



EUROPEAN POWERLIFTING FEDERATION

Invitation

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

European Masters Equipped Powerlifting Championships 5th to 9th July 2023 in Pilsen, Czechia

The EPF member nations are invited to take part in the European Masters Equipped Powerlifting Championships 5th to 9th July 2023 in Pilsen, Czechia.

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: Miroslav Vacek, e-mail: vacek@powerlifting.cz

Technical Secretary: Ivan Karpisek, e-mail: ivan.karpisek@tiscali.cz

Correspondence, visa: Miroslav Vacek, e-mail: vacek@powerlifting.cz

Accommodation: Vojtech Duraj, e-mail: powerlifting@parkhotel-czech.eu
Mobile Phone: +420 608 111 702
Phone: +420 378 772 977

Transport, banquet: Alyona Vassilkova, e-mail: transport-banquet@seznam.cz
Mobile Phone: +420 774 896 694

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

Host City: Pilsen

Date: 5th to 9th July 2023

Venue: Parkhotel Congress Center Pilsen, U Borskeho Parku 31, 320 04 Pilsen, Czechia

Technical Meeting: Parkhotel Congress Center Pilsen Tuesday 4th July 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 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>

IPF Consent Form

According to IPF Anti-Doping rules, all lifters taking part in IPF championships and cups shall sign the IPF Consent Form prior to his/her participation in an IPF championship. The consent form must be uploaded to the Goodlift system as a PDF file at preliminary nomination. Link to the: [IPF-Consent-Form](#)

Official hotels:

Parkhotel Congress Center Pilsen

U Borskeho Parku 31, 320 04 Pilsen, Czechia, www.parkhotel-czech.eu

COMFORT ROOMS

Single room: 2.200 CZK (Approx. 89 EUR) per person/night, including breakfast

Double room: 1.400 CZK (Approx. 57 EUR) per person/night, including breakfast

Triple room: 1.150 CZK (Approx. 47 EUR) per person/night, including breakfast

STANDARD rooms (annex building) - on request (max occupancy 20 rooms)

Single room: 1.950 CZK (Approx. 79 EUR) per person/night, including breakfast

Double room: 1.225 CZK (Approx. 50 EUR) per person/night, including breakfast

Triple room: 1.050 CZK (Approx. 43 EUR) per person/night, including breakfast

The accommodation fees can be paid as follows:

1. Bank transfer against the invoice in CZK. Payment must be received at the bank account mentioned on the invoice at the latest 7 days prior to the beginning of the Championship.

Note 1 :

All rooms must be booked by the national federation and must be booked at the latest with the deadline of the final nomination – **Tuesday 13th June 2023 (21 days prior to the date of the Championship)**. After the deadline, the organizer cannot guarantee accommodations. **Tuesday 13th June 2023** is also the latest date for cancellation of booked hotel rooms. If not cancelled in time, federations have to pay the reserved hotel rooms in the amount of 100%.

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 organizer to receive proper documentation to take part in the championship.

Reserved rooms must be paid for **Thursday 27th June 2023** the latest (**7 days prior to the date of the Championship**). Only rooms that are paid for within the deadline will be noted as official championship hotel rooms. The organizer will not be responsible for any hotel bills of the participating nations.

Note 2:

Tuesday 13th June 2023 (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 20th June 2023 (14 days prior to the date of the Championship) is the latest day for changes of categories for which a 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:

Arrivals/Departures by plane – Vaclav Havel Airport Prague:

Transport from Prague airport to hotel in Pilsen

When arriving 1 person: 1.600 CZK (Approx. 64 EUR) per person/one way

When arriving 2 people: 1.300 CZK (Approx. 52 EUR) per person/one way

When arriving 3 people: 1.100 CZK (Approx. 44 EUR) per person/one way

When arriving 4 or more people: 850 CZK (Approx. 34 EUR) per person/one way

Please send your detailed travel itinerary to:

Aliona Vassilkova - e-mail: transport-banquet@seznam.cz

Use the transport-banquet form.

The transport order must be sent at the latest with the deadline of the final nomination – **Tuesday 13th June 2023 (21 days prior to the date of the Championship)**.

Transport must be paid in advance on account of the organiser against the invoice in CZK. **Payment must be received at the bank account mentioned on the invoice at the latest 7 days (27th June 2023) 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.

Scales: Scales are available at hotel

Training: Training available at Venue

Flag and anthem: Will be provided by the organiser.

Closing Banquet: **Sunday 9th July at 20:00**

Price 900 CZK (Approx. € 35) per person paid to the organizer.

Payment in advance for banquet tickets is recommended.

Tickets for the banquet please order on the transport-banquet form.

Tickets order send to:

Alyona Vassilkova - e-mail: transport-banquet@seznam.cz

Tickets for the banquet can be paid to the account of the organizer according the invoice in CZK. **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) 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: Ivan Karpisek, e-mail: ivan.karpisek@tiscali.cz
and EPF Championship Secretary Bjørn Astad, e-mail: bjorn@europowerlifting.org.
- Preliminary:** **Friday 5th May** (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 13th June** (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:** **Tuesday 4th July at 20:00**
- Opening Ceremony:** **Wednesday 5th July** 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.

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 **Wednesday 5th July**, 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 preliminary nomination and after the Technical Meeting.**

Provisional Timetable

European Master Equipped Powerlifting Championships 5th to 9th July 2023 in Pilsen, Czechia

Day	Event	Start
Tuesday 4 th July 2022	Accreditation	12:00
	Technical Meeting	18:00

Wednesday 5 th July 2022	09:00 – 10:30	Women M3 and M4	-47 to +84 kg	11:00
	Opening Ceremony			14:00
	13:00 – 14:30	Men M4	-59 to +120 kg	15:00

Thursday 6 th July 2022	09:00 – 10:30	Women M2	-47 to +84 kg	11:00
	14:00 – 15:30	Men M3	-59 to +120 kg	16:00

Friday 7 th July 2022	09:00 – 10:30	Men M2	-59 to +93 kg	11:00
	14:00 – 15:30	Women M1	-47 to +84 kg	16:00

Saturday 8 th July 2022	09:00 – 10:30	Men M2	-105 to +120 kg	11:00
	13:00 – 14:30	Men M1	-59 to -93 kg	15:00

Sunday 9 th July 2022	09:00 – 10:30	Men M1	105 to +120.0 kg	11:00
	Closing 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

Miroslav Vacek
Meet Director

Bjorn Astad
EPF Championships Secretary