



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

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

**European Open, Junior and Sub-junior Equipped Powerlifting Championships 2<sup>nd</sup> – 7<sup>th</sup> May 2023 in Thisted, Denmark**

The EPF member nations are invited to take part in the European Open, Junior and Sub-junior Equipped Powerlifting Championships 2<sup>nd</sup> – 7<sup>th</sup> May 2023 in Thisted, Denmark.

**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 :** Jan Lyhne, Hundborgvej 168, 7700 Thisted , Denmark  
E-mail: [jan@eepc.dk](mailto:jan@eepc.dk) phone : +45 20 32 04 27

**Technical Director:** Klaus Brostrøm, Åbrinken 42, 7700 Thisted  
E-mail: [klausbrostrom@gmail.com](mailto:klausbrostrom@gmail.com) phone:+45 27 24 50 02

**Correspondence, visa:** Jan Lyhne, Hundborgvej 168, 7700 Thisted , Denmark  
E-mail: [jan@eepc.dk](mailto:jan@eepc.dk) phone : +45 20 32 04 27

**Accommodation, banquet:** Vigsø Feriecenter: [EEPC23@vigsoe-ferie.dk](mailto:EEPC23@vigsoe-ferie.dk) with copy to [jan@eepc.dk](mailto:jan@eepc.dk)  
Copy is absolutely required to secure sufficient shuttleservice to/from the venue  
Reservations must include all names of persons in each Hollidayhouse

**Transport:** Jan Lyhne, Hundborgvej 168, 7700 Thisted , Denmark  
E-mail: [jan@eepc.dk](mailto:jan@eepc.dk) phone : +45 20 32 04 27

**Information pages:** Webpage: <http://eepc.dk/>  
Facebook: <https://www.facebook.com/eepc2023/>

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

**Host City:** Thisted, Denmark

**Date:** 2<sup>nd</sup> – 7<sup>th</sup> May 2023

**Venue:** Thy hallen, Lerpyttervej 50, 7700 Thisted, Denmark

**General Assembly:** Thursday 4<sup>th</sup> May 16:00 hours at Vigsø Feriecenter

**Technical Meeting:** Monday 1<sup>st</sup> of May at 12:00 hours at Vigsø Feriecenter

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](mailto:bjorn@europowerlifting.org)  
EPF Treasurer: Xavier de Puytorac: Mail [xavier@europowerlifting.org](mailto: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>

### **Official hotel:**

Vigsø Feriecenter, Vigsø Bugt vej 1, 7730 Hanstholm.  
Contact: [EEPC23@vigsoe-ferie.dk](mailto:EEPC23@vigsoe-ferie.dk)

The hotel /Holiday houses are the same as for the 2017 EPF European Classic Powerlifting Championships (EPC 2017). All the houses has, during the last few years undergone a major refurbishment.

### EPF approved the houses for:

- a) Four persons
- b) Six persons
- c) Breakfast is not included, but possible to purchase by filling the formula in this invitation
- d) Electricity, final cleaning, bed wear and 2 towels per person, will be included in the rates
- e) There will be free internet (wi-fi) available in each house

### **Holiday house T4**

Holiday house, 61 m<sup>2</sup> .Max.4 people incl. environmental tax (electricity and water), bed linen, 2 towels per person. Stay includes access to the Vigsø Feriecenter Indoor Aqua park/pools as well as final cleaning. A minimum of 2 nights must be booked.

*Living room & Kitchen:: Fridge with freezer compartment, coffee maker, electric kettle, electric cooker, oven and dishwasher*

*Bedroom: 1 double bed (can be separated)*

*Bedroom :2 beds*

*Bathroom: WC, hand basin and shower cubicle*

### **Holiday house T6**

Holiday house, 81 m<sup>2</sup> .Max 6 people incl. environmental tax (electricity and water), bed linen, towels. Stay includes access to the Vigsø Feriecenter Indoor Aqua park/pools as well as final cleaning. A minimum of 2 nights must be booked.

*Living room & Kitchen : Fridge with freezer compartment, coffee maker, electric kettle, electric cooker, oven and dishwasher*

*Bedroom with own WC and Bathroom: 1 double bed (can be separated)*

*Bedroom with own WC and Bathroom: 4 beds*

#### Note 1 :

All rooms must be booked by the national federation via the [EEPC23@vigsoe-ferie.dk](mailto:EEPC23@vigsoe-ferie.dk) with copy to [jan@eepc.dk](mailto:jan@eepc.dk). The booking has to be done at the official booking website of the event, available at: , and **paid 21 days prior to the beginning of the Championship, April 11th 2023 the latest**. If the reservation of accommodation for the championship are cancelled before this date the prepaid payments will be refunded. **Modifications are accepted until April 10th** according to the Terms&Conditions of the event. After this deadline, the hotel allocation and price cannot be guaranteed.

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.

#### ***They mustn't pay the doping and the participation fees for this bank account***

*At all European Championships the accommodation fees shall be payable by bank transfer against the invoice or credit card as follows:*

- 1. credit card (+ 5% bank fee)*
- 2. cash (EUR according to the current exchange rate)*
- 3. Bank transfer against the invoice - on the basis of a requirements of participants only against the invoice (EUR according to the current exchange rate). Payment must be received at the bank account mentioned on the invoice at the latest 21 days prior to the beginning of the Championship.*

*4. Accommodation fees can also be paid by bank transfer to the bank account if the organizer writes number and other details of his bank account in the invitation:*

**Bank address:** Sparekassen Thy, Storetorv 1A, 7700 Thisted  
**Account no.:** 9083 1712551  
**SWIFT-kode:** STHYDK21  
**IBAN:** DK1090830001712551  
**Receivers name:** Vigsø Feriecenter- Reservation EEPC23

*Payment must be received at the above mentioned bank account at the latest 21 days prior to the beginning of the Championship.*

#### **HOW TO ORDER :**

You can book your holiday home by sending an e-mail with the marked **Reservations EEPC23** to Vigsø Feriecenter, mail: [EEPC23@vigsoe-ferie.dk](mailto:EEPC23@vigsoe-ferie.dk) including names of all persons subject to the reservation. You will then receive confirmation of your booking.

