



# EUROPEAN POWERLIFTING FEDERATION

## Invitation

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

**European Open, Sub Junior, Junior & Master Classic & Equipped Bench Press Championships 2023 from 31<sup>st</sup> July – 6<sup>th</sup> August  
In Merignac, France**

The EPF member nations are invited to take part in the European Open, Sub Junior, Junior & Master Classic & Equipped Bench Press Championships 2022 from 31<sup>st</sup> July – 6<sup>th</sup> August in Merignac, France.

**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:** Xavier de Puytorac, e-mail: [xavier@europowerlifting.org](mailto:xavier@europowerlifting.org), phone:+336 85 12 97 81, France

**Correspondence, visa:** M. Claude COUTURIER [claudealain52@gmail.com](mailto:claudealain52@gmail.com) +336 62 29 53 85

**Accommodation:** M. Claude COUTURIER [claudealain52@gmail.com](mailto:claudealain52@gmail.com) +336 62 29 53 85

**Transport, banquet:** M. Claude COUTURIER [claudealain52@gmail.com](mailto:claudealain52@gmail.com) +336 62 29 53 85

**Technical Secretary:** Mr. Erick DECONINCK [epsylon59@yahoo.fr](mailto:epsylon59@yahoo.fr) +336 21 02 91 04

**Championship Secretary:** Tero Hyttinen, e-mail: [Tero@europowerlifting.org](mailto:Tero@europowerlifting.org) phone: +35 8443092263, Finland

**Host City:** Merignac

**Date:** 31<sup>st</sup> July – 6<sup>th</sup> August 2023

**Venue:** Hotel SHERATON Mérignac Aéroport

**Technical Meeting:**

*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 [Tero@europowerlifting.org](mailto:Tero@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 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 Hotel:

**SHERATON and MERCURE**

**Hotel Rates:** Prices for night per room

Single room: 140 € per night, including breakfast

Double room: 160 € per night, including breakfast

### Payment:

**The accommodation and closing banquet fees shall be payable as follows:**

Only Bank Transfert

Ligue de Force Nouvelle-Aquitaine

**FR76 1558 9335 6007 3626 9464 062**

**CMBRFR2BARK**

### Arrivals/Transportation:

**Arrivals/Departures by plane –airport:**

No transport from airport to hotel SHERATON (600m).

Accreditation in Sheraton and if you are in Novotel it is 100m by foot from Sheraton.

### Closing Banquet 1:

Thursday 3<sup>th</sup> 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:

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

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

### Closing Banquet 2:

Sunday 6<sup>th</sup> 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:

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 21 days prior to the beginning 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:

**10<sup>th</sup> July 2023 (21 days prior to the beginning 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 17<sup>th</sup> July 2023 (14 days prior to the beginning 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/Transportation:**

No transport from airport to hotel

**Scales:** Scales are available at the venue.

**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](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: EPF Championship Secretary Bjørn Astad, e-mail: [bjorn@europowerlifting.org](mailto:bjorn@europowerlifting.org).

**Preliminary:** **Friday 2<sup>nd</sup> June 2023** (60 days prior to 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 10<sup>th</sup> July 2023** (21 days prior to 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:** **Sunday 30<sup>th</sup> July** at 20:00 in the venue

**Opening Ceremony:** **Monday 31<sup>st</sup> July** 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 2023

**European Open, Sub-Junior, Junior & Masters Classic & Equipped  
Bench Press Championships 2023  
from 31<sup>st</sup> July – 6<sup>th</sup> August 2023 In Merignac, France**

