



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

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

### European Masters Classic Powerlifting Championships 8<sup>th</sup> – 13<sup>th</sup> March 2022 in Vilnius, Lithuania

The EPF member nations are invited to take part in the European Masters Classic Powerlifting Championships 8<sup>th</sup> – 13<sup>th</sup> March 2022 in Vilnius, Lithuania.

**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:** Erlandas Petrauskas e-mail [erlandas.powerlifting@gmail.com](mailto:erlandas.powerlifting@gmail.com) phone +370 610 19313

**Technical Secretary:** Erlandas Petrauskas e-mail [erlandas.powerlifting@gmail.com](mailto:erlandas.powerlifting@gmail.com) phone +370 610 19313

**Correspondence, visa:** Raminta Petrauskaitė e-mail [raminta.powerlifting@gmail.com](mailto:raminta.powerlifting@gmail.com) phone +370 609 72252

**Accommodation:** Raminta Petrauskaitė e-mail [raminta.powerlifting@gmail.com](mailto:raminta.powerlifting@gmail.com) phone +370 609 72252

**Transport, banquet:** Raminta Petrauskaitė e-mail [raminta.powerlifting@gmail.com](mailto:raminta.powerlifting@gmail.com) phone +370 609 72252

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

**Host City:** Vilnius, Lithuania

**Date:** 8<sup>th</sup> – 13<sup>th</sup> March 2022

**Venue:** Radisson Blu hotel Lietuva ,Konstitucijos pr. 20 Vilnius 09308

**Technical Meeting:** Monday 7<sup>th</sup> March at 20:00 in at the Radisson Blu hotel Lietuva ,  
Konstitucijos pr. 20 Vilnius 09308

*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) 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.*

**Official hotels: Radisson Blu Lietuva, Konstitucijos pr. 20 Vilnius 09308**

**STANDARD rooms**

**Single room: per night, including breakfast 85 Euro**

**Double room: per night, including breakfast 95 Euro**

**The accommodation fees can be paid as follows: all payments need to be done by bank transfer.**

**Note 1 :**

All rooms must be booked by the national federation via the championship organiser and **paid for 1<sup>st</sup> March 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 15<sup>th</sup> February 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 22<sup>th</sup> February 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 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 by plane –Airport:**

Transport from airport to hotel:

When arriving 1 person: per person/one way 15 Euro

When arriving 2 people: per person/one way 10 Euro

When arriving 3 people: per person/one way 8 Euro

When arriving 4 or more people: per person/one way 7 Euro

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

Raminta Petrauskaitė e-mail [raminta.powerlifting@gmail.com](mailto:raminta.powerlifting@gmail.com) phone +370 609 72252

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 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.

<b>Official hotels:</b>	Radisson Blu Lietuva, Konstitucijos pr. 20 Vilnius 09308
<b>Shuttel:</b>	From the hotel to Vilnius airport
<b>Scales:</b>	Scales are available at Radisson Blu Lietuva, Konstitucijos pr. 20 Vilnius 09308
<b>Training:</b>	Training available at Radisson Blu Lietuva, Konstitucijos pr. 20 Vilnius 09308
<b>Flag and anthem:</b>	Will be provided by the organiser.
<b>Closing Banquet:</b>	<p><b>Sunday 13<sup>th</sup> March at 20:00</b>  Price (Approx. € 35) per person paid to the organizer  Payment in advance for banquet tickets is recommended.</p> <p>Tickets for the banquet please order on the transport-banquet form.  Tickets order send to: Raminta Petrauskaitė  raminta.powerlifting@gmail.com</p> <p>Tickets for the banquet can be paid to the account of the organizer according the invoice. <b>Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the date of the Championship.</b></p>
<b>Participation Fee:</b>	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.
<b>Anti-Doping Fee:</b>	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.
<b>EPF Invoices:</b>	<p>The invoice will be sent to the federations <u>by the EPF Treasurer</u> 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 <b>final</b> nomination.</p> <p>All invoices are published at the EPF web (<a href="http://www.europowerlifting.org">www.europowerlifting.org</a>) under "SERVICES" &gt;&gt; "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.</p>
<b>Nominations:</b>	<p>Team nomination are done by each federation by the IPF electronic nomination system. Team nomination forms must be sent to:  Meet Director: Erlandas Petrauskas e-mail <a href="mailto:erlandas.powerlifting@gmail.com">erlandas.powerlifting@gmail.com</a> and  EPF Championship Secretary Bjørn Astad, e-mail: <a href="mailto:bjorn@europowerlifting.org">bjorn@europowerlifting.org</a>.</p>
<b>Preliminary:</b>	<b>Friday 7<sup>th</sup> January 2022</b> (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).
<b>Final:</b>	<b>Tuesday 15<sup>th</sup> February 2022</b> (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.
<b>Technical Meeting:</b>	<b>Monday 7<sup>th</sup> March</b> at 20:00 at the Radisson Blu hotel Lietuva, Konstitucijos pr.20 , Vilnius
<b>Opening Ceremony:</b>	<b>Tuesday 8<sup>th</sup> March</b> at 14:00 hours at the Venue. One representative from each participating country must take part at the Ceremony.
<b>Victory Ceremonies:</b>	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.
<b>Medals:</b>	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, will be rewarded during victory ceremony. Awards for Nation competition by Team points isn't available for Masters Championships.

**Referees exam:**

If referee's examination is arranged, the written examinations will be done on **Tuesday 8<sup>th</sup> March**, 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. Oganiser will prepare a room for written examination.

**Important Note:**

**The timetable may be changed after the Technical Meeting.**

## European Masters Classic Powerlifting Championships Timetable

Day	Weight in	Categories	Lifters	Start	End
Tuesday 8 <sup>th</sup> March	08:00 - 09:30	Women M4+M3 all	23	10:00	14:30
	<b>Opening Ceremony</b>			<b>15:00</b>	
	13:30 - 15:00	Men M4 all	12	15:30	18:30
36					
Wednesday 9 <sup>th</sup> March	08:00 - 09:30	Women M2 47 kg to 63 kg	22	10:00	14:00
	12:30 - 14:00	Women M2 69 kg to +84 kg	17	14:30	17:45
	16:00 - 17:30	Men M3 59 kg to 74 kg	10	18:00	20:00
49					
Thursday 10 <sup>th</sup> March	08:00 - 09:30	Men M3 83 to + 120 kg class	20	10:00	14:00
	13:00 - 14:30	Men M2 59 kg to 74 kg and 105 kg	18	15:00	19:00
38					
Friday 11 <sup>th</sup> March	08:00 - 09:30	Men M2 83, 93, 120 and +120 kg	26	10:00	14:45
	<b>13:15</b> - <b>14:45</b>	Men M1 59 to 83 kg class	17	15:15	18:30
	<b>17:00</b> - <b>18:30</b>	Women M1 57 kg class	12	19:00	21:30
55					
Saturday 12 <sup>th</sup> March	08:00 - 09:30	Women M1 47, 52, 63 and 69 kg	27	10:00	14:00
	12:30 - 14:00	Men M1 93 kg to 105 kg class	19	14:30	18:30
46					
3Sunday 13 <sup>th</sup> March	08:00 - 09:30	Women M1 76 kg to +84 kg class	21	10:00	14:00
	12:30 - 14:00	Men M1 120 kg and +120 kg class	17	14:30	18:30
	<b>Closing banquet</b>		261	<b>20:00</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. The timetable may be changed one day after the final nomination. Some categories may be moved one day earlier or one day later than specified in the preliminary timetable. All other 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

Erlandas Petrauskas  
Meet Director

Bjorn Astad  
EPF Championships Secretary