00 at **Hotel Panorama**
- Opening Ceremony:** **Friday 25th November** 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 1st, 2nd and 3rd in their weight classes.

Three best lifters by **IPFGL formula** of each age category will be rewarded.
A "Best Team" award, represented by 5 medals, is given to teams placed first, second and third based on the Technical Rules score system.
- Referees exam:** If referee's examination is arranged, the written examinations will be done on **Friday 25th November**, 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.
- Timetable:** 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 and the number of days in the competition may be reduced.

Timetable Sub-Junior and Junior after preliminary nomination

Final timetable will be published after final nomination

Day	Weigh in	Categories	Start	lifters	End
38					
Friday 25.11.2022	08:00-09:30	Sub Women 43, 47 and 52 Sub Women 57,0 and 63,0	10:00		14:30
	-	Opening ceremony	1500		1530
	14:00-15:30	Sub Women 69,0 and 76,0 Sub Women 84,0 and 84,0+	16:00		19:30
57					
Saturday 26.11.2022	08:00-09:30	Sub Men 53,0, 59,0 and 66,0 and Sub Men 74,0	10:00		14:00
	12:30-14:00	Sub Men 83,0 Sub Men 93,0	14:30		18:30
	17:00-18:30	Sub Men 105,0 and Sub Men 120,0 and 120,0+	19:00		22:30
43					
Sunday 27.11.2022	08:00-09:30	Junior Men 53, 59 and 66 Junior Men 74 B	10:00		13:30
	12:30-14:00	Junior Women 43,0, 47,0 and 52,0 Junior Women 57 B	14:30		17:30
	16:00-17:30	Junior Women 57 A Junior Men 74,0 A	18:00		21:00
52					
Monday 28.11.2022	08:00-09:30	Junior Women 63 B Junior women 63 A	10:00		14:30
	13:00-14:30	Junior Women 69 kg B Junior Women 76 kg B	15:00		18:00
	16:30-18:00	Junior Women 69,0 kg A Junior Women 76, 0 kg A	18:30		21:30
47					
Tuesday 29.11.2022	08:00-09:30	Junior Women 84,0 to 84,0+ kg	10:00		13:00
	11:30-13:00	Junior Men 83,0 kg B Junior Men 93,0 kg B	13:30		17:00
	15:30-17:00	Junior Men 83,0 kg A Junior Men 93,0 kg A	17:30		20:30
39					
Wednesday 30.11.2022	08:00-09:30	Junior Men 105,0 kg B Junior Men 120+ kg	10:00		13:00
	12:00-13:30	Junior Men 105,0 kg A Junior Men 120,0 to	14:00		18:30
Banquet for Juniors & Sub-Juniors			20:00	XX lifters	

Preliminary Timetable Open after preliminary nomination

Final timetable will be published after final nomination

Thursday 1.12.2022	08:00-09:30	Women 47,0 kg Women 52,0 kg	10:00		13:00
	11:30-13:00	Women 57,0 kg B Men 59 and 66	13:30		16:30
	15:00-16:30	Women 57,0 kg A Men 74,0 kg A	17:00		20:30

Friday 2.12.2022	08:00-09:30	Men 83 B Men 93 B	10:00		12:30
	11:00-12:30	Women 63 B Women 63, A	13:00		16:00
	14:30-16:00	Men 83 A Men 93 A	16:30		20:00

Saturday 3.12.2022	08:00-09:30	Women 69 B Women 76 B	10:00		12:30
	11:00-12:30	Women 69 A Men 105 B	13:00		17:00
	15:30-17:00	Women 76 A Men 105 A	17:30		20:00

Sunday 4.12.2022	08:00-09:30	Women 84+ (9) and 84,0 B Men 120 B group	10:00		12:30
	11:00-12:30	Men +120, kg	13:00		15:00
	13:00-14:30	Men 120 A Women 84 A	15:00		18:30

Banquet for Open categories

20:00 XX lifters

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.

If the organizer 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-ByLaws 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 Championships.

All delegate members must have a valid **incident and health insurance policy**. The Organizer and the 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

Monika Szyszczyńska
Meet Director

Bjorn Astad
EPF Championships Secretary