**Technical Meeting:** Hotel SHERATOn Mérignac Aéroport 30<sup>th</sup> July at 20:00 in the venue

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
<b>Timetable Classic Bench Press</b>					93
Monday 31. July	08:00-09:30	<b>Men M3 and M4 all</b> M4 all (14) M3 74 - 93 kg (14) M3 105 - 120+ kg (10)	10:00	38	12:30
		<b>Opening ceremony</b>	<b>13:30</b>		14:00
	12:30 - 14:00	<b>Women M3 and M4 all and M2 52 - 63 kg</b> M4 all, M3 52 and 57 kg (9) M3 63 - 84+ kg (13) M2 52 - 63 kg (14)	14:30	36	17:00
	16:00 - 17:30	<b>Women M2 69 - 84+ kg</b> M2 69 and 76 kg (11) M2 84 and 84+ kg (8)	18:00	19	19:30
					113
Tuesday 1. August	08:00-09:30	<b>Men M2 all</b> M2 59 - 74 kg (10) M2 83 - 105 kg (13) M2 120 and 120+ kg (10)	10:00	32	12:15
	11:30 - 13:00	<b>Women M1 all</b> M1 47 - 57 kg (9) M1 63 and 69 kg (13) M1 76 - 84+ kg (13)	13:30	35	15:45
	15:00 - 16:30	<b>Men M1 all</b> M1 59 - 74 kg (11) M1 83 and 93 kg (17) M1 105 - 120+ kg (18)	17:00	46	20:00

Wednesday 2. August	08:00-09:30	<b>Women Sub-Junior all</b> 47 - 63 kg (12) 69 - 84+ kg (11)	10:00	23	11:45
	11:00 - 12:30	<b>Men Sub-Junior all</b> 53 - 66 kg (10) 74 and 83 kg (11) 93 - 120+ kg (9)	13:00	30	15:00
	13:30 - 15:00	<b>Women Junior all</b> 47 - 63 kg (14) 69 - 84+ kg (14)	15:30	28	17:30
	16:30 - 18:00	<b>Men Junior all</b> 59 - 74 kg (15) 83 kg (10) 93 kg (10) 105 kg (9) 120 and 120+ kg (9)	18:30	53	20:30

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Thursday 3. August	07:00 - 08:30	<b>Men open 59 - 93 kg and Men Soi 59 kg</b> Men Soi 59 and Men Open 59 - 74 kg (13) 83 kg (13) 93 kg (8)	9:00	34	11:15
	10:15 - 11:45	<b>Women open 47 - 63 kg</b> 47 and 52 kg (10) 57 kg (8) 63 kg (7)	12:15	25	14:00
	12:30 - 14:00	<b>Women open 69 - 84+ kg</b> 69 and 76 kg (12) 84 and 84+ kg (14)	14:30	26	16:15
	15:00 - 16:30	<b>Men Open 105 - 120+ kg</b> 105 and 120+ kg (13) 120 kg (10)	17:00	23	18:30
<b>Banquet for Classic lifters</b>			<b>20:00</b>	<b>448</b>	

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
Friday 4. August	08:00-09:30	<b>Men M3 and M4 all</b> M4 66 - 83 kg (10) M4 93 - 120+ kg (7) M3 59 - 93 kg (13) M4 105 - 120+ kg (10)	10:00	40	12:30
	11:30 - 13:00	<b>Men M2 all</b> 59 - 83 kg (10) 93 - 120+ kg (12)	13:30	22	15:00
	14:00 - 15:30	<b>Women M2 - M4 all</b> M3 and M4 all and M2 52 57 kg (12) M2 63 - 84+ kg (14)	16:00	26	18:00
	17:00 - 18:30	<b>Women M1</b> M1 all (14')	19:00	14	20:15
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Saturday 5. August	08:00-09:30	<b>Men Junior all (sub-junior and junior)</b> Sub-junior all (15) Junior 59 - 93 kg (14) Junior 105 - 120+ kg (11)	10:00	40	12:30
	12:00 - 13:30	<b>Women Junior all (sub-junior and junior)</b> Subjunior all (12) Junior all (10)	14:00	22	15:45
	15:00 - 16:30	<b>Men M1 all</b> 66 - 83 kg (12) 93 - 120+ kg (17)	17:00	29	19:00
75					
Sunday 6. August	08:00-09:30	<b>Women Open all</b> 47 - 63 kg (14) 69 and 76 kg (8) 84 and 84+ kg (13)	10:00	35	12:30
	11:30 - 13:00	<b>Men Open all, Men SOI 59 kg</b> 59 - 83 kg, Men Soi 59 kg (15) 93 and 105 kg (16) 120 and 120+ (9)	13:30	40	16:00
<b>Banquet for Open lifters</b>			<b>20:00</b>	<b>268</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. All changes will take place at the technical meeting.

If the organiser does not receive a confirmed cancellation of hotel rooms latest 21 days prior to 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 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 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.”

Bjørn Astad  
EPF President  
Secretary

Xavier de PUYTORAC  
Meet Director

Tero Hyttinen  
EPF Championships