



EUROPEAN POWERLIFTING FEDERATION

Invitation

The European Powerlifting Federation and the Icelandic Powerlifting Federation invite the EPF member nations to participate in the XIV Western European Open Powerlifting Championships Equipped and Classic 8th – 10th September 2023 in Reykjanesbær, Iceland

EPF invite the following member nations: France, Austria, Belgium, Cyprus, Denmark, Finland, France, Germany, Great Britain, Greece, Iceland, Ireland, Italy, Luxembourg, Malta, Netherlands, Norway, Portugal, Spain, Sweden and Switzerland to take part in the XIV Western European Open Powerlifting Championships Equipped and Classic 2023 8th – 10th September 2022 in Reykjanesbær, Iceland.

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: Ellert B. Ómarsson, e-mail: wec23iceland@gmail.com phone: +354 662-6936, Iceland

Technical Secretary: Helgi Hauksson, e-mail: helgi@internet.is phone: +354 822-1506, Iceland

Accommodation: Gunnlaug Olsen, e-mail: gullaolsen@gmail.com phone: +354 777-9922, Iceland

Transport, banquet: Ellert B. Ómarsson, e-mail: wec23iceland@gmail.com phone: +354 662-6936, Iceland

Information page: <https://www.facebook.com/WEC2023ICELAND>

EPF Championship Secretary: Bjørn Astad, e-mail: bjorn@europowerlifting.org phone: +47 91 817 979, Norwa

Host City: Reykjanesbær, Iceland

Date: 8th – 10th September 2023

Venue: Njarðvík Sportshall (Massi), Norðurstígur 4, Reykjanesbær, Iceland
<https://goo.gl/maps/eK8Gq8obAAjvgWJH8>

Technical Meeting: Thursday 7th September at 20:00 hours at *Courtyard by Marriott hotel*

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 - all athletes must successfully complete ADeL

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: *Courtyard by Marriott Reykjavik Keflavik Airport*
Aðalgata 60
230 Reykjanesbær, Iceland.
<https://goo.gl/maps/RGRcxmq7vpBNeVJNA>

Single room (king size bed): 140 EUR per person/night, including breakfast

Double room (two single beds): 160 EUR per person/night, including breakfast

Please use **Accommodation_Hotel_booking_form** to book rooms.

Note 1:

All rooms must be **booked** via the championship organizer 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 organizer to receive proper documentation to take part in the championship. The organizer will not be responsible for any hotel bills of the participating nations.

Note 2:

For lifters Thursday 17th August (21 days prior to the beginning of the Championships) 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 Thursday 24th August (14 days prior to the beginning of the Championships)) 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 by plane –

Please send your detailed travel itinerary to: Ellert B. Ómarsson wec23iceland@gmail.com

- Shuttle:** Daily will be handover at the technical meeting and posted at the Hotel
Timetable will be provided after final nominations.
- Scales:** Scales are available at the venue and at Hotel
- 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 organizer.
- Closing Banquet:** Price 35 EUR per person paid to the organizer.
Tickets for the banquet please order on the **transport-banquet form**.
Tickets order send to: e-mail: wec23iceland@gmail.com
Tickets for the banquet must be paid in advance on account of the organizer 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.**
- 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) 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.
- Teams:** Invited from each federation are one team for Men and one team for Women (maximum 6 lifters on each team) **both for Equipped and Classic competitions**. Team nomination are done by each federation by the IPF electronic nomination system. Only organizing federation can nominate two teams Women and Men. At the Technical Meeting it must be specified the members of A and B team. In each weight category, the first three lifters will receive medals for the total. All participants will receive certification and/or memory awards.
- Nominations:** Team nomination forms must be in the hands of the:
– Meet Director: **Ellert B. Ómarsson** wec23iceland@gmail.com
– Technical Secretary: **Helgi Hauksson** helgi@internet.is
– directly to Goodlift nomination online program on internet,
– the EPF Championships Secretary **Bjorn Astad**, e-mail: bjorn@europowerlifting.org phone: +47 91817979, Norway
- Preliminary:** **Sunday 10th July** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete form was not sent).

Final: **Thursday 17th August (later entries will not be accepted)**

All lifters are expected to present passports (identification) and consent form at the weigh-in.

Technical Meeting: **Thursday 7th September at 20:00 hours at Courtyard by Marriott hotel**

Opening Ceremony: **Friday 8th September** at 14:30 hours at the Venue. All representatives from each participating country shall 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.

Referees exam: If referee's examination are arranged, the written examinations will be done on the morning **Friday 8th September**, 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. Organizer will prepare a room for written examination. All candidates must provide their own PC.

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 Timetable

Day	Weight in	Classic	Number of lifters	Start	End after victory ceremony
Friday 8 th September	08:00 - 09:30	Women Classic 47 kg to 63 kg	22	10:00	14:00
	Opening Ceremony			14:30	14:50
	13:00 - 14:30	Men Classic 59 kg to 83 kg	22	15:00	19:00
Saturday 9 th September	08:00 - 09:30	Women Classic 69 kg to + 84 kg	22	10:00	14:00
	13:00 - 14:30	Men Classic 93 kg to +120 kg	22	15:00	19:00
Equipped					
Sunday 10 th September	08:00 - 09:30	Women Equipped all	22	10:00	14:00
	13:00 - 14:30	Men Equipped all	22	15:00	19:00
	Closing banquet		132	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. All changes will take place at the technical meeting.

If the organizer 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 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 said World 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

Ellert B. Ómarsson
Meet Director

Bjorn Astad
EPF Championships Secretary