In the confirmation mail there will also be listed the condition for payment and account number.

Your stay includes free entry to the Vigsø Feriecenter indoor Waterpark, plus bed linen and 2 towels, final cleaning and environmental tax.

All bank charges go at the expense of order party. If you choose the payment by bank transfer or by credit card, you must inform Vigsø Feriecenter in advance. In case that the participating nation wishes to pay in cash (DKR), written accept and confirmation from Vigsø Feriecenter is required.

All rooms must be booked and paid at the latest with the deadline of the final nomination : **April 11<sup>th</sup> 2023**.

#### **Note 2:**

**Tuesday 11<sup>th</sup> April (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 18<sup>th</sup> April 2023 (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 at least 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. (see: EPF BL 105.13 and IPF Technical Rules, chapter - Referees, page 31, paragraph 17).

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: [jan@eepc.dk](mailto:jan@eepc.dk)**

Arrival/Departure by plane – Aalborg Airport  
Transport from Aalborg airport to Vigsø Feriecenter  
1-8 persons **375 DKR (Approx 50 EUR)** /one way  
9-15 persons **300 DKR (Approx 40 EUR)** /one way  
16-50 persons **225 DKR (Approx 30 EUR)** /one way  
From the 30<sup>th</sup> of april to the 8<sup>th</sup> of may 2023

Arrival by train – Thisted Railway Station  
Transport from Thisted Railway Station to Vigsø Feriecenter  
**150 DKR (Approx 20 EUR)** per person/one way  
From the 30<sup>th</sup> of april to the 8<sup>th</sup> of may 2023  
The fee for the transport must, not later than april 11th, be paid to:

**Bank address: Nordea, Toldbodgade 4A, 7700 Thisted**  
**SWIFT code BIC: NDEADKKK**  
**IBAN: DK6120006268535053**  
**Receivers name: Thisted Vægttrænings Forening EEPC 2023**

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

Or in cash DKR/EUR on arrival at the championships office. **Any national team will not be accredited until the reserved transportation has been paid.**

**Shuttleservice:** Between the Venue and Vigsø Feriecenter there will be FREE, frequently and sufficient Busservice, with stops in downtown Thisted

**Scales:** Scales available at venue and at the hotel

**Training:** At the Venue in strictly limited periods  
and in the organizing club:  
**Thisted Vægttrænings Forening**  
**Munkevej 7A 2.**  
**7700 Thisted**  
**The Club is close to the Down town stop of the shuttlebus**  
**and 1500 m in walking distance from the venue**  
at the venue Venue in strictly limited periods

**Flag and anthem:** Will be provided by the organiser.

**Closing Banquet:** Sunday 7<sup>th</sup> May at 20:00  
Price 35 **EUR** per person can be paid to the organizer.  
Payment in advance for banquet tickets is recommended.

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

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

Tickets for the banquet can be paid to the account of the organizer according the

invoice. **Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the date 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 anti-doping fees for the number of lifters declared at the **final** nomination.  
All invoices are published at the EPF web ([www.europowerlifting.org](http://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:  
Technical Secretary:  
and EPF Championship Secretary Bjørn Astad, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org).
- Preliminary:** **Friday 3<sup>rd</sup> March 2023** (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:** **Tuesday 11<sup>th</sup> April** (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.
- Technical Meeting:** **1<sup>st</sup> May at 20:00**
- Opening Ceremony:** **Tuesday 2<sup>th</sup> May** 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in their weight classes.  
  
The 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 2 May**, 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.
- Important Note:** **The timetable may be changed after the preliminary nomination, the final nomination and after the Technical Meeting.**

# Provisional Timetable

Day	Event	Start
Monday 1 <sup>st</sup> May 2023	Accreditation	12:00
	General Assembly will be 4 May	16:00
	Technical Meeting	20:00

## SUB-JUNIOR, JUNIOR

Day	Weigh-in	Classes	Categories	Start
Tuesday 2 <sup>nd</sup> May 2023	08:00 – 09:30	Sub-junior Women	43 to +84 kg	10:00
	Opening Ceremony			15:00
	14:00 – 15:30	Sub-junior Men	53 kg to +120 kg	16:00

Wednesday 3 <sup>rd</sup> May 2023	08:00 – 09:30	Junior Men	53 to -93 kg	10:00
	14:00 – 15:30	Junior Women	43 to +84 kg	16:00

Thursday 4 <sup>th</sup> May 2023	08:00 – 09:30	Junior Men	105 to +120 kg	10:00
	General Assembly			16:00
	Sub-junior and junior banquet			20:00

## OPEN WOMEN, MEN

Friday 5 <sup>th</sup> May 2023	08:00 – 09:30	Men	59 to -83 kg	10:00
	14:00 – 15:30	Women	47 to -63 kg	16:00

Saturday 6 <sup>th</sup> May 2023	08:00 – 09:30	Men	93 and 105 kf	10:00
	14:00 – 15:30	Women	69 and 76 kg	16:00

Sunday 7 <sup>th</sup> May 2023	08:00 – 09:30	Men	120 and + 120 kg	10:00
	12:30 – 14:00	Women	-84 and +84 kg	14:30
	Open banquet			20:00

### 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 European 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

Jan Lyhne  
Meet Director

Bjorn Astad  
EPF Championships Secretary